

Honey Prawns Tossed with Black Sesame Seeds, Fried Red Chilli and Green Shallot

Serves: 4

TASTE OF WINTER FACT

It is believed that honey prawns are one of several dishes that Chinese chefs created in their Australian restaurants to suit the palates of Australian diners.

Since Lai Wang opened the Peking Cafe in 1919 on Pitt Street in Sydney, Australian-Chinese cuisine has been enjoyed nationwide for more than a century. Even today, honey prawns remain a popular main course dish.

Although they may not be considered healthy, they are a delightful treat to make, share, and enjoy with family and friends, particularly when paired with flavoursome homemade fried rice.



INGREDIENTS

- 100 gm Honey
- 25 gm Glucose Syrup
- 20 ml Light Soy Sauce
- 10 ml Chinese Cooking Wine
- 40 gm Cornflour
- 24 Medium Size, Green Tiger Prawns - remove head, peel and devein.
- As Required - Vegetable Oil
- 90 gm Cornflour
- 70 gm Plain Flour - sieve.
- 1/2 tsp Baking Powder
- 1/2 tsp Cooking Salt
- 230 ml Chilled Soda Water
- 1 Long Red Chilli - remove stem and finely slice at an angle widthways.
- 5 gm Black Sesame Seeds
- 2 Green Shallot Stems - finely slice at an angle widthways.

METHOD

1. Over a moderate heat, in a saucepan, add the honey, glucose syrup, soy sauce and Chinese cooking wine, then mix to combine. Bring up to a simmer, then reduce the heat and allow to gently simmer for 3 minutes or until the sauce has a light syrup consistency. Turn off the heat, cover with a lid and keep warm.



2. In a mixing bowl, add the first quantity of cornflour. In batches, holding each prawn tail, coat the prawn meat with the cornflour, then shake off any excess cornflour and set to one side.
3. Over a moderate heat, in a saucepan, add the vegetable oil to a depth of 10 cm, bring up to a moderate temperature 160°C.
4. While the oil is heating, in a mixing bowl, add the second quantity of cornflour, plain flour, baking powder and salt, then mix to combine. Add the soda water and whisk to just combine.
5. In batches, holding the prawn tail, dip the prawn meat into the batter until fully coated, remove and allow any excess batter to drip off. Carefully, without touching the oil, place it into the hot oil and deep fry for 4 minutes or until cooked through, golden in colour and crispy. Do not overcrowd the oil. Cook approximately 6 prawns at a time. Carefully remove the prawns from the oil, place onto absorbent paper to remove any excess oil and keep warm. Repeat the process with the remaining prawns.
6. Once the prawns have been cooked, carefully place the chilli into the oil and fry for 30 seconds, then remove and place onto absorbent paper to remove any excess oil.

TO SERVE

Place the prawns in a mixing bowl. Add 2/3rds of the black sesame seeds, red chilli and green shallots, toss gently to combine. Add the honey sauce, toss again until the prawns are evenly coated. Place the honey prawns into a serving bowl, and before serving, garnish with the remainder of the black sesame seeds, fried red chilli and green shallots.
