

Miele

Prawn cocktail with edamame and shallot crumble

By Miele

35 minutes

Preparation Time

12 minutes

Cooking Time

4 serves

Serves



INGREDIENTS

Prawns

250 g raw medium prawns, meat only
½ lemon, zested in long strips
½ red chilli, cut lengthwise
1 tsp fish sauce
½ tsp caster sugar

Edamame mousse

150 g edamame, shelled
1 sheet gold gelatine, soaked
in cold water
1 tsp sugar
20 g white miso paste
100 ml filtered water
100 ml cream
2 tsp yuzu juice
1 tsp salt flakes, crushed

Shallot crumble

25 g crispy shallots
13 g caster sugar
1 pinch chilli flakes
½ tsp salt flakes

To serve

1 tsp yuzu juice
Pinch cayenne, to taste
50 g edamame, shelled
½ tbsp nigella seeds
Small bunch pea tendrils
or micro sorrel

Miele accessories

Vacuum sealing bags
Perforated steam container

METHOD

Prawns

1. In a small vacuum sealing bag, combine all ingredients. Place in the vacuum sealing drawer and Vacuum on Setting 3 and Seal on setting 3.
2. Place into the steam oven and Sous-vide at 70°C for 10 minutes.
3. Remove and chill in iced water. Store in the fridge until required.

Edamame mousse

1. Place the edamame, including the 50 g needed to serve, into a perforated steam container.
2. Place into the steam oven and Steam at 100°C for 2 minutes. Chill in iced water and then drain.
3. Remove 50 g of edamame and store in the fridge until required.
4. Soften the gelatine leaf in cold water for 3 minutes, drain and squeeze out any water.
5. Place the remaining edamame in a high speed blender with the sugar, white miso, water and drained gelatine. Blend until smooth.
6. Whip the cream until soft peaks form and fold into the edamame puree with the yuzu and salt. Fold until it starts to thicken, then spoon into 4 glasses and tap lightly on a tea towel to remove any air pockets.
7. Cover and allow to set in the fridge for a minimum of 1 hour.

Shallot crumble

1. Place all ingredients into a food processor and pulse to a crumble, or crumble together with your hands.

To serve

1. Remove the prawns from the fridge, drain and discard the chilli and lemon.
2. In a mixing bowl, add the prawns, yuzu juice and cayenne and gently toss to combine.
3. Add the edamame and nigella seeds to the prawns and lightly combine.
4. Sprinkle the shallot crumble on top of the mousse and scatter the prawn and edamame mix on top.
5. Add a little more of the shallot crumble on top and garnish with pea tendrils or micro sorrel.

Hints and tips

- The prawns can be sous-vide out of a bag on a perforated steam container lined with baking paper.
- If you're unable to source yuzu, you can mix 3 tbsp fresh lime juice with ½ tbsp fresh orange juice.
- Extra shallot crumble can be used over noodles or salad.