

Melissa's Creole Style Spot Prawn

Ingredients

- ½ cup diced sweet onion
- ½ cup coarsely chopped green bell pepper
- ½ cup coarsely chopped celery
- 2 cloves minced garlic (approx. 1 ½ tsp.)
- 3 Tbl. butter
- 2 Tbl. cornstarch
- 1 standard size can (14.5 ounces) stewed/diced tomatoes
- 1 8oz can tomato sauce of your preference
- 2 tsp. Worcestershire sauce (or more if you prefer)
- 2 pickled hot peppers (yellow hot chilies) sliced in half
- 1 pound/thawed and peeled spot prawns (16-20 per pound recommended)
- Hot pepper sauce to taste
- Salt and pepper to taste



Prep Time: 20 min.



Cook Time: 15-20 min.

DIRECTIONS: 1) In large saucepan over medium heat, sauté onion, green pepper, celery and garlic until they begin to sweat, approximately 5 minutes. 2) Sprinkle cornstarch in and mix well. Add remaining ingredients (except prawns) and bring to a boil, stirring frequently. Reduce heat and simmer for 5-7 minutes (until vegetables are slightly tender). 3) Add prawns and cook for no longer than 5 minutes. Serve over warm rice.

Removing the shell from a Spot Prawn: It is common for Large Spot Prawns to have Roe attached to them, which are considered a delicacy. If removing the shell before cooking, remove the prawns while still partially frozen; it makes it easier to take the shell off due to how delicate the prawns are. To remove the legs and shell of the prawn, hold the prawn in one hand and press your thumb against one side of the shell until it breaks. Gently remove the shell from the prawn, being careful as the shells can be sharp. *Remember, the shells can make a great rich broth for a salmon roast or fish head soup. The roe can also be added to the shells when making a broth.*



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