

Chinese Prawn Tempura



Ingredients

- 450 g peeled prawns
- 30 ml plain (all-purpose) flour
- 30 ml corn-flour (cornstarch)
- 30 ml water
- 2 eggs, beaten
- oil for deep-frying

Method

Cut the prawns half way through on the inner curve and spread open to make a butterfly.

Mix the flour, corn-flour and water to batter then stir in the eggs.

Dip prawns in batter, try to leave them open.

Heat the oil and deep-fry the prawns until golden brown.

Fragrant Thai prawns



- 20 raw king prawns
- 1 small shallot , finely chopped
- 4 garlic cloves , finely chopped
- 1 fresh red chilli, halved, seeded and finely chopped
- 2.5cm piece of fresh root ginger , peeled and finely chopped
- 1 stem of lemon grass , tough outer leaves removed, finely chopped
- a good handful of fresh mint leaves, finely chopped
- a good handful of fresh coriander leaves, finely chopped
- 100ml olive oil
- grated zest and juice of 1 lime

<u>Method</u>

Tip all the chopped ingredients into a bowl, add the olive oil along with the lime zest and juice and mix well. Set aside for 30 minutes to allow the flavours to infuse.

To **make fragrant Thai prawns**, remove heads and peel shells from 20 raw king prawns but leave tail sections on. Toss in the marinade and cook on a really hot barbecue for 45 seconds on each side until they turn from grey-blue to pink.

Garlic Prawns



Tender, juicy prawns in a rich, creamy garlic sauce.

Ingredients

110g uncooked rice (or 1 1/3 cups cooked rice)
30g (1 1/2 tablespoons) butter or 1 1/2 tablespoons oil
16 green prawns, peeled and deveined
4 large garlic cloves, peeled and crushed
250ml (1 cup) thickened cream
1 tbsp finely shredded basil, firmly packed

Method

Cook rice according to the directions on the packet. Drain and keep warm.

Heat butter or oil in a frying pan or large saucepan over medium-high heat.

Add prawns and cook for a couple of minutes, until prawns have just changed colour but are not completely cooked through.

Turn prawns once during cooking.

Reduce heat to low, stir in garlic and cook for about 30 seconds, being careful not to brown garlic (it can develop a bitter flavour).

Add cream and increase heat so that the mixture is simmering rapidly.

While the sauce is reducing (keep an eye on the sauce to ensure it doesn't reduce too much), spoon one quarter of the rice into a mould with about 1/3 cup capacity (we use a 1/3 cup measuring cup).

Using the back of a spoon, firmly press the rice into the mould. Invert mould onto a serving plate, tap on mould to release rice and lift mould away.

Alternatively, use a ring mould. Repeat with remaining rice.

Simmer sauce until it has thickened to the desired consistency and prawns are cooked through.

Stir in basil and remove from heat.

Sweet and sour chilli prawns



Ingredients

- 500g large, raw peeled prawns
- Bunch of spring onions, trimmed
- 3 tbsp sweet chilli sauce
- 3 tbsp tomato ketchup
- 1 tbsp Castor Sugar
- 1 tbsp light soy sauce
- 1 tbsp rice wine vinegar or white wine vinegar
- 3 tbsp sunflower oil
- 2.5cm piece of ginger, cut into fine matchsticks
- 1 tsp corn flour
- 2 garlic cloves, crushed
- 1-2 medium-hot red chillies, deseeded and finely chopped
- 225-275g cherry tomatoes, halved

Method

De-vein the prawns if necessary, by inserting a cocktail stick into their backs about halfway along and hooking out the thin black vein with the tip.

Cut the green tops from the spring onions and cut them lengthways into thin shreds. Set aside for a garnish.

Thinly slice the white parts of the spring onions on the diagonal.

Mix the chilli sauce, ketchup, sugar, soy sauce and vinegar together in a small bowl.

Heat half the oil in a wok or large, deep frying pan.

Add the ginger and cook for 30 seconds, then add the prawns and stirfry for 2 minutes or until the prawns are just cooked through. Transfer them to a plate.

Mix the cornflour with 1 tablespoon of cold water.

Return the wok or pan to the heat and add the remaining oil and the garlic and chilli.

As soon as they start to sizzle, add the white spring onion slices and cherry tomatoes and stir-fry for 30 seconds.

Add the chilli sauce mixture and the cornflour mixture and simmer for a few seconds until thickened and smooth.

Return the prawns to the wok with the shredded green spring onion and toss everything together well.

Serve with noodles or steamed white rice.

Zesty smoked haddock and prawn Pilau



Ingredients

- 500g piece smoked haddock
- 200g large raw peeled prawns, thawed
- 2 tbsp olive oil
- 1 onion, finely chopped
- 2cm piece fresh ginger, finely chopped
- 1 tsp ground cumin
- 1 tsp turmeric
- Grated zest and juice of 1 lime, plus lime wedges to serve
- 300g basmati rice
- 50g unsalted cashew nuts, toasted and roughly chopped
- Large bunch of fresh coriander, roughly chopped

Method

Place 1 litre of boiling water from the kettle in a saucepan and bring to a gentle simmer.

Add the haddock and prawns and poach for 3-4 minutes.

Remove with a slotted spoon and reserve the cooking liquid.

Flake the haddock into pieces, discarding any skin or bones.

Heat the oil in a large frying pan, add the onion and cook gently for a few minutes, until tender.

Stir in the ginger, cumin, turmeric and lime zest and cook for a further minute.

Add the rice and toss to coat well in the oil and spices.

Pour in the reserved poaching liquid and bring to a simmer, stirring occasionally.

Cover and cook over a gentle heat for 20-25 minutes or until the rice is tender and all the liquid has been absorbed.

Remove from the heat and, using a fork, fold in the flaked fish, prawns, lime juice, nuts and coriander.

Serve immediately with extra lime wedges to squeeze over.

Tasty Thai Prawns



Ingredients

1 tbsp oil

2 garlic cloves, crushed

1 tsp lemongrass, finely sliced

2 tbsps coriander, sliced

2 tsps honey

1 tsp ginger, finely sliced

500 g prawns, cleaned

1 lemon, juice of

415 g tomato puree

1/2 cup sliced spring onions

1 cup coconut milk

Method

Heat oil in saucepan. Add garlic, lemon grass, ginger & spring onions & cook this until soft. Add prawns & cook 2 minutes. Add honey, lemon juice & tomato puree. Simmer 5 minutes. Add coconut milk & coriander. Serve over prepared rice.

Bengali prawn curry



"This prawn curry is considered a classic dish, and marinating seafood or meat with a combination of salt and turmeric is characteristic of Bengali cooking. I love how the complementary sweetness of the prawns and coconut is contrasted with the heat and pungency of the chillies and mustard seeds. Needless to say, very fresh prawns are essential for this recipe."

Ingredients

- 400g large raw prawns, shell on
- ½ tsp ground turmeric
- Sea salt
- 2 onions, peeled and roughly chopped
- 2cm ginger, peeled and roughly chopped
- 3 garlic cloves, peeled and roughly chopped
- 2 green chillies, deseeded and chopped
- 2 tbsp vegetable oil
- 2 tsp mustard seeds
- ½ tsp hot chilli powder
- 2 whole cloves
- 4 green cardamom pods

- 1 cinnamon stick
- 2 bay leaves
- 1 whole dried chilli
- 400ml tin coconut milk

Method

Shell and devein the prawns, leaving the tails on, if you wish. Place them in a bowl with the turmeric and a pinch of salt.

Mix well, then leave to marinate for 5-10 minutes.

Meanwhile, put the onions, ginger, garlic and chillies into a food processor with 2 tablespoons of water. Blend to a fine wet paste.

Heat the oil in a large pan. Add the mustard seeds, chilli powder, cloves, cardamom, cinnamon, bay leaves and whole chilli.

Fry for 1-2 minutes until the spices become fragrant and the mustard seeds begin to sputter.

Add the wet paste to the pan and fry over a low heat for 12-15 minutes, stirring frequently.

Add the coconut milk to the pan and bring to a simmer over a low heat.

Add the prawns and simmer for 2-3 minutes, until they are opaque and just cooked through.

Transfer to a warm bowl and serve immediately with warm Indian breads or rice.

Garlic and chilli prawns



Ingredients

- 4 tbsp olive oil
- 4 garlic cloves, peeled and thinly sliced
- 1 smallish, fresh red chilli, finely chopped
- 6 8 large raw prawns
- Chopped flat leaf parsley, to serve

Method

Heat the olive oil in a large frying pan and add the garlic and chilli.

Cook over medium heat for 1 - 2 minutes until softened.

Add the prawns and cook for just 1 - 2 minutes, turning halfway, until thoroughly cooked and pink throughout.

Tip into a serving dish and sprinkle with fresh flat leaf parsley.

Serve with lots of crusty bread.

Hot spiced prawn



Ingredients

- 1kg shelled raw tiger prawns
- 3 tablespoons olive oil
- 3 spring onions cut into 3 and sliced into strips
- 2 large cloves of garlic peeled and sliced thinly
- 1cm ginger peeled, sliced thinly and cut into strips
- 75ml sherry
- salt to taste

Method

Warm the oil in a large wide saucepan, and throw in the spring onions, garlic and ginger. Stir everything around vigorously until the onions begin to wilt, and then toss in the prawns stirring again.

Cover the pan and let everything cook for about five minutes and then remove the lid and pour in the sherry. Stir again and then cover the pan until the prawns are cooked through and no longer glassy in the middle. Taste to test and add a sprinkling of salt if you need it.

Pour into a large shallow bowl making sure you don't lose all the bits of onion, garlic and ginger and take immediately to the table.

Crispy prawns



Semolina's the secret ingredient in this simple Indian-inspired recipe. Easy enough for it makes a wickedly crunchy crispy coating for these succulent and lightly spiced prawns. Enjoy as a starter, side dish or serve at a party.

Ingredients

1/2 tsp turmeric
 1/2 tsp chilli powder frying
 6 tbsp semolina
 Sunflower oil, for shallow-

1 garlic clove450g raw peeled tiger prawns6 radishes

Method

Take a large shallow dish. Measure out the turmeric and chilli powder and add to the dish.

Crush the garlic in a garlic crusher and add to the spices. Mix together.

Rest a sieve over another bowl, then tip in the prawns (this will help to get rid of any liquid), then add the prawns to the spices and stir to coat.

Put the semolina into another shallow dish, add the prawns and mix to coat in the semolina.

Get a baking tray covered with crumpled kitchen paper ready to put the prawns on when cooked.

Take a large frying pan, pour in a 2cm depth of sunflower oil and heat it gently for about 5 minutes.

To test the oil is hot enough, add a cube of bread – it should turn golden in 15 seconds.

Use a slotted spoon to add half the prawns to the hot oil – stand well back as the oil will spit when the prawns are added.

Cook for 3-4 minutes, until the prawns are pale golden.

Remove with a slotted spoon and place on the prepared tray to drain off any excess oil. Repeat to cook the remaining prawns.

Meanwhile, cut the lemon into 6 wedges.

Fill a bowl with cold water, plunge the radishes and their leaves in and clean off any dirt.

Serve the prawns with a wedge of lemon and a crunchy radish or two.

Goan prawn curry (Masala jheenga)



Ingredients

- 4 tbsp vegetable oil
- 2 medium onions, sliced
- 2 tsp ground paprika
- 3 green chillies, deseeded and cut into strips
- 100ml coconut milk
- 400g large fresh prawns, peeled but with tail shells on and deveined
- 1 tbsp tamarind pulp
- For the curry paste
- 100g desiccated coconut
- 5 whole dried red chillies
- 4 tsp coriander seeds
- 21/2 tsp cumin seeds
- 1/2 tsp ground turmeric
- 2cm piece of fresh ginger, grated
- 4 garlic cloves, crushed
- 1 tsp whole black peppercorns

Method

Place all the ingredients for the curry paste into a food processor and blend well, adding enough water to make a thick paste. Heat the oil in a wok or large frying pan over a medium heat and gently cook the onions until golden. Add the curry paste and paprika and cook, stirring, for 2 minutes. Stir in the green chillies and cook for 1-2 minutes. Add enough water to thin the mixture to a sauce consistency. Add the coconut milk and prawns and simmer for 5 minutes. Add the tamarind pulp, then season and cook for a further 2 minutes. Transfer to bowls and serve with steamed basmati rice and pappadums.

Prawn and mussel paella



Ingredients

- 1kg fresh mussels
- 3 tbsp finely chopped flat leaf parsley
- 3 tbsp olive oil
- 1 red pepper, deseeded and sliced
- 1 medium squid, cleaned and sliced into rings
- 200g cooked tiger prawns
- 100g frozen peas, thawed
- Large pinch saffron threads
- 1 garlic clove, peeled and finely chopped
- 1 medium onion, peeled and sliced
- 250g organic brown rice, rinsed
- Salt and freshly ground black pepper

Method

Scrub mussels and remove any beards. Discard any mussels that have cracked shells or remain open when tapped on the edge of the sink.

Put the mussels in a large saucepan and add 300ml cold water and the chopped parsley.

Cover the pan with a tight fitting lid and bring to the boil.

Cook for about 3 minutes until the mussels have opened. Drain in a large colander, saving the cooking liquor.

When cool enough to handle, remove the mussels from their shells, discarding any that haven't opened.

Put the mussels in a bowl and set aside.

Heat 1 tablespoon of the oil in a large frying pan and gently fry the pepper with the squid for 5 minutes, stirring regularly.

Put in the bowl with the mussels. Add the prawns and peas.

Infuse saffron for 10 minutes in a small bowl half filled with just-boiled water.

Heat the remaining oil in a large sauté pan or paella pan and fry the garlic and onion for 5 minutes until softened and lightly browned.

Tip the rice into a jug and measure the volume. Stir into the garlic and onion and cook for a few seconds.

Pour the cooking liquor and saffron liquid into the jug and add enough water to make twice as much liquid volume as the rice.

Pour the liquid into the rice and bring to the boil. Cook for about 20 minutes until the rice is almost tender.

Stir in the reserved ingredients and cook in the rice for a further 10 minutes, stirring occasionally until piping hot.

Season to taste and serve sprinkled with extra chopped flat leaf parsley.

King prawn bhoona



Ingredients

- 25g butter
- 1 onion, chopped
- 3 garlic cloves, crushed
- 3cm piece root ginger, peeled and finely chopped
- 4 large tomatoes, peeled and finely chopped
- 1 tsp fenugreek seeds
- 4 cloves
- 2 green cardamom pods, crushed
- 1 cinnamon stick
- ½ tsp ground turmeric
- 2 tsp medium chilli powder
- 500g raw king prawns, thawed if frozen
- Salt
- 2 tbsp chopped fresh coriander

For the cumin-spiced rice

- 300g basmati rice
- 1 tbsp vegetable oil
- 15g butter
- 1 tsp cumin seeds
- 1 cinnamon stick
- 6 cloves
- 2 bay leaves, torn into pieces

Method

Put the rice on to cook in plenty of lightly salted boiling water. It will take about 12 minutes.

Cook's tip

You can also make the curry with 500g chopped chicken instead of prawns, cooking it with the onion for 10 minutes before adding the other ingredients.

Meanwhile, start the curry. Melt the butter in a large saucepan and gently fry the onion for 4-5 minutes, until soft and golden.

Add the garlic, ginger, tomatoes, fenugreek, cloves, cardamom and cinnamon and cook gently for another 2-3 minutes.

Stir in the turmeric and chilli powder, then add the prawns and cook for 2-3 minutes until pink.

Add 150ml water, heat until simmering and cook for 5 minutes.

When the rice is almost cooked, heat the oil and butter in a large frying pan and add the cumin seeds, cinnamon stick, cloves and bay leaves. Fry gently for 2-3 minutes.

Drain the rice thoroughly and add it to the spice mixture, stirring to coat.

Season the prawns with a little salt and stir in the coriander. Serve with the rice.

Achari theenga, spiced prawns



Rajasthan is an arid region, famous for its marinated food to make up for its lack of vegetables. These pickled spiced prawns, perfectly illustrate the rich use of spices and herbs to create this tasty dish.

Ingredients

- 20 fresh tiger or large prawns, peeled with tail shells on and deveined
- Squeeze of lemon juice
- 200g plain yogurt
- 2 tbsp Medium-Hot Lime Pickle, puréed
- 2 garlic cloves, crushed
- 1/2 tsp ground turmeric
- 1/2 tsp crushed cumin seeds
- 1 tbsp chopped fresh dill

Method

Put the prawns into a large mixing bowl with the squeeze of lemon juice. In a separate bowl, mix the remaining ingredients. Pour over the prawns and stir well. Leave in the fridge to marinate for a couple of hours. Meanwhile, soak the skewered in cold water for 30 minutes.

Thread 5 prawns onto each skewer and grill under a medium heat for 6-8 minutes, turning once, until cooked. Serve with salad leaves, wedges of lime and raita for dipping.

Prawn Kebab



Prawn Kebab is a delicious Malabar recipe.

Ingredients

- 10 Prawns
- 2 tsp Garlic paste
- 2 tsp Ginger paste
- 4 tsp Lemon juice
- 2 cups curd
- 2 cups cream

4 tsp Gram flour

2 tsp White pepper

2 tsp Cumin seeds

2 tsp Clove powder

Salt to taste

Method

Clean the prawns. Set aside. Blend the curd and cream properly. Add gram flour, white pepper, clove powder and rest of spices.

Add mixture to prawns. Add salt and place in silver foil. Keep the prawns in refrigerator for 2 hours. Place prawns in a preheated, hot oven and tandoor (grill) for 20 minutes.

Once the prawns turn golden brown, pour butter over it. Grill for a further 2 minutes. Remove from oven and serve.

Grilled prawn kebabs



Ingredients

- 80 ml olive oil
- 30 ml chopped fresh parsley
- 15 ml chopped fresh thyme
- 15 ml chopped coriander leaves
- 3 spring onions, chopped
- salt and black pepper
- 1 lemon

24 large raw prawns, peeled and deveined 4 baby onions, halved 1 red pepper, cut into chunks 1 bunch spinach, cooked 250 ml cooked rice

Method

In a large bowl, toss together oil, parsley, thyme, coriander, spring onion, salt, pepper, prawns, baby onions and red pepper. Cover with cling film and refrigerate overnight. Soak 4 wooden skewers in water overnight.

Remove prawns from marinade, reserving liquid. Chop cooked spinach finely, mix with rice and heat through. Cut lemon into thick slices and cut each slice into quarters.

Thread prawns, onion halves, red pepper and lemon on to each skewer, alternating the ingredients. Grill kebabs for 2 minutes each side, brushing frequently with reserved marinade.

To serve, place spinach and rice on a serving platter and arrange kebabs on top.

Sweet Prawn Kebabs



Ingredients

- 16 large, raw, shell-on, headless king prawns, defrosted
- 8 button mushrooms
- 2 peppers, red or green, cut into chunks
- 1 courgette, cut into chunks

Marinade

- 3 tbsp soft brown sugar
- 4 tbsp pineapple juice
- 2 tbsp soy sauce
- 5ml Worcestershire sauce
- 2 tbsp tomato ketchup
- 10ml spoon corn flour

Method

Preheat the grill.

Thread 4 skewers alternately with prawns, mushrooms, peppers and courgette.

To make the marinade, mix all the ingredients together, except the corn flour.

Lay the kebabs in a shallow dish and pour over the marinade.

Cover and marinate for at least 2 hours in a cool place.

Cook under a medium grill for 8-10 minutes, turning frequently.

In a saucepan, mix the corn flour to a paste with a little of the cold marinade; add remaining marinade and any cooking juices.

Bring to the boil stirring all the time, until the sauce has thickened.

Serve with the kebabs.

Garlic Prawn Kebabs



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Ingredients

16 prawns
8 teaspoons Olive Oil
1/3 cup dry white wine
4 large cloves of garlic, crushed
Chives for garnish
4 Bamboo skewers

Method

Shell the prawns; eave the tail fan & last segment of the shell on. Mix the olive oil, wine and garlic well in a medium bowl and place prawns in bowl, stir until coated and marinate for at least 1 hour.

Soak bamboo skewers in water to prevent burning while cooking. Thread four prawns on each skewer. Preheat a grill to high, or a hot barbeque. Place prawns on foil covered grill, or in a pan, brush with marinade and grill for 2-3 minutes until they turn pink. Turn once. Brush with marinade while cooking.

Butter Prawn



Butter Prawn is a relatively new Malaysian creation-combining the best of Malay, Chinese, Indian, and western ingredients, this is a knockout dish in terms of taste, smell, and presentation. The brown bits in the picture are killer in taste-the toasted *kerisik* (grated coconut) reveals layer upon layer of complex flavors-buttery, salty, sweet, spicy, and garlicky working off one another seamlessly and perfectly.

Ingredients

1 lb large prawns
Oil for deep frying
1 tsp sugar
1/2 tsp soy sauce

Method

Leave the prawn heads and shells on but chop off the eyes part. Slit down the back to remove the veins. Pat dry. Heat oil and deep fry the prawns. Drain and set aside.

Melt the butter, add chillies, curry leaves, garlic, salt and fry for 2 minutes or until fragrant.

Add prawns, sugar, soy sauce, wine, and grated coconut. Cook over high heat for 1-2 minutes, stirring frequently. Serve immediately.

Prawn tandoori



Ingredients

- 16 large prawns, peeled/deveined
- 2 tbsp lemon juice
- 1 tsp sea salt
- 2 tbsp vegetable oil
- 2 tbsp melted butter
- Lemon wedges, to serve

For the marinade

- 200g natural yoghurt
- 2 garlic cloves, peeled and crushed
- 2.5cm knob of fresh root ginger, peeled and grated
- 1½ -2 tsp hot chilli powder
- 1 tsp paprika
- 1 tsp garam masala
- 1 tsp ajwain seeds, toasted
- ½ tsp sea salt

Method

Wash the prawns and pat dry with kitchen paper.

Place in a bowl with the lemon juice and salt and toss well to coat.

Leave to marinate in the fridge for 15–20 minutes. If using bamboo skewers, soak four in warm water (this will prevent them from scorching under the grill).

Mix all the marinade ingredients together in a bowl.

Drain the prawns, then place in a clean bowl and pour the marinade over them.

Toss well to ensure they are coated all over, then cover and return to the fridge to marinate for $1\frac{1}{2}$ –2 hours.

Preheat the grill to the highest setting.

Mix the oil and melted butter together in a small bowl.

Remove the prawns from the marinade and thread them onto the bamboo or metal skewers.

Grill for 8–10 minutes, turning the skewers over and basting the prawns with the oil and butter mix halfway through cooking.

Serve the prawn skewers hot, with lemon wedges and a tomato and cucumber salad, if you wish.

Chilli prawn stir-fry



Ingredients

- Vegetable oil for frying
- 1 thinly sliced, deseeded red chilli
- 250g pack stir-fry vegetables
- 1 tbsp red wine vinegar
- 2 tbsp dark soy sauce
- 1 tbsp sweet chilli sauce
- 300g pack cooked and peeled prawns

Method

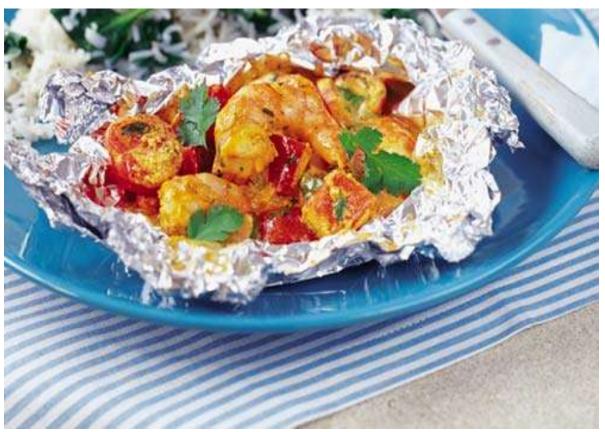
Heat a splash of vegetable oil in a wok or frying pan until hot. Add chilli and stir-fry for 1 minute.

Add pack of stir-fry vegetables, some salt and pepper and stir-fry for 1-2 minutes.

Mix in red wine vinegar, dark soy sauce and sweet chilli sauce and cook until bubbling.

Finally, add 300g pack cooked and peeled prawns and heat through.

Balti prawn parcels



Ingredients

- 3 tbsp Balti curry paste
- 200g natural yogurt
- 24 large, raw peeled prawns
- 12 cherry tomatoes, halved
- 1 red pepper, deseeded and cubed
- Small handful chopped fresh coriander, plus leaves to garnish
- 225g basmati rice
- Small bag baby spinach, washed

Method

Preheat the barbecue. In a large bowl, mix the curry paste and yogurt.

Add the prawns, tomatoes, red pepper and chopped coriander and toss to lightly coat in the mixture.

<u>Tip:</u> You could replace the prawns with cubes of salmon, chicken breast.

To cook indoors: Preheat the oven to 200°C. Place the parcels on a baking tray and cook in the hot oven for 10-12 minutes.

Make 4 large, double-thickness squares of foil.

Divide the prawn mixture between the centre of each, and then bring the edges up all around to enclose and seal the parcels really well.

Place on the hot barbecue and cook for 10-12 minutes, turning halfway with a fish slice, until the parcels have puffed up and the prawns are cooked through.

Carefully open 1 parcel to check the prawns have turned pink; if they haven't, cook for a few more minutes.

Meanwhile, cook the rice in boiling, lightly salted water for 12 minutes or until just cooked.

Stir in the spinach to wilt, and then drain well. Return to the pan, season and set aside, covered, for a few minutes.

Fluff up the rice grains with a fork.

To serve, place an opened prawn parcel on each plate, scatter with a few coriander leaves and spoon the spinach rice alongside.

Garlic prawns



"Of Catalan origin, this simple tapas dish is now served all over Spain. Use very fresh prawns to ensure a sweet, succulent result. Eat them with your fingers and don't forget to provide a bowl for the empty prawn shells and individual bowls of lemon water for rinsing sticky fingers."

Ingredients

- 600g large raw prawns
- 4 tbsp olive oil
- 5–6 garlic cloves, peeled and thinly sliced
- 2 dried red chillies, finely chopped
- Sea salt and black pepper

Method

Either leave the prawns in their shells, or if you prefer, remove the heads, peel and devein, leaving the tails intact. Heat the olive oil in a large frying pan. Add the garlic, dried chillies and a pinch each of salt and pepper. Fry over a medium-low heat for about a minute until the garlic begins to colour very slightly.

Immediately tip the prawns into the pan, increase the heat and fry for about $1\frac{1}{2}$ minutes on each side until bright red and opaque. Arrange the prawns on a warm platter or individual plates drizzle over the garlicinfused oil from the pan and sprinkle with a little chopped parsley. Serve immediately, with lemon wedges. Accompany with plenty of crusty bread.

Japanese Tempura Prawns with Wasabi Dipping Sauce



Ingredients

- 30 large prawns in shells
- Vegetable oil, for frying

Batter

- 1 large egg
- 200g plain flour, sifted
- ½ cup cold water
- Wasabi Paste Dipping Sauce, see recipe

Method

Remove the head and shells from the prawns and cut out the vein from the back of the prawn. Wash and pat dry.

Combine the ingredients for the sauce and set aside.

<u>To make the batter</u>: Lightly beat the egg until the yolk is broken and starting to blend with the white.

Stir in the flour and the water, until just combined. Do not over mix the batter; there should be a few lumps in the mixture.

Set the batter bowl in a larger bowl filled with ice cubes or crushed ice.

To cook prawns - Heat vegetable oil in a deep heavy-based pan to a temperature of 180 degrees C or until a cube of bread browns in 30 seconds.

Hold the prawns by the tail, dip into the batter, and then carefully slip them into the hot oil.

Fry the prawns five at a time for about 2 minutes until the batter is golden and very crisp.

Drain on kitchen paper, and keep warm while frying the remaining prawns.

WASABI PASTE DIPPING SAUCE

Ingredients

- 2 tablespoons wasabi powder
- 3 tablespoons soy sauce
- 3 tablespoons grated daikon (large, sweet radish of Japanese origin)

<u>Method</u>

Stir the powdered wasabi into 2 tablespoons cold water to form a paste. Mix in soy sauce and the grated daikon and serve in a small bowl.

Wasabi, a pungent and fiery-tasting Japanese ingredient similar to horseradish is available in powder form or as a paste.

Cheesy Prawn Thermidor



This seafood delight is made by simmering prawns in spring onion, fresh thyme and a dash of brandy and topping them with a tasty cheese sauce.

Ingredients

- 500 g prawns, deveined and shelled
- 3 spring onions, chopped
- 60 ml brandy
- Salt and white pepper to taste
- 60 ml brandy
- 1 sachet Knorr Three Cheese Pasta Sauce
- 125 ml cream
- Dash of Tabasco sauce, to taste
- 125 ml grated Parmesan cheese
- 100 ml margarine
- 500 g prawns, deveined and shelled
- 25 ml fresh thyme, chopped
- 250 g button mushrooms, thinly sliced

- 15 ml lemon juice
- 250 ml fish or chicken stock
- 3 ml paprika
- 15 ml lemon juice

Method

Melt 40 ml margarine in a saucepan over medium heat

Add spring onions and sauté for 2-3 min

Stir in the prawns and fry until the prawns turn from translucent to pale pink

Add the brandy and bring to a simmer

Cook for 1 minute

Add the thyme, salt and pepper and remove from the heat

In a small saucepan melt 20 ml butter and fry the mushrooms until golden brown

In a separate frying pan, melt 20 ml margarine and stir in the Knorr Three Cheese Pasta Sauce, stirring well to prevent lumps

Gradually whisk in stock and cook for 10 min until thickened

Stir in the cream and cook for a further 5 min

Add paprika, Tabasco sauce and lemon juice

Stir the prawns and mushrooms into the cheese sauce and lightly mix together

Spoon into individual ramekins and sprinkle with Parmesan cheese

Place on a baking dish and bake for 20 min until golden brown

Serve with fluffy white rice

Prawn Thermidor



Ingredients

- 18 Black Tiger Prawns
- 1 cup fresh parsley, chopped
- 2 cups canned champignons or button mushrooms, minced
- 1 cup parmesan cheese, grated
- 1 1/2 cups bread crumbs
- 1 cup white onions, minced
- 1/2 pound butter
- White Sauce:
- 1 cup All-purpose cream
- 1 tbsp minced white onions
- 1 tbsp cornstarch
- Dash of salt and pepper

Method

Butterfly prawns using sharp knife or scissors. Scoop meat out carefully leaving the head intact. Chop meat finely and set aside. In a saucepan, melt butter; add onions, champignons, chopped prawns, parsley and sauté until prawns turn pink. Put 1 tbsp of this mixture in each shell.

Top with breadcrumbs, white sauce and grated cheese. Bake until shells turn red-orange. Occasionally check if meat is moist and tender.

Creamy Prawn Thermidor



Ingredients

- 1 tbsp olive oil
- 1 kg raw prawns, shelled
- 25g shallots, thinly chopped
- 100ml white wine
- 100 ml fresh fish stock
- 1/2 tsp English mustard
- 350ml double cream
- salt, and freshly ground pepper
- lemon juice, to taste
- 30g gruyère cheese, diced
- 2 egg yolks
- 1 small bunch of parsley, chopped
- rice, to serve

Method

Heat the olive oil in a large saucepan. Add in the prawns and stir and cook for 2 minutes. Add in the shallots and cook for a further minute. Pour in the wine and fish stock. Cook briskly and allow to reduce for a minute. 3. Add the mustard and 300ml of double cream. Bring to the boil, then reduce heat to a simmer. Season with salt and freshly ground pepper.

Squeeze in a little lemon juice to taste and mix in the Gruyere cheese. In a bowl, beat the yolks with the remaining double cream. Take pan from the heat and mix in the yolk mixture and the parsley. Serve with rice.

Singapore Chilli Prawns



Ingredients

- 1 tablespoon peanut oil
- 1 pound shrimp (shelled and deveined)
- 1 tablespoon garlic (chopped)
- 1 tablespoon ginger (grated)
- 1/4 cup shallots (chopped)
- 2 chilies (seeded and chopped)
- 1/2 cup water
- 4 tablespoons tomato sauce
- 3 tablespoons sweet chili sauce
- 1/2 lime (juice)
- 2 teaspoons palm sugar (grated or sugar)
- 1 teaspoon corn starch

Method

Heat the oil in a pan. Add the garlic, ginger, shallots, and chilies and sauté until fragrant, about a minute. Add the shrimp and sauté for a minute on both sides. Add the water, tomato sauce, sweet chili sauce, lime juice. sugar and corn starch and bring to a boil.

Serve the prawns with the coriander rice.

CREAMY PRAWN CURRY



Ingredients

- 500 g Prawns (cleaned and headless)
- 1 Inch piece Cinnamon
- 4 Cloves
- 4 Cardamoms
- 1 cup Onion paste
- 1 tsp Ginger paste
- 1 tsp Red Chilli powder
- 2 Bay leaves
- 1/2 tsp Turmeric powder
- 2 cups Coconut milk
- 2 tbsp Ghee or clarified butter
- Salt to taste

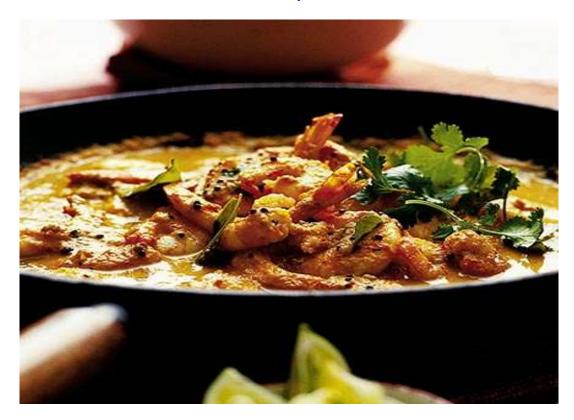
Method

Smear the prawns with salt and wash well. Then apply some turmeric powder and keep aside for 5 minutes. Heat half the ghee (clarified butter) in a pan and heat the prawns for a moment. Take out the prawns from the pan and keep aside.

Now, add the cloves, cinnamon, bay leaves, and green cardamoms. Heat briefly. Mix the onion paste and stir. Fry on low heat for about a minutes or till the paste is browned. Add the red chilli paste / powder and ginger paste. Fry briefly on medium heat till the oil evaporates.

Add the prawns and coconut milk. And then add salt as required. Apply heat for about 2 minutes. Add the remaining ghee (clarified butter) and cover tight for a little while.

Keralan prawns



Ingredients

- 2 red chillies split, cut into quarters lengthways and seeded
- 1 small red onion , chopped
- 2.5cm piece of fresh root ginger , peeled and chopped
- 1 tbsp vegetable or sunflower oil
- 1 tsp black mustard seeds
- ½ tsp fenugreek seeds
- 14 curry leaves , fresh or dried
- ½ tsp turmeric
- ½ tsp cracked black peppercorns
- 250g jumbo prawns , leave some with their tails on if you like
- 150ml reduced-fat coconut milk

To serve

- a squeeze of lime
- chopped fresh coriander , plus a sprig or two
- · freshly boiled basmati rice

Method

In a food processor, blitz the chillies, onion and ginger with 3 tbsp water into a smoothish paste - you may need to scrape it down the sides.

Heat the oil in a heavy pan or wok.

When hot, toss in the mustard and fenugreek seeds, and curry leaves - they'll crackle and pop - and fry for 10 seconds.

Add the onion paste, turn the heat down a tad and cook without colouring for about 5 minutes.

Splash in some water if it starts to catch.

Add the turmeric and cracked peppercorns and stir the spices around for a few seconds before tipping in the prawns.

Pour in the coconut milk and bring to a simmer, stirring all the time.

The milk will take on a yellow colour from the turmeric.

Cook for 1 minute until everything's heated through.

Squeeze over some lime, sprinkle with fresh coriander and serve with rice.

Tamarind Prawn (Assam Prawn)



Tamarind prawn or **Assam prawn** is a <u>Malaysian</u>- <u>Nyonya</u> recipe.

Ingredients

250g shell-on prawns
1 1/2 tablespoons tamarind pulp
4 tablespoons water
1 teaspoon sugar
1/4 teaspoon salt
3 tablespoons cooking oil

Method

Mix the tamarind pulp with 4 tablespoons water. Extract the juice from the tamarind by pressing the pulp. Remove the heads of the prawns.

Devein the prawns by slitting the back. Rinse prawns with water and pat dry with paper towers. Add the tamarind juice and pulp, salt, and sugar into the prawns and mix well with your hand. Marinate for 15 minutes. Remove the tamarind pulp before cooking.

Heat up a wok and add cooking oil. As soon as it's heated, drop the prawns into the wok and pan fry until cooked and slightly burnt. Dish out and serve immediately.

Prawns Pil Pil



This sizzling prawn dish from Spain.

is a

Ingredients

100ml olive oil

4 garlic cloves very thinly sliced 1 small fresh red chilli seeded and chopped 350g of raw gambas (prawns), peeled and salted 2 tbsps chopped fresh parsley lemon wedges and bread to serve

Method

Heat the olive oil in each individual earthenware dish (or the frying pan) over a high heat. Add garlic and chilli and cook for 1 to 2 minutes making sure that they do not burn.

Then add the sea salt and prawns and cook for a further 2 to 3 minutes at a brisk pace. (Remember to adjust timing if using pre-cooked gambas). Stir in the parsley.

Serve quickly so that the prawns are still sizzling in the cooking juices and accompany with bread and lemon wedges.

Romesco with grilled prawns



Romesco sauce originates from Catalunya and it takes its name from the Romesco pepper which is a bitter come sweet pepper. If you cannot find Romesco then a good alternative is pimenton (paprika). Like many Spanish sauces the texture comes from thickening with ground almonds together with hazel nuts, bread crumbs and olive oil to promote a creamier texture. Romesco sauce can actually be served with any grilled seafood, fish or meat and if thinned down makes a great salad dressing.

Ingredients

- 1 kg large prawns (3 to 4 dozen)
- 2 tbsps olive oil
- 2 tsps of salt

For the Romesco sauce

2 tbsps sweet paprika

Pinch of hot pimenton/cayenne

1 tomato, peeled, seeded, and chopped

3 garlic cloves

12 almonds, blanched and skinned

24 hazelnuts, skinned

1 slice of bread, toasted

1 tablespoon of parsley

3 mint leaves

150 ml extra virgin olive oil1 tsp salt1 tbsp vinegarfreshly ground black pepper

Method

Combine the paprika (or Romesco), cayenne (or pimenton), tomato, garlic, almonds, hazelnuts, bread, parsley and mint in a blender or in a food processor.

Blend until you have a smooth puree. Now blend in the olive oil a little at a time and then season with salt, pepper and the vinegar. The sauce should ideally be served at room temperature.

For the prawns toss them generously in olive oil and salt.

Carefully thread them on skewers (if using the wooden type ensure the skewers have been soaked in cold water for around 30 minutes first).

If using a charcoal grill make sure it is at a medium heat and grill for about three or four minutes, turning once.

Make sure that the prawns are cooked all the way through before serving.

If you are using a griddle or grill, peel the prawns before cooking but leave the tails intact and then toss as normal in olive oil.

<u>Serving</u>

Push the prawns off of the skewers and arrange on a platter with a tub of the Romesco sauce as an accompaniment.

Chicken and prawn skewers on Greek salad



Ingredients

- 1 large skinless chicken breast, cut into 8 pieces
- 8 large, raw peeled prawns
- 3 tbsp olive oil
- 1 lemon
- 1/2 teaspoon dried oregano
- 300g fresh (or frozen and thawed) broad beans
- Handful of fresh mint leaves, chopped
- 100g feta, crumbled

Method

Put the chicken in a bowl and toss with the prawns, 1 tablespoon olive oil, the zest and juice of 1/2 lemon and the dried oregano. Season and set aside for 10 minutes.

Meanwhile, cook the broad beans in salted water for 3-4 minutes, until just tender. Drain, refresh in cold water, drain again and slip out of their skins. Put into a bowl and toss with the mint, feta and 2 tablespoons olive oil. Season with freshly ground black pepper and set aside.

Thread the chicken and prawns onto 4 skewers. Cook on a hot griddle pan for 5-6 minutes, turning halfway, until charred and cooked through. Divide

between plates, along with the bean salad. Serve with the remaining lemon, cut into wedges.

Hot spiced prawn



Ingredients

- 1kg shelled raw tiger prawns
- 3 tbsps olive oil
- 3 spring onions cut into 3 and sliced into strips
- 2 cloves of garlic peeled and sliced thinly
- 1cm ginger peeled, sliced thinly and cut into strips
- 75ml sherry
- salt to taste

<u>Method</u>

Warm the oil in a large wide saucepan, and throw in the spring onions, garlic and ginger. Stir everything around vigorously until the onions begin to wilt, and then toss in the prawns stirring again.

Cover the pan and let everything cook for about five minutes and then remove the lid and pour in the sherry. Stir again and then cover the pan until the prawns are cooked through and no longer glassy in the middle. Taste to test and add a sprinkling of salt if you need it. Pour into a large shallow bowl making sure you don't lose all the bits of onion, garlic and ginger and take immediately to the table.

Tiger prawns in Kataifi pastry



Kataifi pastry is often used in Greek desserts but its crispy sweetness also works well with prawns.

Ingredients

- 10 tiger prawns peeled and de-veined
- Small packet of filo pastry
- 1 egg, beaten to make egg wash
- 1 I vegetable oil for frying

For the marinade

- 2 chillies, diced
- 1 Lemongrass, left whole for easy removal
- 1 clove garlic

- Coriander root, blended or chopped leaves
- Juice and zest of 1 lemon
- 100ml vegetable oil
- 1 tbsp dried ginger

For the dip:

- 400ml Greek yoghurt
- 2 red chillies, chopped
- 1 tbsp finely diced ginger
- Juice and zest of 1 lime
- Chopped coriander as garnish

Method

Peel the prawns and soak in the marinade for at least one hour.

Place each prawn on a skewer, dip in egg wash and roll in Kataifi pastry or o pastry (approx 10cm x 3 cm strip).

Deep fry until golden in a small pan with enough oil to cover the prawn but not the stick.

Mix together all the ingredients for the dip and serve alongside the prawns.



Ingredients

- 200g cooked prawns, fresh or frozen (and thawed)
- Juice of 1 lemon
- 2 tbsp mayonnaise
- 1 tbsp tomato ketchup
- 1 tsp salad cream
- 1/4 iceberg lettuce
- 8 mini brown rolls

<u>Method</u>

Empty the prawns into a sieve resting over the sink to drain off any liquid. Tip into a bowl.

Squeeze over the lemon juice and season with salt and pepper. Add the mayonnaise, ketchup and salad cream and stir gently to mix.

Shred the lettuce by carefully cutting into thin strips with a sharp knife. Cut the rolls through the middle and open them up. You don't need any butter as there's quite a lot of fat in the mayonnaise.

Divide the lettuce between the rolls and spoon the prawn mixture on top, then sandwich the rolls together. Chill in a sealable container or a tin until needed.

Lemon risotto with garlic prawns



Ingredients

- 20 large peeled raw prawns, tail-shells on
- 1 tsp finely grated fresh ginger
- 3 garlic cloves, crushed
- 4 tbsp sweet chilli dipping sauce
- Finely grated zest and juice of 1 large lemon
- 1.2 litres fresh vegetable stock, hot
- Pinch of saffron threads
- 1 tbsp low-fat spread
- 1 bunch spring onions, finely chopped
- 300g risotto rice
- Small handful flat leaf parsley, to serve

Method

Put the prawns in a bowl with the ginger, 1 crushed garlic clove, chilli sauce and 1 tablespoon of lemon juice. Mix together and set aside while you make the risotto. Pour the stock into a saucepan, add the saffron and simmer over a low heat. Melt the spread in a heavy-based pan and sauté the onions and remaining crushed garlic for 2 minutes. Stir in the rice and zest and cook for 1 minute. Add a ladleful of the stock and cook, stirring occasionally, until it has been absorbed. Continue to add the stock, a ladleful at a time, and cook for about 20 minutes, or until the rice is just cooked. Remove from the heat, stir in the remaining lemon juice and set aside.

Heat a wok or large frying pan over a very high heat. When really hot, tip in the prawn mixture and cook, stirring, for 2-3 minutes, until the prawns turn pink and the sauce is bubbling and thick. Spoon the risotto into warm bowls, top with the prawns and scatter over the parsley to serve.

Doukan king prawn and mussel tagine



Ingredients

For the tagine

- 12 king prawns
- 12 green mussels
- 2 large maris piper potatoes

For the spice paste

- 4 tbsp fresh coriander, stalk and leaf (cleaned)
- 1 clove garlic, finely chopped
- 6 tbsp lemon juice
- 1½ tsp salt
- 2½ tsp ground cumin
- 3 tsp sweet paprika
- 8 tbsp extra virgin olive oil
- 1 large preserved lemon, finely chopped

To finish

• 1 tsp of harissa paste

- Lemon juice to taste
- 6 red peppers
- 4 sprigs of coriander to garnish
- Fresh lemon to garnish
- Salt
- Pepper
- Olive oil

Method

Peel and boil the potatoes whole for 10 minutes in salted water until almost cooked, then slice into rounds of 1cm thick.

To make the spice paste, chop the coriander and mix thoroughly with all the other ingredients.

For the roasted peppers, colour the skins of the peppers under a grill or in a hot oven, de-seed and cover with cling film to steam.

Once the skins are loose, peel the skins and dice the peppers ready for use in the main dish.

In a large sauté pan add olive oil, bring to high heat then add a tablespoon of the spice paste and heat it for about a minute, add the raw prawns and stir fry to seal them quickly.

Add the harissa paste and a squeeze of lemon juice.

Add some more olive oil if needed then add the diced roasted peppers; mix very quickly with about a cup of water to loosen the sauce.

Add the mussels and cover the dish for 3 minutes. Lift the lid to check that the mussels have all opened then add the cooked sliced potatoes.

If there is too much liquid in the sauce leave to reduce until you have a nice sauce consistency.

To serve, place the slices of potato at the bottom of a warm tagine and place the prawns on top followed by the mussels.

Pour the sauce around the main ingredients and garnish with a lemon wedge and a sprig of coriander.

Sweet chilli prawn noodle salad



Ingredients

- 2 blocks dried fine egg noodles (about 130g)
- 4 celery sticks, finely sliced on the diagonal
- Bunch of radishes, thinly sliced
- About 300g bean sprouts
- 400g cooked and peeled king prawns
- 4 tbsp sweet chilli sauce, plus extra to serve

<u>Method</u>

Put the noodles in a large bowl. Pour over a kettle of boiling water and cover with cling film. Set aside for 5 minutes, stirring halfway, until just softened.

Drain, run under cold water to cool, then drain again and tip into a large bowl.

Add the celery, radishes, bean sprouts and prawns. Drizzle with the chilli sauce, season and toss everything together until combined.

Divide between plates and serve with extra chilli sauce to drizzle over.

Tandoori prawns with mint raita



Ingredients

- 115g basmati rice
- 4 tbsp natural yogurt
- 2 tbsp tandoori curry paste
- 450g raw, large peeled prawns
- 1/2 cucumber
- 100g natural yogurt
- A handful chopped fresh mint leaves
- · Rice, to serve
- Mint sprigs, to serve
- Lime wedges, to serve (optional)

Method

Cook 115g basmati rice in simmering water for 12 minutes or until tender. Drain well. Meanwhile, preheat the grill to medium-high. In a bowl, mix together 4 tablespoons natural yogurt with 2 tablespoons tandoori curry paste. Add 450g raw, large peeled prawns and toss to coat. Tip onto a foil-lined baking tray, along with the marinade, and grill for 4-5 minutes or until just cooked through.

For the raita, peel long, thin strips from 1/2 cucumber with a vegetable peeler, then pat dry on kitchen paper. Put into a bowl, add 100g natural

yogurt, a handful chopped fresh mint leaves and some seasoning and mix together. Divide the rice between plates and spoon the prawns and raita alongside. Garnish with extra fresh mint sprigs. Serve with lime wedges, to squeeze over, if you like.

Sweet-and-sour prawns



Ingredients

- 16 large raw prawns, peeled and deveined
- 2 tbsp olive oil
- 1 garlic clove, crushed
- 2 tbsp light soy sauce
- 1-2 tbsp clear honey
- 2 limes
- 2 tbsp roughly chopped fresh coriander
- Pinch of chilli flakes

Method

Soak 4 bamboo or wooden skewers in cold water for at least 30 minutes.

<u>Tip:</u> You could cook these under a medium-hot grill for 8-10 minutes, turning once. Serve with a tomato salad.

Meanwhile, rinse the prawns and pat dry on kitchen paper. Put into a bowl and set aside. Mix the olive oil, garlic, soy sauce, honey, the zest and juice of 1 lime, coriander, chilli and seasoning. Pour it over the prawns and toss well.

Cover and marinate in the fridge for 15 minutes. Cut the other lime into quarters. Thread 4 prawns and 1 lime wedge onto each skewer. Barbecue directly over a medium heat source for 2-3 minutes, turning halfway and brushing with any remaining marinade, until pink and tender.

Butterfly Shrimp



Ingredients

- 1 kg large shelled shrimps (with or without tails)
- 250 ml sifted all-purpose flour
- 1/2 teaspoon sugar
- A little curry powder
- 1 egg
- 250 ml water
- 2 tablespoons salad oil
- Oil for frying
- Salt to taste

Method

Cut shrimps along the back throw away veins, and open-up shrimps, butterflystyle.

For even better looking shrimps, cut shrimps from back to front, and bring each tail through the opening.

Mix together flour, sugar, salt and curry powder. Add egg, water and salad oil, beating well. Coat shrimps with mixture. Deep fry shrimps in hot oil, until golden brown. Dry shrimps onto paper towel.

Serve the Butterfly Shrimp immediately.

Cucur Udang (Malaysian Prawn Fritters)



What does Cucur Udang taste like? Crispy golden brown crust on the outside, once bitten, a softer texture reveals and you will taste fresh shrimps, crunchiness of the sweet corn kernels, and a slight spiciness to it. Deliciously savoury! Cucur Udang can be eaten on its own but my family enjoys dipping it with either sweet chili sauce or peanut sauce.

Ingredients

200g plain/ self raising flour 1 cup water 1 tsp chili paste (optional) 1/2 of a large green onion, chopped to small pieces 1 red chilli, thinly sliced 3 small chives, cut to 2cm strips 1/2 cup cooked corn kernels 80g small fresh shrimps, beheaded 1/2 teaspoon salt

Method

Mix flour, chili paste, salt & water and combine until the texture is smooth. The texture should be thick but not too watery. Throw in the chopped onions, chives, sliced chili, corns, prawns and combine. Heat a large pot with cooking oil (a deep fryer would be perfect). When the oil is heated properly, it's time to cook the cucur udang.

Scoop a spoonful of the cucur udang mixture and drop it into the oil for frying. Don't cramp too many pieces at one time as they need room to fry around until they reach a golden brown color, about 3-5 minutes. Transfer to a cooling rack and repeat with remaining mixture. This recipe makes about 20 cucur udang, enough for 4 persons.