

Prawns Kataifi

Rolled in shredded pastry, deep fried. Served with pink paw paw chutney and green coconut dressing.

Chef: Erwann Salaun - Nautilus restaurant in Port Douglas

YOU WILL NEED:

- 18 prawns Endeavour 10/20 (size of prawn)
- (peeled, head off, and keep end tail)
- 180 g Kataifi pastry (10 g per prawns)

Egg wash:

- 2 eggs
- 1 pinch Sechman pepper
- 1 pinch sea salt
- Paw paw chutney:
- 1 large paw paw - peeled, deseeded and diced into 1.5cm cubes
- 2 tablespoons red onion - diced
- 2 tablespoons brown onion - diced
- 1 teaspoon peanut oil
- 1 teaspoon sesame oil

Paste:

- 1 teaspoon garlic
- 1 coriander root
- 1 teaspoon ginger
- 1 teaspoon szechuan pepper
- 2 teaspoons szechuan pepper
- 2 teaspoons lemon grass stalk
- 1 small birdsye chilli – deseeded

Uquia:

- 1 tablespoon mirin
- 2 tablespoons coconut vinegar
- 1 teaspoon honey
- Coconut dressing:
- 2 green coconuts
- 150 ml juice from the coconuts
- 30 ml rice wine vinegar
- 2 tablespoons lime juice
- 1 teaspoon peanut oil
- 1 teaspoon sesame oil
- 2 teaspoons fish sauce
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- Zest of half a lemon - finely chopped
- 3 Coriander stalks - finely chopped
- 1/2 golden shallot - finely chopped
- 2 teaspoons red chilli - deseeded, finely chopped
- 3 leaves Vietnamese mint - finely chopped
- 1 kaffir lime leaf - finely chopped
- 2 teaspoons black sesame seeds

METHOD:

Prawns Kataifi Method

Prepare egg wash mix

Flour each prawn then roll them in the egg.

Drain the excess off egg by holding them by the tail then roll in the Kataifi pastry leaving the tail out of the pastry.

Deep fried in a 180 degrees to 200 degrees oil for 2min max but turn them after 30 seconds.

Serve cold paw paw chutney (or warm) in the middle of the plate, surround bay coconut dressing topped with three prawns tails up.

Finish with fried Vietnamese mint on top.

Paw Paw chutney Method:

Paste: Combine paste ingredients and grind thoroughly in mortar and pestle. Set aside.

Heat: Combine peanut and sesame oils in a saucepan and add onions. Fry over a medium heat until clear. Add paste, mixing well with onion.

Add liquids and simmer gently until a thick consistency.

Add paw paw and warm gently for 3-4 minutes, ensuring fruit does not take its form.

Place chutney on a shallow tray and refrigerate.

Coconut dressing method:

Over a large bowl, extract the coconut juice. To do this, strike the centre of the coconut repeatedly around the circumference using a meat tenderiser or the back of a sturdy chopping knife.

Strain the juice through a fine sieve and put aside the 150 ml of juice required.

Using a flexible butter knife or a large metal kitchen spoon, extract the coconut flesh and ensure the flesh is kept in one piece, or at least large pieces.

If any brown woody husk remains on the outside of the flesh, remove with a potato peeler.

Dice coconut flesh into 3mm cubes.

Combine coconut cubes with all ingredients. Note: "Finely chopped ingredients should be similar in size to the sesame seeds.

Refrigerate until served.

Serving Suggestion: Arrange on a nice plate - maybe with some snowpea sprouts, eschallot curls or parsley.

Serves 6 as an entrée

Source:

This recipe from <http://www.abc.net.au/farnorth/stories/s598247.htm>