

Miele

Prawn cocktail

By Miele

30 minutes

Preparation time

5 minutes

Cooking time

10-12 servings

Serves



INGREDIENTS

Prawn Cups

8 large green king prawns, peeled, deveined
1 large witlof, leaves separated
2-3 baby cos leaves, finely sliced
1 small avocado, diced
1 tablespoon spring onions, finely sliced
1 tablespoon lime juice
1 tablespoon extra-virgin olive oil
Murray River Salt and pepper to taste
2 Ruby finger limes, cut in half, pearls removed
Baby herbs to garnish

Mary Rose Sauce

1 egg
25ml lemon juice
3g Dijon mustard
185ml grapeseed oil
25g tomato sauce
10ml brandy
7ml Worcestershire sauce
5ml cream
4 drops tabasco
Murray River Salt and pepper to taste

METHOD

Mary Rose Sauce

1. Place the egg on a perforated steam tray and Steam at 65°C for 25 minutes. Remove from the steam oven immediately when cooking time is complete. Stand for 10 minutes or overnight in the refrigerator.
2. Crack the egg into a tall mixing jug, the egg should release easily from the shell, and the white should be opaque.
3. Add the mustard and lemon juice. Blend with a stick blender until combined; gradually add the grapeseed oil in steady stream, followed by the remaining ingredients. Taste and adjust seasoning. Refrigerate until required.

Prawns

1. Place the peeled prawns in a perforated steam tray and Steam for 2 minutes at 85°C. Remove from oven, cool before slicing.
2. In a separate bowl, combine avocado, cos, spring onions, lime juice and oil. Dress sliced prawns, with a few tablespoons of the Mary Rose sauce and season to taste.

To Serve

- Place a tablespoon of prawn mixture and avocado salad into each witlof leaf, garnish with baby herbs and finger lime pearls.

Note

- Mary Rose sauce can be made up to a week in advance. Refrigerate in an airtight container.
- Prawns can be cooked Sous Vide at 85°C for 2 minutes in vacuum sealed bags.
- Prawns can be cooked the day before and stored in the refrigerator.