

Starters

AVOCADO, NOODLES AND PRAWNS, WITH SESAME DRESSING



16 Prawns
3 - 4 Ripe avocados
250 g Egg noodles - thin
15 - 30 ml Sesame oil

DRESSING

2 Onions, chopped
100 ml Olive oil
15 ml Sesame seed
30 ml Chicken extract
30 ml Soya sauce
15 ml Worcestershire sauce
20 ml Mirin (rice-wine vinegar)
Braun
White wine
Carrots, chopped
Celery
Bouquet garnish

TO PREPARE THE DRESSING

Simmer onions with sesame seed in olive oil for 10 - 15 min until soft. Remove from heat and add chicken extract. Add Soya sauce, Worcestershire sauce, Mirin and Braun. Stir well. Season to taste. Leave to cool.

Clean prawns, but do not take out of shell. Simmer for about 5 minutes in water seasoned with white wine, carrots, celery & Bouquet garni. DO NOT OVERCOOK. Remove shell and prawn heads, but keep tail piece.

TO SERVE

Half the avocados, remove stone and cut into thin slices. Stack in the middle of the plate in a circle. Add on top a bit of the noodles, and top up with 2 prawns. Lightly sprinkle dressing over the dish. Lastly top up with braun.