

Drunken garlic prawns in 10 minutes

ASK FOR

Trap-caught spot prawns from the Canadian Pacific.

2 lbs live BC spot prawns (frozen and thawed can be used as a substitute for fresh)
2 tbsp red chili paste
300 mL Sake (Japanese Rice Wine)
1 head of garlic cloves, whole
Flavourless Oil (such as Grapeseed)

SIMPLE DIPPING SAUCE

½ cup light soy sauce
Juice and zest of ½ lime
½ Thai chili, minced
1 tsp brown sugar
1 tsp sesame oil
Several mint leaves, minced

Smash the garlic cloves on the chopping board with the side of your knife. Add some oil to a deep pan over medium heat. Toss the garlic cloves in the oil until slightly golden. Turn the heat onto high. Add the prawns and the sake. Quickly cover with the lid.

Every minute, hold the lid tight and shake the pan to toss the prawns without releasing any steam. The prawns are cooked when their flesh is firm, their eyes are grey, and their shells turn orangey-red completely. Depending on the size, this will take 4-7 minutes.

Ladle the prawns, garlic cloves, and sake broth into deep bowls. Combine dipping sauce ingredients.

Peel, dip, eat, slurp, and repeat. Serve with a crusty baguette to soak up all the briny essence.

This recipe is courtesy of SeaChoice ambassador Melody Fury, a Vancouver-based food blogger and the founder of Vancouver Food Tour. Visit GourmetFury.com for the original recipe and a step-by-step photo guide.



David
Suzuki
Foundation

