

Starters

ASIAN AVO RITZ



Serves 4 as a starter

Dressing:

2.5 ml freshly grated ginger
2 cloves garlic mashed
2 small chilli
15 ml fish sauce
Juice of 2 large limes
Zest of lime
15 ml rice wine vinegar
10 ml palm sugar
2.5 ml sesame oil

Mix all ingredients together well with a pestle and mortar or a food processor. Adjust seasoning to suit your taste.

Prawns:

16 large raw peeled and cleaned prawns with tail on (4 per person)
15 ml finely chopped ginger
2 cloves crushed garlic
4 wooden skewers
Water for pan frying

Heat water with garlic and ginger in a shallow pan. Pan fry the prawn tails until they turn pink, set aside.

Avocado mixture

2 firm ripe avocados cut into cubes
15 ml fresh coriander, chopped
15 ml fresh mint, chopped
10 basil leaves, finely shredded

250 ml fresh bean sprouts

Gently toss ingredients together in a glass bowl. Pour the dressing over the avocado mixture and toss gently.

Final preparation

Thread 4 prawns onto a skewer.

Divide avocado mix between four tower moulds and de-mould onto a white plate.

Rest the prawn skewer on top of the avocado and garnish with a sprig of fresh coriander.

Recipe by Jenny Morris, aka The Gigging Gourmet
