

DOUBLE -BAKED PRAWN SOUFFLE WITH BEETROOT ,RED ONION,
CORN AND CORIANDER SALSA

INGREDIENTS:

Butter – soft for greasing

100g butter

100g flour

300ml warm milk

200g prawn meat – chopped

4 egg yolks

salt and pepper

2 lemons zest and juice

5 egg whites

Breadcrumbs

1 grilled or tempura prawn per person for garnish (optional)

METHOD:

Butter 8 ramekins. Freeze and repeat 2 to 3 times.

Over low heat melt the butter in a saucepan and add the prawn meat. Slowly add flour to form a roux.

Warm the milk and add to roux to make thick sauce (Bechamel)

When cooked through, move to a round-bottomed bowl and add the egg yolks one-at-a-time. Check the seasoning and add zest and a little juice until you are happy with the sharpness of the lemon. Add salt to taste.

Whisk egg whites to soft peaks and fold into prawn mixture.

Before you put the mixture into the ramekins, coat with bread crumbs to ensure even rising

When ramekins are full make sure that you tap the ramekin on a counter to get rid of any air bubbles

Cook for 5min at 180°C until risen – 12-15min.