

Lemon-Coriander Prawns

Swick

Serves 4 | Active Time: 40 minutes | Total Time: 1 hour 10 minutes

Chef's Notes

Prawns are used in this recipe. Just use large shrimp if that is what is available in your area.

These fresh flavors of this marinade also go very well with chicken, pork, beef and seafood. The marinade can also be used as a refreshing vinaigrette.

Preparing the Marinade

To start the marinade, first remove the germ from the garlic (if applicable) and roughly chop. Add the salt and continue to chop until you reach a paste-like consistency. Transfer the garlic to a bowl.

Add the orange marmalade, honey, soy sauce, oil, chili flakes, ground coriander and some freshly ground pepper. Add the fresh lemon juice and whisk everything together. Set aside while you chop the cilantro. Transfer the chopped cilantro to the marinade and whisk again.

Measure out and reserve 1/2 cup of the marinade, which will be used later as a dipping sauce.

To marinate the prawns, first make sure they are cleaned and deveined (leave the tails on for nicer presentation). Add them to the marinade and toss gently to coat. Cover and place into the refrigerator for about 30 minutes.

Toss the prawns at least once while they are marinating to ensure they are evenly coated.

Step 1: Preparing the Marinade

- 3 garlic cloves
- 1 tsp sea salt
- 1/4 cup thin-rind orange marmalade
- 1 tbsp honey
- 2 tbsp soy sauce
- 1/8 cup grapeseed or vegetable oil
- 1/2 tsp dried red chili flakes
- 1 tsp ground coriander
- freshly ground black pepper (to taste)
- 1/2 cup lemon juice
- 1/2 cup cilantro
- 1 lb large prawns (about 16 to 20)

Cooking the Prawns

To cook the prawns, remove them from the marinade and place onto paper towels. Gently pat them dry to remove the excess moisture. Discard the marinade.

If you are going to barbeque the prawns, place them onto skewers (pre-soaked in water). If cooking in a pan, preheat it over medium-high heat. Once the pan is nice and hot, dip a piece of paper towel into a bit of oil and lightly coat the pan.

Place the prawns into the pan. If using a grill pan, press down on them slightly so they form nice grill marks. Let them cook for a minute or so per side.

If you are unsure if the prawns are fully cooked, simply cut through the thickest part of one of them. If it's white all the way through, they are done.

To serve the prawns, garnish a plate with a few sprigs of cilantro and fill a small ramekin with some of the reserved dipping sauce. Serve immediately.

Step 2: Cooking the Prawns

- 3 tbsp grapeseed oil (or vegetable oil)