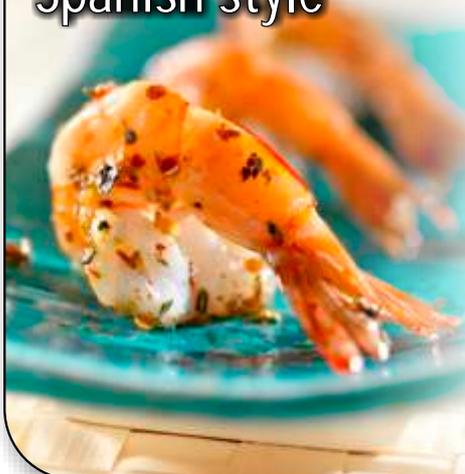


## Oct 2009

### Ocean King Prawns Spanish style



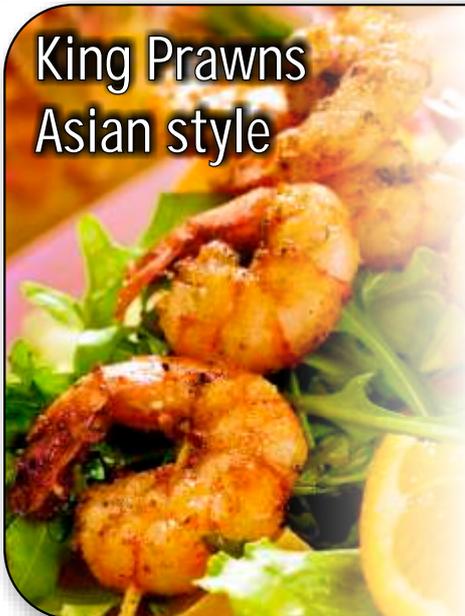
1 kg large green king prawns, peeled, tails intact  
4 T Spanish extra virgin olive oil  
4 garlic cloves, chopped  
1 teaspoon chilli flakes (more or less to taste)  
2 T smoked paprika  
4 T dry sherry  
1/3 cup flat-leaf parsley leaves, chopped  
2 tsp white sugar (plus salt to taste)

#### *Method*

1. Combine oil, garlic, chilli and paprika in a large non stick frypan. Heat on high for 2 or 3 minutes or until garlic just starts to colour.
2. Add prawns. Cook, stirring, for about 2 minutes or until prawns just begin to turn pink.
3. Add sherry, parsley & sugar - cook for 1 minute more or until prawns are just cooked through (be careful not to over-cook). Remove from heat, salt to taste and serve with crusty bread.

## Dec 2009

### King Prawns Asian style



1 kg large green king prawns, peeled, tails intact, threaded onto 25cm bamboo skewers (about three prawns per skewer)  
1 T lemon juice  
1 T grated fresh ginger  
1 T light soy sauce  
1 T fish sauce  
2 tsp sesame oil  
1/4 tsp five spice powder  
3 T olive oil

#### *Method*

1. Combine lemon juice, ginger, soy, fish sauce, sesame oil and five spice in mixing bowl. Place prawns on tray and pour over the marinade. Cover and refrigerate 1 hour.
2. Heat BBQ plate, add oil and cook prawns until just done -(1 to 2 mins per side)
3. Serve on a bed of asian salad greens

## Dec 2009



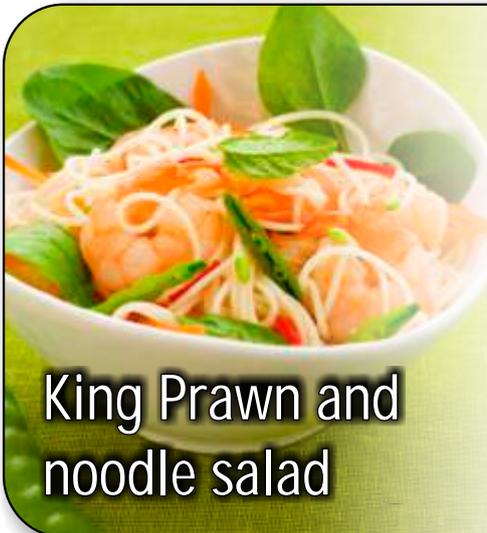
### King Prawns with classic cocktail sauce

- 1 egg yolk
- Juice of one lemon
- 2 teaspoon Worcestershire sauce
- 1 tablespoon tomato sauce
- 1 teaspoon Dijon mustard
- 1 splash Tabasco sauce
- 1/2 teaspoon salt
- white pepper to taste
- 300 ml Extra Virgin Olive Oil

#### Method

1. Whisk egg, lemon juice, mustard in a stainless steel or ceramic bowl (or food processor if preferred).
2. While whisking slowly add in the olive oil to make a mayonnaise. Add the remaining ingredients. Thin down with a little hot water if required.

## Mar 2010



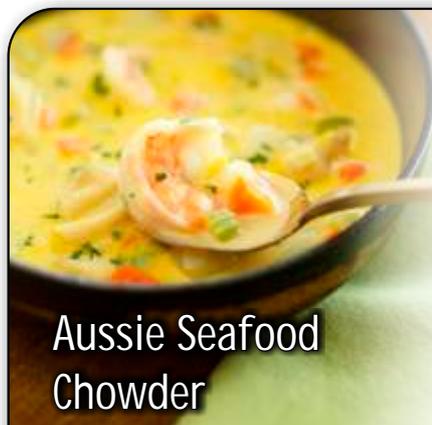
### King Prawn and noodle salad

- 1kg large cooked king prawns (peeled)
- 200g thin noodles, cooked and cooled
- 100g baby spinach leaves
- 200g snow peas
- 1 small carrot
- 1 cup mint leaves
- 1/2 cup sweet chilli sauce
- juice of 2 limes
- 2 tsp sesame oil

#### Method

1. Boil snow peas for 1 minute. Refresh in cold water and dry in salad spinner.
2. Peel carrot and cut into very fine strips.
3. Whisk sweet chilli sauce, lime juice and sesame oil to make dressing.
4. Toss all ingredients and pour over dressing.

## May 2010



### Aussie Seafood Chowder

- 18 green King Prawns (peeled & de-veined)
- 18 Old Scallops
- 500 g Red Throat Emperor fillet (cubed)
- 2 T butter + 1 T butter, extra
- 1 onion (roughly chopped)
- 2 gloves garlic (roughly chopped)
- 1 small fennel bulb (finely diced)
- 750 g potatoes (cubed)
- 1 litre fish stock
- 1 leek (sliced - wash carefully)
- 2 corn cobs (steamed until tender)
- 300 ml cream
- Salt & pepper

#### Method:

In large pot heat butter and saute onion, garlic and fennel until translucent. Add potatoes & fish stock - simmer until potato is soft. Remove from heat, add cream & process till smooth (add milk if necessary).

Saute leeks in extra butter until tender. Cut corn kernels from cobs.

Add seafood, leeks and corn and simmer for 5 minutes until fish is just tender. Add salt & pepper to taste. Serve immediately with fresh crusty bread and butter.

## Aug 2010



### Honey & Ginger Prawns

#### Ingredients

1 kg large green King Prawns, peeled and de-veined with tails on  
1 tablespoon of olive oil  
1 ½ cups cornflour  
½ teaspoon salt  
1 egg  
½ cup chilled water  
1 tablespoon sesame seeds  
½ cup honey  
1 tablespoon finely chopped ginger  
2 tablespoons light soy sauce  
Deep fryer with vegetable oil  
fried vermicelli rice noodles to serve

1. Toast sesame seeds in a non-stick fry pan over high heat until just golden. Place aside for serving.
2. Mix cornflour and salt in a large bowl. Add egg and chilled water, stir until just combined.
3. Dip prawns into batter and carefully drop into hot oil, cooking 3 or 4 at a time until light golden, then drain on paper towel.
4. To make sauce lightly fry ginger in olive oil, add honey and soy. Heat through.
5. Place prawns on the fried noodles, pour over some sauce, sprinkle with sesame seeds and serve.

## Nov 2010



### Barbecued Scallops

A simple way to enjoy these delights from the sea

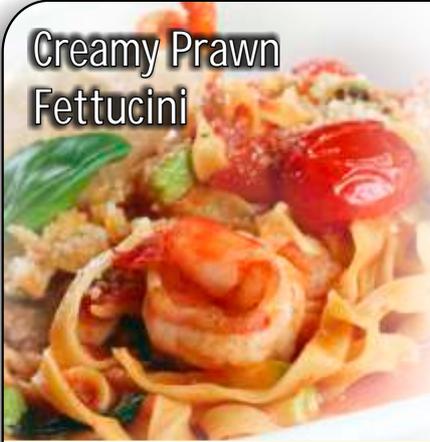
#### Ingredients

1 kg Old Sea Scallops  
4 tablespoons of olive oil  
3 Limes cut into wedges  
corriander leaves to garnish

1. Heat BBQ plate until hot.
2. Pour on olive oil - when oil starts to smoke drop on scallops round side down
3. Cook scallops about 1 minute per side.
4. Garnish with corriander leaves and serve with lime wedges, salt and fresh cracked pepper.

## Nov 2010

### Creamy Prawn Fettucini



#### Ingredients

1 kg large cooked King Prawns, peeled and de-veined with tails on  
6 Roma tomatoes, sliced into wedges  
3 spring onions chopped  
3 Tablespoon olive oil  
1/2 cup white wine  
1 Clove garlic chopped  
Salt & fresh ground black pepper  
500 g dried fettucini  
200 ml cream  
½ cup basil leaves, chopped  
Parmesian Cheese

1. Cook fettucini in boiling water until al-dente, drain and keep warm.
2. Heat olive oil in a heavy pan. Add onions, tomatoes and garlic and fry gently about 10 mins until tomatos are softened.
3. Turn heat to high and add wine. Bring to boil and reduce until most of the wine has evaporated.
4. Add cream and basil leaves. Heat through. Season with salt and pepper.
5. Stir through prawns until hot.
6. Toss sauce through pasta, top with parmesian cheese and garnish with basil leaves. Serve immediately.

## Mar 2011

### BBQ King Prawns with Chilli & Lime



1kg large green king prawns (peeled & deveined with tails on)  
1 bunch coriander leaves, finely chopped  
1/4 cup peanut oil  
2 garlic cloves, finely chopped  
1 stalk lemongrass, bruised & finely sliced  
2 small red chillies, deseeded & sliced  
2 limes, juiced  
Dash of fish sauce or salt

#### Method

1. Mix coriander, oil, garlic, lemongrass, chillies and ½ of the lime juice in a ceramic dish. Add prawns and marinate for 30 minutes.
2. BBQ prawns about 2 minutes each side on a hot grill until just cooked. Season with fish sauce.
3. Transfer to a plate & sprinkle with remaining lime juice. Enjoy.

Apr 2011

## Fresh Vietnamese King Prawn Rolls



32 (1kg) cooked King prawns, peeled, deveined  
100g rice vermicelli noodles  
16 round (22cm diameter) rice paper sheets  
150g bean sprouts  
1 carrot cut into very fine strips  
½ cucumber cut into very fine strips  
32 mint leaves, coarsely chopped  
16 coriander leaves coarsely chopped  
16 fresh garlic chives, cut into 10cm lengths  
Assorted dipping sauces (ie. sweet chilli, satay or Nuoc Cham (Vietnamese Dipping Sauce))

### Method

1. Cover noodles with boiling water for 5 minutes, drain.
2. Soften 1 rice paper sheet in warm water until just soft (about 30 seconds). Drain on paper towel.
3. Place 2 prawns along centre of sheet. Add some of the noodles, bean sprouts, carrot and cucumber. Top with mint and coriander. Fold in ends and top with 1 garlic chive. Roll up sheet to enclose filling.
4. Repeat to make 16 rolls. Serve fresh with sauces.

## Queensland Seafood Tagliatelle



4 tablespoons olive oil (extra virgin)  
1 onion, finely chopped  
3 garlic cloves finely chopped  
1 cup (250ml) dry white wine  
3 x 400g cans whole peeled tomatoes  
1kg mixed Queensland seafood (Ocean King prawns, scallops, bugs, Red Throat Emperor)  
500g tagliatelle pasta  
3 tablespoons fresh chopped herbs. (parsley & basil)

### Method

1. Heat half the oil in a large frypan on medium heat, add seafood and saute 2-3 mins until just cooked. Remove from pan and keep warm.
2. Add remaining oil to frypan with onion and cook 3-4 minutes. Add garlic and wine, increase heat and reduce down by half.
3. Add tomatoes and simmer about 20 minutes until slightly thickened. Stir occasionally breaking tomatoes down with spoon. Season with salt and pepper to taste.
4. Cook the pasta in boiling, salted water until al dente.
5. Add seafood to tomato sauce and cook 3-4 minutes over high heat. Stir in herbs, then toss the sauce through the pasta and serve.