

# recipe

## COCONUT CRUMBED PRAWNS WITH PUMPKIN SALAD AND LIME MAYONNAISE

### INGREDIENTS

- 18 large raw king prawn cutlets (deveined) tails intact
- 3 eggs
- 3 egg whites
- 1 cup plain flour
- 1/3 cup panko breadcrumbs
- 1 cup shredded coconut
- 50ml milk
- 200 ml vegetable oil
- 1/2 cup mint leaves
- 1/2 cup basil leaves
- 1/2 cup coriander leaves
- Leaves of 1 baby cos lettuce (washed)
- 1 red chilli finely sliced
- 2 cups butternut pumpkin cut into 2cm dice
- 50ml vegetable oil
- 100ml mayonnaise
- 1 teaspoon of fish sauce
- Juice and zest 1 lime
- 1 teaspoon extra virgin olive oil
- 1 dessertspoon white wine vinegar
- Wooden skewers (soaked in water)

### METHOD

Whisk together eggs, whites and milk with a pinch of salt and set aside. Place panko crumbs and coconut in bowl and toss to mix. Place flour in a separate bowl and season with a teaspoon of salt. In a heavy-based pan on medium heat, sauté pumpkin with 50 ml vegetable oil until golden brown. Remove and drain. In a small bowl mix together mayonnaise, fish sauce, lime zest and juice then season to taste and set aside. Roll the prawns in the flour, then place them in the egg mix followed by the coconut crumb and repeat, tapping off the excess. Skewer the prawns. In a large pan add 200ml vegetable oil on medium heat and add the prawns. Cook for 3-4 minutes until golden brown. Remove the prawns and pat them dry on kitchen paper. Toss the mint, basil, coriander, cos leaves, chilli pumpkin and pumpkin seeds with oil and white wine vinegar, divide between six plates and serve with prawns with a spoon of mayonnaise.

Recipe courtesy of David Pugh, Queensland Chef and Executive Chef, Restaurant Two, Brisbane. For more Queensland produce recipes visit David's blog at [www.thequeenslandchef.blogspot.com.au](http://www.thequeenslandchef.blogspot.com.au)

# A-peeling

## QUEENSLAND PRAWNS

If variety is the spice of life, then seafood fans are in for a treat this winter, with all Queensland prawn varieties on offer.

Queensland Food Fellow Alison Alexander said each prawn variety worked well with particular flavours and dishes.

"King prawns have a rich flavour and medium texture and their versatility makes them ideal for using in many cuisines," she said.

"Banana prawns are milder and are popular when simply marinated and barbecued. The endeavour is a smaller prawn with a sweet flavour, so it holds its own in spicy dishes.

"Tiger prawns are easily identified by their distinctive stripes, making them a striking, visually appealing option.

"Bay prawns are the smallest and sweetest variety – if you're feeling adventurous try these Spanish style, dusted in seasoned flour and deep fried, shell and all."

No matter what you're after, be it flavour, texture or size, Queensland prawns will hit the spot.

Ms Alexander said there were some simple tips to follow to get the pick of the prawns.

"Choose prawns that are evenly coloured without blackening of the heads or legs and check that their shells and heads are firmly attached," she said.

"Prawns should have a slight shine, but no unnatural residue or slime. Always ask your fishmonger if the prawns are Queensland caught or grown. Our prawns are renowned for their quality so help support local businesses and add Queensland prawns to your menu." **Q**

### HAVE YOU TRIED...

Queensland Mackerel is one of the fastest swimming fish in the world and is a sustainable, versatile eating fish. Grey Mackerel is perfect for winter menus, with flaky, moist meat and a medium to firm texture, try it in a curry or baked whole with tomatoes and herbs. Available all year round, their numbers peak in winter months and are found in abundance in our open waters and near reefs.

