

Grilled prawns with BBQ sauce

By Shannon Bennett

50 minutes

Prep time

2 hours

Cooking time

2 cups of sauce

Serves



INGREDIENTS

3 prawns per person
1 tablespoon olive oil
1 litre vegetable oil for frying
Skewers, soaked in water for 1 hour
Murray River Sea Salt to taste

BBQ sauce

½ cup olive oil
1.2kg brown onions, chopped
2 heads garlic (small), peeled and separated
4 large red chillies, chargrilled, skinned and seeded
4 large anchovies
1 tablespoon fennel seeds
4 star anise
2 tomatoes, chargrilled, skinned and quartered
2 oranges
250ml fresh clear apple juice
1 tablespoon Dijon mustard
1 tablespoon soft brown sugar
2 tablespoons good quality apple vinegar
½ teaspoon salt

METHOD

BBQ sauce

1. Have all ingredients, including the chargrilled items portioned out ready for the sauce.
2. Finely zest the oranges, set aside. Cut the pith from the oranges and discard. Cut each orange into 8 portions.
3. Heat a wide based sauté pan on medium to high heat, Induction setting 6-7, until hot. Add onions, cook for a further 5 minutes.
4. Reduce the temperature to medium heat, Induction setting 4-5 and cook for a further 20 minutes or until translucent but not brown.
5. Add garlic, chilli and anchovies.
6. Place fennel seeds and star anise in a piece of muslin tied with cooking twine; add to the onion mixture with tomatoes, oranges and zest.
7. Cover and cook gently over low heat, Induction setting 4 for a further 20 minutes.
8. Discard spices in muslin.
9. Add apple juice in 4 batches, drizzling around the edge of the pan. Stir and cook for 5 minutes between each addition. Cover, cook for another 10 minutes. Uncover and cook for a further 15 minutes.
10. Remove from heat, cool a little for 5 minutes before placing mixture in a food processor, add 2 tablespoons of water to the pan to deglaze (off the heat) to ensure all of the sauce is used.
11. Add the mustard, half the brown sugar and half the vinegar with a good pinch of salt.
12. Puree for 3 minutes, taste and adjust with more sugar and/or apple vinegar if not balanced. Pass through a very fine sieve for a smooth as silk sauce.

Prawns

1. Pre-heat on Fan Grill at 260°C.
2. Remove the prawns outer shell and tail, from the neck down.
3. Carefully remove the underside of the prawn head, which has the legs attached, making sure this is clean. Reserve for later use.
4. Skewer through the tail along the underside of the body to keep the prawn straight when cooking.
5. Place prawns on the grilling and roasting insert in a multi-purpose tray, cover prawns and refrigerate until required.
6. Heat vegetable oil to 180°C.
7. Deep fry the prawn legs for 2-3 minutes or until crisp, drain on paper towel ready for serving.
8. Uncover prawns and season with salt. Place the multi-purpose tray with prawns on level 4, cook for 6 minutes or until just cooked through.

Hints and tips

- Good quality apple juice and oranges are the key elements to this recipe.
- Sauce will keep in a sealed jar, refrigerated for around 10 days.
- Depending on personal taste, you may wish to add additional chargrilled chilli to the sauce. This should be added once the recipe is complete as taste will vary depending on seasonal variation of the fruit in the recipe. Puree for a further 2 minutes if extra chilli is added.
- Apple vinegar can vary in taste in terms of sweet/sour, therefore taste the BBQ sauce before adding the second half of the sugar.
- Good quality anchovies are essential, such as Ortiz.