

The Retro Prawn Cocktail

Serves 4

Ingredients

12 large tiger prawns
2 dressed crabs
20 freshwater crayfish
2 ripe avacados
2 plum tomatoes (blanched and skins removed)
Little gem salad leaves

Ingredients for the dressing

1 tablespoon of whole grain mustard
Zest and juice of 2 limes
1 teaspoon of runny honey
1 tablespoon of white wine vinegar
2 tablespoons vegetable oil
2 tablespoons of olive oil
1 small bunch of coriander, chopped (save 4 sprigs for garnish)
1 big 'banana' shallot peeled and finely chopped

For the garnish

1 lime
8 cherry tomatoes on the vine
4 sprigs of coriander

Method

Wash the little gem salad leaves and pat dry on a clean cloth.
Finely shred with a knife and place in the bottom of the 4 martini glasses.

To make the vinaigrette

You will need a large bowl and a whisk
Place the wholegrain mustard and vinegar in a bowl with the lime zest, juice and honey. Mix in the chopped shallot.
Add the olive oil slowly mixing all the time.
Add the vegetable oil in the same way, then add the chopped coriander leaves.
Check if any salt and pepper is needed.
Place on one side for later use.

To make the filling

Place the cooked tiger prawns, cooked crayfish and the crab meat from the dressed crabs in a bowl and bind with some of the vinaigrette.
Peel the avocados and dice into cubes, add to the mix.
Spoon into the four martini glasses and serve with the cherry tomatoes sliced on the side, some sprigs of coriander and slices of limes.
Enjoy with a glass of crisp white wine!