

Tiger Prawn and Avocado Tian with Red radish salad & Chilled Watercress Shot

Serves 15

Ingredients (Tiger Prawn and Avocado Tian with Red radish salad)

2 kg fresh cooked and peeled tiger prawns
4 ripe avocados
½ lemon
2 gms chopped dill
Mayonnaise to bind
(we use kupa which is a Japanese soy bean mayonnaise which can be bought from most supermarkets)
Zest of 1 lemon
Salt and pepper to taste
4 red radishes
1 tablespoon mirin
1 teaspoon grated light palm sugar
20 gms finely chopped ginger
Juice of 1 lime
4 punnets of micro herbs-suggested baby coriander, watercress, parsley and shizo



Method

Marinate finely sliced radishes in the ½ the mirin, ginger, lime and palm sugar, let sit for at least 4 hours to infuse the radish.

With the same marinade mixture, separate tiger prawns, giving 2 per person for the top of the tian, marinate these for added flavour.

Blend the remaining prawns in a food processor on the pulse setting and blend down to a finely chopped consistency (be careful not to make a fine puree).

Take these out and combine lightly with the mayonnaise in a bowl, add zested lemon and season.

Also in the food processor blend the avocado to a puree, add lemon juice and season.

To assemble in a 4 cm individual ring, layer the prawn mixture with the avocado puree and finish with a final layer of avocado. Sit two prawns on top. Place this on top of a flower style formation of the radish. Serve chilled watercress soup in a 40 ml shot glass and drizzle with oil.

Garnish with a small bunch of micro herbs.

Ingredients (Watercress Shot)

2 bunches English medium watercress
300g garden peas
400g vegetable or white chicken stock
100ml pouring cream
10ml Lemon infused extra virgin olive oil
salt and fresh cracked black pepper to taste

Method

For the best results chill the chosen stock to the boil before you blend the peas and watercress. Weigh the peas and put them directly into a food processor. Season with the salt and cracked black pepper.

Blend the peas for approximately 60 seconds. Scrape the sides down and mix again. Add the stock, and mix till combined. At this stage then add the 2 bunches of watercress and blend till smooth.

Add the pouring cream, adjust the seasoning if needed. Blend the soup for 1 minute on medium speed.

Then pass the soup through a fine sieve to remove. Pour the soup into shot 40ml shot glasses. Drizzle with a light lemon infused Extra Virgin olive oil. Makes approximately 15 shots.