

NUTRITION: Lazza's Kitchen

Homemade Prawn Vol au Vents

**Lazza is still trying out new recipes
Today - he makes his first ever prawn vol au vents**



Two roll of Puff Pastry
Two packs of King Prawns
Egg (for wash) - not pictured
For Homemade seafood sauce:
Mayonnaise Vinegar
Tomato Ketchup Lemon Juice
Worcestershire Sauce Black Pepper
Mustard (not pictured)

**A vol-au-vent, French for “windblown”, is a small hollow case of Puff Pastry, and was formerly also called a Patty Case.
The pastry and its catchy name *vol-au-vent* are sometimes credited to Antonin Careme, a French chef and early practitioner of Grande Cuisine.**

I know I bought shop Puff Pastry, but this page is all about trying new things. I am going to do pastry before I finish doing the packs, but there is nothing wrong with using shop stuff.

- Roll out the pastry. Using a large round shape, cut out an even number of circles. In half of them cut a smaller round shape in the middle.
- On a tray, place the whole circles, and cover in an egg wash. Then place a circle with small shape cut into it on top and again add egg wash.
- Place in heated oven to 200C and cook for about 20 minutes.
- To make the seafood sauce:
- To a nice big lump of mayonnaise, add a nice spoon of ketchup.
- Then to taste, add the other ingredients and mix them up.
- Add the prawns and create a lovely cocktail.
- Put in the middle of the cooled vol au vents, and enjoy.



**It was so satisfying to see the puff pastry become vol au vents.
My mum used to make these when I was younger, so I think she would be proud of my Seafood sauce.
I gave them out to our Izzwalkers, who told me they were nice (I did not pay them).
Well chuffed!!!**

**During this pandemic I decided to try a new hobby - cooking.
Something I have never really experimented with. And it is going so well.
Why not try out some new recipes and foods yourself?
This was a great and very tasty dish to prepare.
I stun myself every week. If I can do it, so can you. Try something new!!!**