

## Team Pink

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**Maurice Byrnes**, assisted by (Ron Hayden, Brian Robinson, Greg Cook and Ann Asker)

### Garlic Prawns in Cream Source

#### Ingredients

1 Kg fresh green prawns  
3 tbl spoons olive oil  
½ knob garlic  
½ cup white wine  
300 grams thickened cream  
½ bunch parsley

#### Method

Peel and devein the prawns and place into a bowl  
Add the olive oil  
Crush the garlic and add to the prawns and turn to mix well

Roughly cut the parsley

Heat a wok or large frypan over a med to high heat  
Add the prawns and cook through, until all of the prawns have turned pink, turning or tossing occasionally.  
Add the white wine, bring to the boil then reduce the heat and simmer until the liquid has reduced by half.  
Add the cream and the parsley, bring to the boil then reduce the heat and simmer until the source thickens.

Serve over freshly cooked rice.

## Team Red

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**Roger Russell**, assisted by (Marylin White, Zardia Armytage, Janet Dell and Ros Hayden)

### Ingredients

Prawn, Mango and Avocado Salad with Coconut Curry Dressing

1 kg green prawns

1 large clove garlic

Olive oil

1 Cos lettuce

2 Large ripe mangos

2 Large ripe, but firm, avocados

### COCONUT CURRY DRESSING

½ cup of good mayonnaise (such as Best Foods or Helmanns, or make your own)

½ cup coconut cream

½ teaspoon curry powder

Put the mayonnaise and curry powder in a small bowl and mix well. Slowly mix in the coconut cream until the dressing reaches the desired consistency (this should be a thick pouring consistency). Test for flavour. Adjust the flavour and consistency if desired by adding a small amount of one or more of the ingredients.

Place half of the dressing in a small serving jug and reserve the rest to pour over the prepared dish.

### PREPARATION

Shell and devein prawns, leaving tails intact. Use a sharp knife and slice down the back of each prawn.

Rinse the prawns and drain well.

Finely chop the garlic (one clove is enough as you don't want to overpower the other flavours in this dish).

Place prawns, garlic and 2 tbsps olive oil in a bowl stir then cover with plastic wrap, place in refrigerator until ready to cook.

Remove outer leaves from the lettuce and discard. Remove the remaining leaves, wash and drain.

Peel and slice the mangos. Peel and slice the avocados (do this last just prior to cooking the prawns).

Tear the drained lettuce leaves into smaller pieces and place on a large serving platter, top with a third of the mango and avocado slices.

### COOK THE PRAWNS

The prawns can be cooked on the barbecue or in a large wok or frying pan to which a small amount of olive oil (1 tbsp) has been added, the important point is to get the cooking utensil HOT prior to adding the prawns. Don't cook all the prawns at once if you don't have a large enough cooking utensil, you can cook them in 2 batches, it should take less than 2 minutes to cook each batch. This results in plump, juicy tender prawns.

As each batch is cooked, tip the prawns on to a plate, reheat the wok and cook the remaining prawns.

### DISH UP!

Top the prepared serving platter with the remaining mango and avocado slices and the cooked prawns (don't take up a lot of time trying to create a pattern, just scatter evenly).

Drizzle the reserved half of the dressing over the prawns and serve with the remaining dressing to be added as required.

## **Team Yellow**

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**Tim Armytage**, assisted by (Val Byrnes, Eoin Asker, Kay Bidwell and Sandy Camier)

### **Prawns *Cala Luna*.**

( with culinary apologies to Janet Dell)

#### **Ingredients:**

2kg large green prawns  
6 cloves garlic crushed  
6 birds eye chillies chopped in fine strips  
Bunch of fresh parsley finely chopped  
100ml olive oil  
150g baby spinach leaves washed  
1 punnet cherry tomatoes washed and cut in half  
Fresh ground salt and black pepper  
200g baby boccincini  
2 fresh crunchy French breadsticks cut in slices 20mm thick

#### **Method:**

Peel and de-vein prawns leaving tails on  
In a wok, gently cook garlic in small amount of oil – don't over cook.  
Cooking prawns takes 5 mins max, so when ready to eat, add prawns, chillies, remainder of oil, parsley – keeping small amount for garnish, to wok and cook on high, turning often.  
When most of prawns are red, add cherry tomatoes. When prawns have just turned red, add baby spinach, mix and turn twice and serve on warm plates or bed of pre-cooked rice.  
Do not overcook prawns or let them stew.  
Top prawns with boccincini and parsley garnish and grind generous amount of fresh pepper on top.  
Serve immediately with breadsticks.

No need to bribe Judges as this dish will win –

## Team Blue

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**Liz Chard**, assisted by (Sue Jones, Sally Cook, Julie Perrie and Greg White)

2 Kilos green prawns peeled and deveined  
2 large red birdseye chilies finely chopped (seeds removed)  
4 knobs of ginger finely grated  
3 cloves of garlic finely chopped  
½ bunch of fresh coriander finely chopped  
Zest of ½ lemon

Place all ingredients in a bowl and marinade for 1 hour  
Place mixture in very hot wok or fry pan

Turn prawns after 3 minutes, cook for additional 2 minutes  
Serve with freshly cooked rice

## Team Purple

Margot Rathbone, Keith Perrie, Jim Bullough, Andrene Bullough, Bruce Dell.

## Prawn & Corn Cakes

1 can corn  
50 g plain flour  
75 g self-raising flour  
2 eggs  
150 ml coconut cream  
400 g peeled, green prawns  
4 chopped shallots  
2 tablespoons chopped coriander  
Salt, pepper  
80 ml peanut oil

Sift flours, sugar, salt & pepper in bowl. Gradually add combined eggs and milk, whisk until smooth. Stir in corn, coarsely chopped prawns, shallots and chopped coriander.

Drop (2 tablespoons at a time) mixture into hot oil until brown. Cook in egg rings, if desired. Allow to cool.

## Avocado Cream

1 large ripe avocado  
1/3 cup thickened cream  
1 tablespoon lemon juice  
1 large clove of garlic  
Salt, pepper

Some chilli (optional)

## Team Purple

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**Margot Rathbone**, assisted by (Keith Perrie, Jim Bullough, Andrene Bullough and Bruce Dell)

### Prawn & Corn Cakes

1 can corn  
50 g plain flour  
75 g self-raising flour  
2 eggs  
150 ml coconut cream  
400 g peeled, green prawns  
4 chopped shallots  
2 tablespoons chopped coriander  
Salt, pepper  
80 ml peanut oil

Sift flours, sugar, salt & pepper in bowl. Gradually add combined eggs and milk, whisk until smooth. Stir in corn, coarsely chopped prawns, shallots and chopped coriander.

Drop (2 tablespoons at a time) mixture into hot oil until brown. Cook in egg rings, if desired. Allow to cool.

### Avocado Cream

1 large ripe avocado  
1/3 cup thickened cream  
1 tablespoon lemon juice  
1 large clove of garlic  
Salt, pepper  
Some chilli (optional)

Mash avocado with garlic, lemon juice, salt, pepper and chilli. Add thickened cream and whisk until smooth.

Put tsp of avocado cream on corn cake and decorate with two cooked, peeled prawns and other garnish of choice.

## Team Hot Pink

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**Donna Rohrs**, assisted by (Tony Nossiter, Graham Camier, Trish Paul, Sharon Pritchard and Suzie).

### PANCH PHORA PRAWNS

1/3 cup sour cream  
1 tablespoon each - Lime Juice, Panch Phora [Bengali Five-Spice]  
2 cloves garlic, finely chopped  
1 tablespoon finely chopped coriander  
1/4 teaspoon salt  
24 green prawns, peeled, deveined  
Olive Oil

Marinade: Combine sour cream, lime juice, panch phora, two cloves of garlic, coriander and salt in a large bowl. Add prawns and coat well. Cover and marinate for up to 30 minutes.

Heat oil and cook prawns for 3-4 minutes until just cooked and turning pink.

And that's it - simple as !!

The challenge is to find a local supplier of Herbie's Panch Phora - it may not be as difficult as it sounds - someone I was speaking with said that a really good deli at Mona Vale was a possibility. Also I think perhaps Forestway Fruit & Veg shop at Terrey Hills could be a possibility. If all else fails - then Herbie's have a specialist shop at Darling Street, Balmain/Rozelle.