

NUTRITION: Lazza's Kitchen Adventure

Prawn Cocktail

A Brand NEW Recipe from Lazza's Kitchen.
Lazza made his first ever version of Prawn Cocktail from scratch

A dish of cooked seafood with a piquant sauce of some kind is of ancient origin and many varieties exist.

Oyster or shrimp dishes of this kind were popular in the United States in the late nineteenth century and some sources link the serving of the dish in cocktail glasses to the ban on alcoholic drinks during the 1920s prohibition era in the United States.

Ingredients

Raw Jumbo King Prawns (can use prepared already)
200g Mayonnaise
50g Tomato Ketchup
1 teasp Worcestershire Sauce, ½ teasp ginger juice
1 teasp Lemon Juice - plus lemon wedges
Large pinch of Paprika, and Cayenne Pepper
1 Avocado
Lettuce
Baby Plum Tomatoes

If you are cooking the prawns and they are not already prepared, bring a large pan of water to the boil and tip in all of the prawns. Cook for around 3-4 minutes, until pink and cooked through.

Drain the prawns once cooked and spread out on a plate to cool.

Meanwhile, mix together the Mayonnaise, Ketchup, Worcestershire sauce, Lemon juice, Ginger juice, and Paprika. Taste and season with salt and pepper.

Once the prawns are cool to the touch, mix with the sauce.

Line 6 cocktail glasses (use regular bowls if not) with avocado slices around the sides and divide the shredded lettuce between them.

Slice up the plum tomatoes to add a little colour (you could also maybe chop up a pepper for taste too)

Top with the prawn cocktail mixture and sprinkle with a little cayenne pepper.

Serve immediately.



The beauty of this is you can add what you want. You can see I put in some ginger, just a smidge.



During the pandemic and lockdowns, Lazza decided to try a new hobby - cooking.
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More on HMHB recipe pages: www.hmhb2016.org.uk
This was a great, and very tasty, dish to prepare.