

making prawn butter

METHOD

- 1 Remove heads, shells and legs from prawns but not tails. Remove veins and cut along line into flesh with sharp knife. Wash and dry thoroughly, then toss in flour. Shake off excess.
- 2 Heat oil in deep-fryer to 320F (160C).
- 3 Put arrowroot in bowl with egg whites, $\frac{1}{4}$ teaspt (1.25ml) salt and ground ginger. Beat with fork till light and fluffy.
- 4 Dip prawns into batter and deep fry a few at a time for 2–3 minutes till golden. Lift out with draining spoon, place on serving dish and keep hot.
- 5 Drain pineapple and reserve juice. Put soy sauce, vinegar, sugar, tomato paste, salt and pepper in saucepan with 4 tbspt (4×15ml) water. Bring to boil gently, stirring, then add pineapple. Blend cornflour with 4 tbspt (4×15ml) pineapple juice and stir into pan. Cook, stirring, till thick and glossy. Pour over prawns and serve immediately.

INGREDIENTS

8oz	Whole prawns	225g
1	Stalk of celery	1
1	Small onion	1
1	Small carrot	1
$\frac{3}{4}$ pint	Water	400ml
1	Bay leaf	1
2oz	Butter	50g
3 tbspt	Plain flour	3×15ml
$\frac{1}{4}$ pint	Carton of single cream	150ml
1 teaspt	Lemon juice	5ml
	Salt	
	Freshly-ground white pepper	

METHOD

- 1 Top and tail prawns, then remove legs and shells. Place prawn trimmings in a saucepan. Reserve prawns.
- 2 Wash, trim and chop the celery, peel and chop the onion, scrape and chop the carrot. Add with the water and bay leaf to the prawn shells.
- 3 Bring to the boil, reduce heat and simmer for 15 minutes. Leave to cool. Strain and discard flavourings.
- 4 Melt the butter in a saucepan, add the flour and cook, stirring, till a pale fawn colour. Gradually add the strained stock and bring to the boil, stirring constantly. Simmer for 3 minutes.
- 5 Add the reserved prawns and the cream and heat through gently without boiling for 2 minutes. Add the lemon juice and seasoning to taste.
- 6 Pour into a warmed sauceboat and serve immediately with poached or grilled white fish. The sauce can be used as a filling for vol-au-vents.

Prawn sauce

Creamy and prawn flavoured velouté sauce. To turn it into suprême sauce, beat in 2 egg yolks at end.

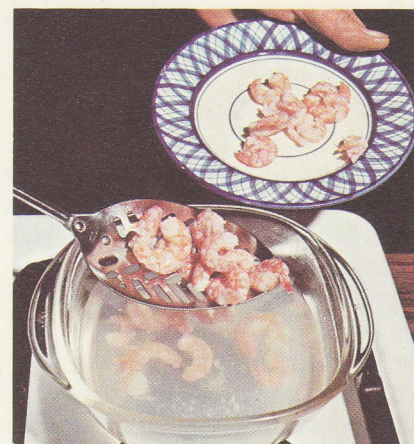
SAUCE Makes 1 pint (560ml)

Overall timing 40 minutes

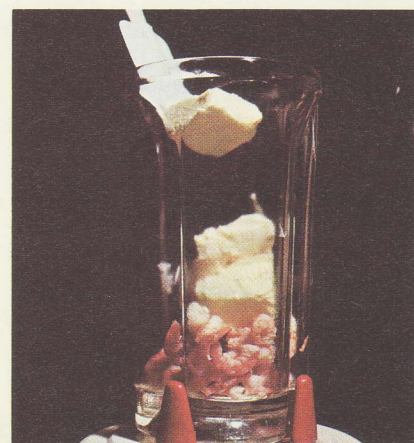
Equipment 2 saucepans

Freezing Not recommended

Below: Prawn sauce — halve any prawns that are very large before adding to the sauce



Blanch 8oz (225g) shelled prawns for 1 minute in boiling water, drain and cool



Put into a blender with 4oz (125g) softened butter and blend thoroughly



For a smoother texture, press through a sieve. Shape into a roll and chill

Serve with grilled or poached white fish, with jacket-baked potatoes or on cooked pasta or risotto. Prawn butter makes an unusual spread for sandwiches — for parties, spread on thin slices of brown bread and roll up. Try stirring a little into scrambled eggs just before serving

