

PAN-SEARED SALALAH RUBIAN



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Sunil Kumar Puzhakkaldam Kulapura



Alpesh Dias

Succulent pan-seared prawns with strawberry pearls and sauce, and mint labnah.

- Sub Category Name
Food
Main Courses

- Recipe Source Name
Dilmah Real High Tea Global Challenge 2015

Ingredients

PAN-SEARED SALALAH RUBIAN Strawberry Pearls And Sauce

- 450g Strawberry
- 20g Sugar
- 10ml Orange juice
- 3.5g Algin
- 2.5g Calcic
- 500ml Water
- 2.5g Gellan Gum

Ingredients

- 5 Prawns
- Salt to taste
- Crushed Pepper to taste
- 15g Mint leaves

- 50g Yoghurt
- 20ml Brandy
- Olive Oil
- Basil

Methods and Directions

PAN-SEARED SALALAH RUBIAN Strawberry Pearls And Sauce

- Blend the 200g of strawberries with sugar, orange juice and algin and rest for 1 hour.
- Blend the calcic with water
- With the help of a syringe, drop the puree into the calcic water, in the shape of pearls, keep it for 30 seconds and then rinse in ice water. Keep it soaked in a strawberry syrup.
- Blend the remaining 250g of strawberries and then cook it with gellan gum. Let it set into a jelly. Blend again until smooth to be used as a sauce.

Method

- Marinate the prawns with salt, pepper, olive oil and basil.
- Skew the prawns using skewers to keep it straight
- Sear the prawns
- Deglaze with brandy and set aside.
- Hang the yoghurt overnight in a muslin cloth and mix with mint leaves and salt.