

Tiger Prawns

Tiger Prawn (*Penaeus esculentus*)

The tiger prawn season in Moreton Bay provides roaring value for money and a freshness and quality that stands out like the stripes on the prawn.

Seasonality:

January to June

Flavour: Rich ocean taste

Texture: Firm and meaty

Oil content: Low

Moisture: Moist and luscious

Harvested from: Moreton Bay

Harvest Method: Bay trawling (otter)

Stock Status: Sustainably fished

Fishers and consumers get the best results when in harmony with the environment.

It is possible to snap freeze prawns on board the trawler to -18°C soon after capture. This locks in the freshness until they are thawed, optimally 24 hours before eating.



MORETON BAY

FRESH

*Tiger
Prawns*



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**"Make every day
a Bay Day"**



Recipe: Gnocchi and Tiger Prawns in Tomato Sauce

Serves 6

Note: For a fast food fix, simply purchase the gnocchi ready made.

Ingredients

- 1 kg Moreton Bay Fresh (uncooked) Tiger Prawns, peeled and deveined.
- 25ml vegetable oil
- 500g Roma tomatoes, blanched, peeled and diced (or 1 small tin Italian peeled tomatoes, diced)
- 1/2 large brown onion, finely chopped
- 4 cloves garlic, peeled and crushed
- 50ml extra virgin olive oil
- 18 large fresh basil leaves

Method

1. Warm olive oil in a heavy based pot. Add onions and cook until transparent. Add garlic and tomato. Simmer for 20 minutes.
2. Saute prawns in vegetable oil until almost cooked. Add tomato sauce, gnocchi and basil (retain 1/3 basil leaves and slice finely for garnish).
3. Simmer for 3-4 minutes. Divide evenly between 6 bowls.
4. Garnish and serve immediately.

Ingredients for Gnocchi

- 250g potatoes, preferably Kipfler, Bintje or another waxy style
- 25g butter
- 2 egg yolks
- 1/3 cup plain flour
- 2 pinches nutmeg
- 80g parmesan, grated
- 2 dessertspoons semolina

Method for Gnocchi

1. Peel and boil potatoes until soft. Drain well and mash finely.
2. Add butter, egg yolks, flour, nutmeg, parmesan and semolina.
3. Season with salt and pepper. Mix well.
4. Bring 4L of lightly salted water to the boil in a heavy pot.
5. With a teaspoon, drop small amount of mixture into the water.
6. Use small amount at a time to avoid sticking.
7. After gnocchi is cooked (3-5 minutes) remove from pot with a slotted spoon and drop into cold water.

Recipes courtesy of David Pugh, Executive Chef, Restaurant Two

