

**Miele**

# Prawn cocktail

By Miele

**30 minutes**

**5 minutes**

**10-12**

Serves



## INGREDIENTS

### Prawn Cups

8 large green king prawns, peeled, deveined  
1 large witlof, leaves separated  
2-3 baby cos leaves, finely sliced  
1 small avocado, diced  
1 tablespoon spring onions, finely sliced  
1 tablespoon lime juice  
1 tablespoon extra-virgin olive oil  
Murray River Salt and pepper to taste  
2 Ruby finger limes, cut in half, pearls removed  
Baby herbs to garnish

### Mary Rose Sauce

1 egg  
25ml lemon juice  
3g Dijon mustard  
185ml grapeseed oil  
25g tomato sauce  
10ml brandy  
7ml Worcestershire sauce  
5ml cream  
4 drops tabasco  
Murray River Salt and pepper to taste

## **METHOD**

### **Mary Rose Sauce**

1. Place the egg on a perforated steam tray and Steam at 65°C for 25 minutes. Remove from the steam oven immediately when cooking time is complete. Stand for 10 minutes or overnight in the refrigerator.
2. Crack the egg into a tall mixing jug, the egg should release easily from the shell, and the white should be opaque.
3. Add the mustard and lemon juice. Blend with a stick blender until combined; gradually add the grapeseed oil in steady stream, followed by the remaining ingredients. Taste and adjust seasoning. Refrigerate until required.

### **Prawns**

1. Place the peeled prawns in a perforated steam tray and Steam for 2 minutes at 85°C. Remove from oven, cool before slicing.
2. In a separate bowl, combine avocado, cos, spring onions, lime juice and oil. Dress sliced prawns, with a few tablespoons of the Mary Rose sauce and season to taste.

### **To Serve**

- Place a tablespoon of prawn mixture and avocado salad into each witlof leaf, garnish with baby herbs and finger lime pearls.

### **Note**

Mary Rose sauce can be made up to a week in advance. Refrigerate in an airtight container. Prawns can be cooked Sous Vide at 85°C for 2 minutes in vacuum sealed bags. Prawns can be cooked the day before and stored in the refrigerator.