

BANANA PRAWNS

by John Hancox of Magnificat

2013 Runner-up : Entrée Course

Ingredients (serves 4)

50 ml Extra-Virgin Olive Oil

4 clove garlic - thinly sliced

½ Iceberg lettuce

1 ripe avocado

16 or more green peeled
Banana Prawns

(with tails left on)

Salt flakes

Freshly ground pepper

Juice of ½ lemon

6 quality anchovies

150 ml creme fraiche



Method

Add the olive oil to a small pan and add the garlic slices. Bring to frying temperature stirring occasionally to ensure the slices don't stick together. Cook to golden brown but do not over cook otherwise they go bitter. Remove and drain on a paper towel.

Slice the iceberg lettuce and finely chop the avocado in 1cm dice and arrange on a small plate.

Heat a large frying pan to high heat and add the prawns after first pasting with some of the olive oil. Season with salt and pepper. Fry until golden brown (2 to 3 minutes each side).

Place the prawns on top of the lettuce and avocado.

In a small pan chop the anchovies with some of their oil and melt over slow heat. Add the cream and mix thoroughly. Take off the heat and spoon the sauce over the prawns.

Scatter the garlic flakes and serve, accompanied by a chilled Riesling.

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