

# Recipes

## Holly's Marinated Prawns

3 cloves garlic minced  
1/3 cup olive oil  
1/4 cup tomato sauce  
2 tablespoons red wine vinegar  
2 tablespoons chopped fresh basil  
1/2 tsp. salt  
1/4 tsp. cayenne pepper  
2 lbs prawns peeled

Mix all together place prawns in mix and toss until coated refrigerate for 30 minutes tossing 1 or 2 times skewer and grill brushing on excess sauce

## Ginger and Orange Grilled Shrimp

36 large shrimp shelled and deveined  
garlic salt and white pepper  
1/4 cup butter  
5 garlic cloves minced  
1/4 cup white wine  
1 cup orange juice  
2 tsp. orange zest  
2 tsp. ginger

Season with garlic salt and white pepper in a sauce pan melt butter and add prawn shells and garlic stir until shells are pink and garlic is soft add rest of ingredients bring to boil, remove from heat, and cool skewer and marinate in mixture grill basting with sauce liberally

## Coconut Prawns with Sweet Dipping Sauce

2 lbs freshwater prawns, peeled, with tails  
2 cups all-purpose flour  
1 can (12 oz.) beer  
1/2 teaspoon baking powder  
1/2 teaspoon paprika  
1/4 teaspoon curry powder  
1/4 teaspoon salt  
1 (14 oz.) pkg. Sweetened flaked coconut  
Vegetable oil (for frying)

Combine 1 1/2 cup flour, beer, and next four ingredients in a large bowl. Dredge prawns in remaining 1/2 cup flour. Dip in beer batter and roll in coconut. Fry coated prawns in deep hot oil (350°) until coconut is golden brown. Serve with sauce.

## Scampi

1 lb. Peeled prawns  
1/4 cup olive oil  
2 cloves garlic, minced  
1/4 cup butter  
1/2 teaspoon Cajun seasoning  
1/2 tablespoon Worcestershire  
1 tablespoon lemon juice  
1/4 cup green onion, chopped  
1/4 cup fresh parsley, chopped or 2 tablespoons dried flakes French bread, rice or pasta

Sauté garlic in olive oil over low heat. Add butter and remaining ingredients and bring to medium boil. Cook for 3-4 minutes. Add prawns and stir for 3-4 minutes or until done. Do not boil. Serve immediately with French bread for dipping in sauce. Also delicious over rice or pasta.

## Prawns Espanole

12 large shrimp  
2 tablespoons water  
2 tablespoons olive oil  
1/2 cup chopped green pepper  
1/2 cup chopped green onions  
1 can (1lb. 2oz) solid pack tomatoes  
1/2 cup sliced stuffed green olives  
1 tablespoons cornstarch + 2 tablespoons water  
1 teaspoon oregano  
1/4 teaspoon garlic powder dash saffron  
2 teaspoons salt  
1/2 teaspoon sugar  
1 can (4 1/2 oz) artichoke hearts

Clean shrimp, remove shell and de vein. Cut into bite-sized pieces. Heat oil in large skillet. Saute green peppers and onions until soft but not browned. Stir in tomatoes and olives. Add oregano, garlic powder, saffron, salt and sugar. Simmer 20 30 minutes. Drain and halve artichoke hearts. Add to tomato mixture with shrimp. Cook 15 minutes longer. Blend cornstarch in water and add to tomato mixture, stirring until it thickens and boils. Serve at once with rice.

Serves 4.

## Prawn Stuffing

1/2 pound of cooked, peeled prawns  
1/2 pound soft butter  
1/4 teaspoon garlic  
1/4 tablespoon parsley  
1/4 cup bread crumbs or Italian bread crumbs  
1 teaspoon fresh lemon juice  
Salt and red pepper to taste

Mix all ingredients (except prawns) together in a processor, or chop and mix ingredients by hand. Peel raw prawns to be stuffed. Butterfly the BELLY side of the prawns. Fill the butterflied belly with stuffing. Bake until golden brown.

## Prawn and Artichoke Vinaigrette

2-3 lbs. Freshwater prawns, shelled and cooked  
2 (14 oz.) cans artichoke hearts, drained  
1 (3 1/2 oz.) jar capers  
1 tablespoon celery seeds  
2 bay leaves  
2 small red onions, sliced thinly into rings  
2 lemons, sliced  
24 oz. bottle Italian dressing  
1/2 cup white vinegar  
1 tablespoon prepared horseradish

Bring 8 cups of water and 3 teaspoons of salt to a boil. Add shelled prawn. Cook 4 minutes. Test for doneness. Do not overcook.

Layer prawns, artichokes, capers, celery seeds, bay leaves, onion and lemon slices in a large container. Mix dressing, vinegar and horseradish then pour over prawn mixture. Seal and leave to marinate for 12-24 hours in refrigerator. Drain prawn mixture and serve on salad greens. Yield 8-12 servings.

## Sweet Dipping Sauce

1 (10 oz.) jar orange marmalade  
3 tablespoons prepared horseradish  
3 tablespoons Creole mustard

Mix above ingredients. Serve hot or cold.

# **Handling Freshwater Shrimp/Prawns**

Freshwater prawns grown in aquaculture ponds have exceptional quality and taste. Freshwater prawns have a lobster-like texture and mild, sweet taste. Prawns are grown in clean, fresh water, with no pollutants. Prawns are fed an all natural feeds with no chemicals. The following information will summarize the steps necessary to thaw, store, and prepare your prawns.

## **Fresh Prawns**

Fresh prawns can be stored in the refrigerator, covered with ice for up to five days. Drain water daily and replace the ice. De-head and freeze prawns if you do not intend to use them in a day or two.

## **Thawing Prawns**

It is important to thaw tails properly to maintain the quality and texture of the meat. If possible, it is best to thaw prawns immediately before preparation. Thaw under cool running water to separate. For best results, cook immediately after thawing or removing from ice. Refrigerate if not cooking immediately, but for no longer than 8 hours. Do not allow thawed tails to come to room temperature for an extended period of time. Do not refreeze thawed prawns.

## **Boiling Prawns**

If boiling prawns with shells on make sure to use more seasoning than usual. The shells are very thick and this makes it more difficult for tails to absorb spices with shells still attached. You do not have to thaw prawns before boiling. Bring seasoned water to a rolling boil, add prawns, cover, boil for 4 -5 minutes if frozen or for 3 - 4 minutes if thawed. Drain, cool, and serve. Do not over cook!!! If you want tails to really absorb the spices try peeling the tails before boiling. This will increase the spicy flavor of the tails. Removing the shells before boiling will reduce the necessary boiling time to 2 minutes.

## **Grilling, Baking, and Sautéing**

Prawns have very little salt in the meat therefore it will accept the flavors you add more readily. Marinate peeled tails for 10 - 30 minutes in the refrigerator before cooking and they will absorb the flavor of the marinade. Grill thawed prawns with shells for 2.5 to 3 minutes per side. Grill thawed and peeled prawns for 1.5 to 2 minutes per side. Sauté prawns for 4 - 5 minutes.

## **Cooking Whole Prawns**

Cooking whole prawns preserves the natural juices and delicate flavor. Many believe prawns have the best flavor and texture when they are cooked with the heads and shell intact. If the recipe does not call for whole prawns you may want to save the head in the freezer for making shrimp stock in other recipes.

## **Cooking Tip**

When using any cooking method, your cooking time may vary depending on the size of the prawns and your cooking equipment. Usually, prawns are ready to serve when the shells turn red.