



Denise Belling's Prawn Cocktail



"For our northern hemisphere friends, this is shrimp cocktail. And it's not a drink, but an appetiser salad in a glass!"
 – Denise Belling | Instructor, Australia

Salad ingredients:

- 20 cooked and chilled king prawns (shelled, deveined, with tails)
- 2 avocados, halved, peeled and sliced crossways
- 1 fresh mango, sliced
- 5-6 iceberg lettuce leaves, shredded
- 1 lemon, peeled with segments cut into thirds
- 2 teaspoons of brandy (non-alcohol substitutes include white grape juice, apple cider or apple juice)
- 2 spring onions, chopped very finely
- 1 teaspoon of olive oil
- ¼ teaspoon of salt flakes
- Chervil (parsley) sprigs, chopped

Special cocktail sauce ingredients:

- The juice of ½ a lemon
- 2 tablespoons of tomato sauce (our northern hemisphere friends call this ketchup)
- ½ teaspoon of salt flakes
- ¼ teaspoon ground white pepper
- 1 teaspoon Tabasco sauce
- 1 tablespoon Worcestershire sauce
- 200 milliliters (7 fluid ounces) pure cream



Special cocktail sauce instructions:

1. Whisk cream lightly until a little thickened
2. Stir in the tomato sauce, Worcestershire sauce and Tabasco sauce
3. Season with salt and pepper
4. Taste, and add more lemon, salt and/or pepper if needed
5. Place in fridge to chill

Prawn cocktail assembly instructions:

1. Combine lemon segments and oil; leave for 15 minutes
2. Finely chop the spring onions, then mix with the brandy and a pinch of salt; leave for 15 minutes
3. To assemble, divide the shredded lettuce among four wide-rimmed glasses or bowls
4. Arrange the prawns so the tails hang over the edge of the glass
5. Arrange the mango and place a slice of avocado in between some of the prawns
6. Spoon a generous spoonful of cocktail sauce into each glass
7. Sprinkle on the chervil, lemon and a little brandied spring onion
8. Serve immediately (ideally), or within a short time of being chilled in the fridge