

Breco Seafood Braai Competition Coast & Ember

By Iden Mutimba



Seafood: Giant king prawn and calamari

Serves: 4

Preparation time: 45 minutes

Cooking time: 40 minutes

The story

This dish is inspired by my journey from Nampula, Mozambique to South Africa. I wanted to create a dish that brings a piece of home to the South African braai. The seafood is sourced from Nampula, Mozambique. The coconut, citrus, and peri-peri reflect the coastal flavours I grew up with, while the braai - style cooking celebrates South African culture. what makes it special is how two places I call home come together through seafood and fire.

Ingredients

Seafood

4 large shell-on prawns — approximately 800 g

400 g cleaned lulas/calamari

Seafood Marinade

45 ml olive oil

3 garlic cloves, finely grated

1–2 bird's-eye chillies, finely chopped

15 ml fresh lemon juice

Zest of ½ lemon

5 ml (1 tsp) smoked paprika

2.5 ml (½ tsp) sweet paprika

15 ml (1 tbsp) fresh parsley, chopped
2.5 ml (½ tsp) salt
Black pepper, to taste

Crispy Potatoes

600 g baby potatoes
15 ml olive oil
2.5 ml (½ tsp) smoked paprika
Zest of ½ lemon
Salt and black pepper, to taste

Coconut Peri-Peri Sauce

200 ml coconut cream
15 g butter
2 garlic cloves, finely grated
1 bird's-eye chilli, finely chopped
15 ml fresh lemon juice
2.5 ml (½ tsp) smoked paprika
5 ml (1 tsp) honey
10 ml (2 tsp) fresh parsley, chopped
Salt, to taste

Citrus-Parsley Garnish

2 naartjies or small oranges, segmented
80 g red onion, thinly sliced
½ bunch fresh parsley
10 ml fresh lemon juice
Pinch of salt

Slow-Dried Lemon

1 lemon, thinly sliced

Method

1. Prepare the slow-dried lemon. Thinly slice the lemon and dry the slices slowly beforehand until they are firm and slightly dehydrated. These are used as a finishing garnish rather than cooked on the braai.
2. Prepare the braai. Light the charcoal or wood and allow it to burn until you have hot, glowing coals with very little flame. Arrange the coals so that you have a hot direct-heat section for the seafood and a slightly cooler section for the potatoes.
3. Prepare the prawns and lulas. Clean and pat the seafood completely dry. Butterfly the prawns along the back, keeping the heads, shells and tails intact, and remove the intestinal vein. Clean the lulas and lightly score the surface.
4. Marinate the seafood. Combine the olive oil, garlic, bird's-eye chilli, lemon juice and zest, smoked paprika, sweet paprika, parsley, salt and black pepper. Coat the prawns and lulas and refrigerate for 20–30 minutes.
5. Prepare the potatoes. Boil the baby potatoes in salted water until just tender. Drain well and allow them to steam-dry. Gently press each potato to flatten it slightly without breaking it apart. Brush with olive oil and season with smoked paprika, salt and pepper.

6. Make the coconut peri-peri sauce. Melt the butter in a small saucepan. Add the garlic and chilli and cook gently. Add the coconut cream, lemon juice, smoked paprika, honey and salt. Simmer until slightly thickened, then stir through the chopped parsley. Keep warm.
7. Braai the potatoes. Place the smashed potatoes over medium heat on the braai grid. Cook, turning occasionally, until golden, crispy and lightly charred on both sides. Finish with fresh lemon zest and move them to the cooler side of the braai to keep warm.
8. Braai the prawns. Place the prawns shell-side down over the hot coals. Cook until the shells turn orange-red and develop lightly charred areas. Turn them briefly onto the flesh side to finish cooking. Remove when the flesh is opaque, firm and still juicy. Avoid overcooking.
9. Braai the lulas (calamari). Place the lulas over high direct heat. Cook quickly, turning once they develop good colour and light charring. Remove as soon as they are opaque and tender. Lulas cook very quickly, so prolonged cooking can make them tough.
10. Prepare the fresh garnish. Combine the naartjie/orange segments, thinly sliced red onion and fresh parsley. Add the lemon juice and a small pinch of salt. Toss gently just before serving.
11. Plate Coast & Ember. Spoon or sweep a controlled amount of coconut peri-peri sauce onto a black plate. Arrange the crispy potatoes first, followed by the giant prawns and charred lulas. Add a small portion of citrus-parsley garnish and finish with the slow-dried lemon slices.
12. Serve immediately. The seafood should arrive at the table hot and juicy, with the smoky braai flavour complemented by the creamy coconut peri-peri sauce, crispy potatoes and fresh citrus garnish.