

LOVE AUSTRALIAN PRAWNS

6 SPRING SAUCES

CELEBRATE SPRING



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PRAWNS

**Australians love their prawns
and spring is the season of love.**



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CELEBRATE SPRING

There's so much to celebrate in spring as the weather warms and the leaves return with Father's Day, Spring Racing Carnival and the AFL and NRL finals. We've put together a series of 6 ultra simple, ultra delicious sauces to accompany family, friends and Australian prawns during these great spring celebrations.

FATHER'S DAY

How would you describe your dad? A tiger, a king or a little bit bananas? These three famous types of green (uncooked) Australian Prawns are perfect for a garlic or tarragon butter sauce. You can make these in minutes with the kids and it will make his day.

- [1. Garlic Prawn Pasta Sauce](#)
- [2. Tarragon and Butter Sauce](#)

SPRING RACING

Prawns and champagne are a great match, but this year's trend is cool, clear and citrus with vodka and lemon or pink grapefruit granita. And nothing goes better with horse racing than horseradish in a piquant pesto dipping sauce. So now you can make a platter that goes perfectly with a flutter.

- [3. Vodka and Lemon or Pink Grapefruit Granita](#)
- [4. Rocket and Horseradish Pesto](#)

FOOTY FINALS

No matter who makes it to the finals, we're going to see heads torn off the tigers through October. Grab a kilo or two cooked Australian prawns and try these easy to prepare and serve sauces - made in minutes before the opening siren.

- [5. Bloody Mary Mayonnaise](#)
- [6. Texas Green Chilli Mayonnaise](#)



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GARLIC PRAWN PASTA

Ingredients

- 24 medium green Australian prawns
- 400g spaghetti
- 80g butter
- 2 tablespoons olive oil
- 4 cloves garlic, sliced
- 2 teaspoons dried chilli flakes
- 1 lemon, zested
- 2 tablespoons lemon juice
- ¼ cup flat-leaf parsley leaves, chopped
- Sea salt and cracked black pepper

Method

Peel the prawns and cut them in half lengthways. Cook the pasta in a large saucepan of boiling salted water for 8-10 minutes or until al dente.

Drain reserving ¼ cup pasta water and keep warm.

Heat the butter and oil in a large frying pan over medium heat. Add the garlic, chilli and lemon zest. Cook, stirring for 2 minutes or until golden.

Add the prawns and cook stirring for 2-3 minutes or until the prawns are tender.

Add the pasta, lemon juice, parsley and reserved pasta water.

Season with sea salt and freshly cracked black pepper and toss to combine. **Serves 4**



GRILLED PRAWNS WITH TARRAGON AND GARLIC BUTTER

Ingredients

- 100g butter, softened
- 2 cloves garlic, crushed
- 2 tablespoons chopped tarragon leaves
- ½ teaspoon chilli flakes
- 24 extra large green Australian prawns
- 2 teaspoons sea salt
- 1 tablespoon finely grated lime rind
- Lime wedges to serve

Method

Place butter, garlic, tarragon and chilli into a bowl and mix to combine. Spread the butter over prawn meat and place on a metal tray.

Halve the prawns lengthways and clean. Cook prawns under a hot grill for 2-3 minutes or until golden and cooked through.

Combine salt and lime rind and sprinkle over prawns. Serve with extra melted garlic butter and fresh lime wedges. **Serves 4**



AUSTRALIAN PRAWNS WITH VODKA AND LEMON OR VODKA AND PINK GRAPEFRUIT GRANITA

Ingredients

- 24 large cooked Australian prawns

Vodka & lemon granita

- 2 ½ cups water
- ¾ cup caster sugar
- 1 tbsp finely grated lemon rind
- ¾ cup lemon juice
- 2 tbsp vodka

Vodka & grapefruit granita

- 2 cups water
- ¾ cup caster sugar
- 1 ¼ cup pink grapefruit juice
- 2 tbsp vodka

Method

To make the vodka & lemon granita: Place water, sugar in a small saucepan over a medium heat & stir until the sugar has dissolved. Set aside to cool completely. Stir in the lemon rind, lemon juice & vodka. Place in a shallow metal container. Freeze for 4-5 hours or until completely set. Rake with a fork.

To make vodka & grapefruit granita: Use the same method as above but replace lemon juice & rind with pink grapefruit juice.

Peel and devein prawns, leaving tails intact and serve with granita. **Serves 4**



ROCKET AND HORSE RADISH PESTO

Ingredients

- 2kg large cooked Australian prawns
- 2 cups of rocket leaves
- 1/2 cup of good quality olive oil
- 1/4 cup of pine nuts
- 1 tablespoon of horseradish relish
- 1 tablespoon of lemon juice

Method

Toast pine nuts on a frypan over low heat until slightly brown. Place all ingredients (except prawns) into a blender and blend to a paste. Pour into a dipping bowl and refrigerate until ready. **Serves 6**



BLOODY MARY MAYONNAISE

Ingredients

- 2 kilos cooked Australian prawns
- 2 cups whole egg mayonnaise
- 3 tablespoons tomato juice
- 2 teaspoons Tabasco sauce
- 1 teaspoon Worcestershire sauce
- Fresh lemon and celery salt to serve

Method

Place the mayonnaise, tomato juice, Tabasco and Worcestershire sauce in a bowl and mix to combine. Serve with fresh cooked Australian prawns, lemons and celery salt. **Serves 6**



TEXAS GREEN CHILLI MAYONNAISE

Ingredients

- 24 large cooked Australian prawns
- *Green chilli mayo*
- 2 long green chillies
- 1 tbsp peeled & chopped ginger
- 2 cloves garlic, roughly chopped
- 1 tbsp brown sugar
- Zest & juice of one lime
- 1 cup coriander leaves
- 1 tbsp soy sauce
- 1 cup mayonnaise

Method

Heat a small fry pan over high heat & cook chillies turning for 5-10 minutes or until charred. Discard the stalks & roughly chop. Place chillies, ginger, garlic, sugar, lime zest & juice, coriander & soy into the bowl of a small food processor & process for 1-2 minutes or until finely chopped. Stir through mayonnaise & serve with buckets of prawns on ice. **Serves 4**



WHERE DO YOU FIND



LOVE AUSTRALIAN PRAWNS

MAP KEY

	Banana Prawn		Red Spot King Prawn
	Black Tiger Prawn		School Prawn
	Coral Prawn		Tiger Prawn
	Eastern King Prawn		Western King Prawn
	Endeavour Prawn		

Storing Prawns

Enjoy your prawns as soon as possible after purchase. Leave prawns in their shells until just before using them and store them in an airtight container in the coldest part of the refrigerator. Bring a small esky to keep them cool on the way home. Prawns, cooked or raw can be kept refrigerated for up to 3 days. Frozen prawns can be kept for up to 6-8 months if stored below -18°C.

Thawing Prawns

Frozen prawns should never be thawed at room temperature. The best way is to use a colander with a shallow tray or bowl underneath. Cover and place in the refrigerator for several hours or overnight. Thawing at low temperature helps maintain quality. Prawns may also be added to dishes without being thawed as the heat of the cooking will thaw them and any juices they give off will add to the flavour. Once thawed, prawns should not be refrozen as the quality deteriorates.

Nutrition

A platter of prawns may seem indulgent, but prawns are not just delicious, they're nutritious, so it's a good thing to dive in. Prawns are high in protein, low in fat and contain zero carbs.

They are also a good source of Omega 3 EPA + DHA. Omega 3 and 6 polyunsaturated fatty acids, better known as PUFA's or "good fats" are important ingredients to our health that the body cannot make on its own – we have to find them in our food.

Shelling Prawns

It is slightly easier to shell a cooked prawn than an uncooked one, but following these simple steps should make it fast and fun.

- 1 Remove the head. Grab the body of the prawn just below where the head joins the first part of the body. Twist the head off.
- 2 Remove the main shell. Hold the body firmly and use your thumb to grip the legs and shell around the body of the prawn removing one section at a time. Repeat until only 1 or 2 sections remain.
- 3 Pop the tail. Squeeze the tail section and the rest of the prawn should pop out. (or leave the tail section in place for impressive presentation)

