



Prawn, fennel, pickled green tomatoes

By Shannon Bennett

25 minutes, plus 2 days for pickled tomatoes

Preparation time

42 minutes

Cooking time

4

Serves

INGREDIENTS

Prawns

16 green prawns
Sea Salt
1 tablespoon grapeseed oil

Fennel

2 large fennel
1 star anise
1 teaspoon coriander seeds, crushed
½ cup olive oil
1 lemon, juice and zest

Fennel Puree

Fennel trimmings
1 large brown onion, roughly chopped
½ lemon, juiced
½ cup extra virgin olive oil
Sea Salt to taste

Pickled Green Tomatoes

1 kg green tomatoes
375 ml ale
300 ml white wine vinegar
200 g brown sugar
2 red chillies
2 red peppers, cut into quarters lengthways and deseeded
1 teaspoon mustard seeds
10 juniper berries
10 peppercorns
10 g salt

METHOD

Green Prawns

1. Pre-heat Grill on setting 2.
2. Peel and devein prawns, then skewer up through the middle.
3. Season the prawns with salt and grapeseed oil.
4. Grill for 2 minutes on each side and then rest in a Warming Drawer

Fennel

1. Cut the tops off the fennel to the bulb. Reserve the fennel stems and leaves for the puree.
2. Peel the bulbs using a vegetable peeler, cut in half lengthways, then cut each half into quarters, lengthways. You should be left with 16 fennel wedges.
3. Place the fennel and remaining ingredients into a bag, vacuum seal and then Sous Vide at 85°C for 20 minutes, or until tender.

Fennel Puree

1. Place all ingredients in a deep solid steam tray. Place in the Pressure Steam Oven and pressure steam at 120°C for 20 minutes.
2. Remove from the Pressure Steam Oven, empty the contents of the bag into a food processor and puree until smooth. Season to taste.

Pickled Green Tomatoes

1. Sterilise a large jar with a sealable lid by placing on its side on a wire rack in the Steam Oven and steam at 100°C for 15 minutes.
2. Place all ingredients, except the tomatoes, in a large saucepan on high heat, Induction setting 9 and bring to the boil.
3. Pour over the tomatoes. Place in the sterilised jar, seal and refrigerate for several days before using.

To Serve

1. Place a generous dollop of fennel puree on each plate, then place 4 prawns next to the puree, place 4 fennel wedges on each plate.
2. Slice the green pickled tomatoes lengthways and place over the fennel. Drizzle with fennel juices and extra virgin olive oil and serve.