

CREAMY GARLIC PRAWNS AND SQUID

Serves 4



INGREDIENTS:

- ☐ 800 g Breco Headless Easy Peel Vannamei Prawns
- ☐ 800 g Breco Squid Strips
- ☐ ½ tsp turmeric powder
- ☐ Pinch of salt and pepper, or to taste
- ☐ 1 tbsp olive oil
- ☐ ½ tsp chopped red chilli
- ☐ 2 garlic cloves, minced
- ☐ 800 ml coconut cream (2 cans)
- ☐ Parsley for garnish, chopped (optional)

Vegetable puree

- ☐ 2 tbsp olive oil
- ☐ 2 red onions, chopped
- ☐ ½ cup spring onion, chopped
- ☐ 2 yellow pepper, chopped
- ☐ 2 green pepper, chopped
- ☐ 1 tsp turmeric powder
- ☐ 2 tbsp Thai yellow curry paste
- ☐ 1 pinch salt, or to taste
- ☐ 1 cup heavy cream
- ☐ 1 tsp brown sugar

Naan bread

- ☐ ½ cup warm water
- ☐ 2 tbsp instant yeast
- ☐ 1 tsp sugar
- ☐ 3 tbsp olive oil
- ☐ 2 cups cake flour
- ☐ ½ tsp salt
- ☐ 1 large egg
- ☐ ¼ cup plain yogurt
- ☐ 2 tbsp butter melted
- ☐ 2 tbsp garlic, minced (optional)

Stock

- ☐ 400 g prawn waste (shells & heads)
- ☐ 1 l water
- ☐ vegetable off-cuts (carrots, onion, celery, etc.) to add more flavour

METHOD:

01. To make the creamy garlic prawns and squid

Pat dry and marinate the defrosted prawns and squid in turmeric powder, pepper, and salt. In a pan, heat a little olive oil, sear prawns and squid strips over high heat. Once ingredients are seared, add the chopped chilli and stir for a minute. Once completed, keep aside to prepare prawn stock*. Pour in prawn stock, coconut cream and cook over medium heat until the sauce thickens. In a clean saucepan add olive oil and garlic; sauté for a minute, add the seared prawns, squid, chopped chilli and stir for another minute, pour coconut mixture over the prawns & squid. Add freshly cracked black pepper and salt to taste, simmer for a minute and garnish with chopped parsley. Serve with naan bread with vegetable puree.

02. To make stock

Gently, rinse the prawn waste (heads and shells) under running tap water. Drain the waste in a colander and transfer prawn waste into a small pot. Add water to cover the prawn heads and shells, give the mixture a stir, and bring to boil over high heat for approximately 3 minutes. Reduce the heat and simmer for a further 8 minutes over medium heat, stirring occasionally and skimming off any foam as necessary. When the prawn shells and heads turn colour, switch the heat off, and allow to cool down. Strain the broth and discard the bits and pieces of prawn shells. Use the prawn broth as soon as possible or store it in the refrigerator for up to a day.

03. To make the vegetable puree

In a skillet, heat a little olive oil over medium heat. Add chopped red onions, spring onion, red and yellow peppers. Sauté the vegetables until they are translucent stirring occasionally until it is soft and tender. Add the turmeric, Thai curry paste, and salt to taste. Transfer vegetables to a bowl and allow to cool down slightly. Once cooled blend the vegetable mixture; adding cream gradually until desired consistency is reached. Finally, adjust the sweetness with some brown sugar if needed.

04. To make the naan bread

Combine instant yeast, sugar, and warm water in a small bowl. Let it rest for 5 minutes until it becomes foamy. In a large bowl, mix olive oil, flour, salt, egg, and yogurt and knead the mixture a few times. Form the dough into a ball and place it in a greased bowl. Cover the bowl with a damp cloth and let it rest for 1-1.5 hours or until the dough rises to twice its size. Divide the dough into 8 equal portions. On a lightly floured surface, roll out each portion into a thin circle. Heat a skillet over high heat and cook each circle for 2-3 minutes on each side until bubbles form. Flip the circle when it is golden brown and transfer it to a plate to keep warm. Melt some butter and garlic in a small saucepan and brush it over the naan bread while they are still hot. Sprinkle some parsley on top and enjoy.

[This was the recipe that took second place in the Breco Seafoods Master competition, hosted in August 2023 for the students at Cooktastic. The second place team was the Delightful Rendezvous Chefs with team members Anelisa, Sisanda, and Zac.]