

## Flamed Prawns with Chamomile Beurre Blanc & Lemon Risotto



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- Sub Category Name  
Food  
Main Courses
- Recipe Source Name  
The Dilmah Book of Tea inspired Cuisine & Beverage

### Used Teas



t-Series Pure  
Chamomile Flowers

### Ingredients

#### Flamed Prawns with Camomile Beurre Blanc & Lemon Risotto Ingredients for Flamed Prawns

- 2 bags Dilmah Pure Chamomile Flowers
- 12 Large prawns
- 200ml White wine
- 75g soft butter
- Fish stock

- 50ml Fresh Cream
- ½ cup chopped Parsley
- Salt and ground pepper to taste

### Ingredients for Lemon Risotto

- Onion
- Garlic
- Thyme
- Butter
- Risotto Rice
- White wine
- Lemon juice
- Parmesan cheese
- Chicken stock
- Fresh Cream

## Methods and Directions

### Flamed Prawns with Camomile Beurre Blanc & Lemon Risotto

#### Method for Preparation of Flamed Prawns

- Shell and de-vein the prawns and season with salt and pepper.
- Heat half the butter in a pan and sauté the prawns till tender.
- Remove the prawns from the pan and pour in the white wine and reduce the heat.
- Add the Chamomile bags and fish stock and infuse for 4 minutes. Discard the bags and whisk-in the fresh cream and the remaining butter.
- Keep whisking till it forms a fine thick sauce. Strain and add the chopped parsley before serving.

#### Method for Preparation of Lemon Risotto

- Sauté the onion and garlic in butter.
- Add the rice, white wine and stock and leave
- Add the cheese, cream and lemon juice
- Season with salt and pepper.