

PRAWN COCKTAIL

YIELDS 4 PORTIONS



INGREDIENTS:

For the cocktail:

- 1 lemon Peeled and cut into quarters/segments
- 1 orange Peeled and cut into quarters/segments
- 1 pink grapefruit Peeled and cut into quarters/segments
- ½ head Iceberg lettuce leaves, finely shredded
- 20 cooked king prawns, peeled (tails intact) and deveined
- 2 ripe avocados Peeled, halved and sliced crossways
- ¼ continental cucumber
- 8 x Cherry tomatoes

Chervil leaves, and snipped chives to serve

For the Marie Rose Sauce (Cocktail sauce):

- 100ml Thickened cream (whipped to soft peaks)
- 100ml Kewpie mayonnaise
- Juice of 1/2 lemon
- 2 tbs tomato ketchup
- 1 tsp Tabasco
- 1 tbs Worcestershire sauce
- ½ tsp sea salt flakes
- Splash of Brandy
- Pinch of freshly ground white pepper

METHOD:

Prawn Cocktail Method:

The freshest ingredients and last minute preparation makes for the best prawn cocktails! Do not prepare a prawn cocktail too early as they will spoil. Prepare and serve immediately is the best way to enjoy this dish. Prepare all the various ingredients and have them all ready in separate bowls to combine later:

- Cut the lemon, orange and grapefruit into even sized quarters/ segments.
- Wash and shred the iceberg lettuce very finely.
- Cut the cucumber into small cubes or small balls using a melon baller.
- Cut the avocado into even slices.
- Cut the cherry tomatoes in half.
- Pick the herbs and keep them in ice water to stay fresh and crisp.
- Cut the prawns into even pieces keeping 4 prawns whole with the tail attached for the final presentation.

Marie Rose Sauce Method:

Combine the whipped cream and mayonnaise together and add the lemon juice, tomato ketchup, Tabasco, Worcestershire sauce, and brandy and taste. Add a little salt and pepper and maybe a little more lemon juice if required.

To assemble and serve the prawn cocktails:

1. In a large bowl, place the chopped prawn and chopped avocado and fold through just enough of the cocktail sauce to coat the prawns and avocado.
2. Take the 4 serving glasses or bowls and place a good amount of shredded iceberg lettuce in the bottom of each glass. You should aim for 1/3 of the glass to be filled with the lettuce.
3. Evenly share the prawn and avocado mix amongst each of the 4 glasses.
4. Top the prawn mixture with an even amount of the chopped citrus fruits, the cherry tomatoes and the cucumber and garnish with the chives and the chervil.
5. Top each glass with 1 whole prawn and a dollop more of the cocktail sauce.

Serve with wholemeal bread and butter fingers as the best accompaniment. Enjoy!