



YABBIES, PRAWNS & SCALLOPS WITH GINGER SOY SAUCE

Serves four

Ingredients

8 Tasmanian scallops
8 Yamba king prawns
2 large yabbies
4 crayon size leeks
6 pieces baby bok choy
1 punnet shiitake mushrooms
1 cup (about a bunch) of coriander leaves picked & washed
12 fresh basil leaves
1 packet of snow pea sprouts

Sauce

1 small chilli
1 knob of ginger
chopped roots from 1 coriander bunch
½ cup mirin
1 cup ketjap manis (Indonesian soy sauce)
1 cup of water
juice of 2 limes & 2 lemons
2 table spoons fish sauce

Method

First make the sauce. Finely chop the ginger, chilli and the coriander root. Place these in a medium sized saucepan with the mirin, ketjap manis, water, lemon & lime juice and fish sauce. Bring to the boil. Taste and add a little more water if a lighter sauce is desired or more soy sauce if a sweeter one is required. Remove from the heat and set aside.

Next prepare the vegetables. Take the bok choy and split it lengthwise down the middle. Cut the baby leeks into four centimetre lengths. Remove stems from the shiitake mushrooms and slice the caps into 3 – 5 pieces depending on their size. Wash and drain all the vegetables

separately as well as the coriander and basil then toss all the vegetables and herbs together in a medium size mixing bowl.

Now take the yabbies and split them down the centre with a large chefs knife. Lay them on a tray cut side up and drizzle a little olive oil over them. Season with salt & pepper. Peel the prawns.

All the preparation is now complete and you are ready to cook.

Preheat your oven to 180C. Place the yabbies into the hot oven and roast for 4-5 minutes or until the shells have gone quite red and the meat is opaque.

While the yabbies are cooking the rest of the dish can be finished. Take a medium sized heavy flat fry pan and get it nice and hot. Put a little olive oil in the pan and then sauté the scallops and prawns until they're just cooked through.

Remove the seafood from the pan and arrange two prawns and two scallops on each plate. Place the yabbies on as well.

Next fry the snow pea sprouts in a little oil until they are just golden and are beginning to wilt.

Remove from the pan and set aside.

Now to finish the sauce and garnish. Place the bok choy and shiitake mushroom & herbs into the pan and fry for 20 to 30 seconds. With the pan and vegies quite hot place a couple of ladles of the prepared sauce in with the vegetables so that they all steam together. This infuses further flavour into the sauce and also cooks the vegetables through. Don't leave them in too long though or they will wilt too much. Divide the hot vegetables equally between the four plates placing it in the centre of the seafood, pour on a little sauce, top with the fried snow pea sprouts and serve.

It's a good dish to cook in front of your friends. Easy, but quite theatrical with the steam gushing from the pan and the fragrant aromas enveloping your enthusiastic guests. You could even cook it in a wok over the BBQ.

