

Chef from the Hood Recipes



Chef:

Luke Rozario and Anil Bembey

Restaurant:

Kabab & Curry House

Recipe:

Prawns Rozario

Ingredients

24 tail on tiger prawns (large 16/20 size)
olive oil to coat pan (4 to 6 tablespoons)
8 cloves finely chopped garlic
4 to 8 jalapeño peppers
seeded, stemmed & chopped fine
(use more or less according to taste)
1 teaspoon course ground black pepper
pinch of sea salt (to taste)
1/2 teaspoon sugar
3/4 cup (6 ounces) plain low-fat yogurt
1 scant cup of white wine
1 cup of cream
Optional garnishes: baby lettuces,
English cucumber & ripe tomatoes

Prep: Split prawns lengthwise (butterfly)
but do not cut all the way through. Keep
the tails attached! Chop garlic and
peppers.

Cook: Heat a large sauté pan with a
coating of olive oil. Add chopped garlic.
Stir and watch closely. When garlic
sweats and just begins to become
golden, add the chopped jalapeño. Stir
and sauté. When jalapeño starts to get
golden, add the prawns, pepper, salt and
a bit more oil if needed. Just when the
tails turn red, fold in the sugar, yogurt
and wine. Stir gently to avoid breaking
prawns. (The prawn meat should not be
all the way cooked yet). Bring back to a
simmer. Carefully stir in the cream.
Simmer again, then serve!

Presentation: Slices English cucumber
into long strips; arrange on plate with
lettuces, cut tomatoes and prawns in
center.

Modern Indian cuisine is shaped by ancient cultures, with many regional variations. Chef Luke Rozario was born in Goa, a place that was ruled for centuries by the Portuguese. Chef Rozario remembers his grandmother's lesson on prawns. "When I was only 3, she taught me that the best meat lies just inside the narrow space near the prawn's tail. It's where the flavor is!" Delicious with naan or basmati rice, and Indian beer or wine. Serves 4. To remove seeds: Cut tomato in half, gently squeeze out seeds & excess liquid. Dice for recipe.