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MAN LAW Australasia Pty Limited
PO Box 545
Riverstone. NSW 2765
Ph: 1800 026 086
Web: manlaw.com.au
Email: sales@manlaw-bbq.com.au

MAN TUCKER RECIPES

LUNCH FOR 2 – SALT & PEPPER GARLIC KING PRAWNS AND BBQ'D SNAPPER



A perfect meal for 2 – all cooked on the BBQ in around ½ hour – entrée of tasty BBQ'd salt & pepper garlic king prawns followed by succulent BBQ's snapper with a garlic, ginger & soy flavor.

You will need:

- 1 x 'small plate sized' Snapper (cleaned & scaled)
 - Around 16 – 20 King Prawns
 - Chives
 - Coriander
 - Ginger
 - Garlic
 - *Chili-Garlic Sauce
 - Soy Sauce
 - Mirin
 - Olive Oil
 - Salt Flakes
 - Ground Pepper
- * Chili-Garlic Sauce is available in the Asian section of the supermarket or Asian specialty stores, or, use Sweet Chili Sauce instead
- Serve with a fresh simple salad of your choice

- Also needed: a light wine like a Rose or similar & (if required) beer for the Chef.

What to do ...

- Peel the king prawns and place in a bowl.
- Crush 3 x large garlic cloves into the bowl, sprinkle with a good amount of salt flakes (don't use ground 'table' salt as it's too fine) and a good grind of black pepper. Mix thoroughly through the prawns.
- Cover with plastic wrap and place in the fridge to marinate for ½ - 1 hour.
- Get the fish out of the fridge 10 - 15 minutes before you need to cook to allow it to warm up slightly.
- Score through the skin of the fish but don't cut deeply into the flesh. Make the cuts diagonally from the head to just before the tail, about 1.5 cm apart, then do again on the opposite angle diagonal. Complete this on both sides.
- Mix together in a bowl to form a PASTE: 2 x crushed garlic cloves, 2cm of grated ginger, a little olive oil and a teaspoon or so of soy sauce. (NOTE: I grate my ginger coarsely as I don't have a fine grater – so do as you please. I also find it easiest to peel the ginger back 2cm and grate it back to the peeled point while holding the rest of the ginger root rather than cutting off a piece, peeling it and trying to grate the last little bit without getting the fingers grated!). Spread ½ of this paste on one side of the fish – over the cuts, place this side down in your open **MAN LAW FISH BASKET** (that you have prepared by spraying with spray oil) then spread the rest of the paste on the cuts on the other side of the fish, do up the fish basket and take it out to the BBQ Chef to cook along with a beer.

Make up a simple, colourful salad (as the fish and prawns are so flavorful I don't use a dressing as it will compete – but do so if you wish) & place the salad in a serving bowl.

**Mix up a small quantity of sauce using: around 2 teaspoons of the Chili-Garlic Sauce (or Sweet Chili Sauce), same amount of Soy Sauce & same of Mirin. Grate in a small amount of Ginger, add roughly chopped Coriander and roughly chopped Chives. (This is to pour over the fish when it's done).

Ask the BBQ Chef to heat up the BBQ grill to a low - medium heat. Once the BBQ is ready, cook the fish until almost done. Use your **MAN LAW DIGITAL INSTANT READ THERMOMETER GAUGE** to check the fish – insert the thermometer probe into the thickest parts of the flesh – along the back bone area – fish is fully cooked at 63°C.

When the fish is almost done, turn the heat down a bit & ask the BBQ Chef to heat up the BBQ plate – take out the king prawns so that the BBQ Chef can cook them. Cook them on the plate to get the 'Salt/Pepper/Garlic' mixture crunchy and brown.

When the prawns are done, the fish should be ready too – check the temperature in a couple of spots again just to make sure.

Remove the fish from the fish basket to a serving plate & pour over your prepared ** sauce while the fish is still hot.

Remove the prawns to 2 small serving bowls.

To serve....

- Put the fish on the serving plate and the bowl of salad on the table between you both so that you can help yourselves, and place the 2 bowls of prawns on the table also. (It was yummy eating the prawns as part of the meal rather than by themselves beforehand – but it's up to you!)
- If you're going to eat the prawns as an entrée, you may like to make up a dipping sauce or just pop a squeeze of lime juice over the prawns in the bowl.
- Pour a couple of glasses of the wine or beer & enjoy the food and the company & relax!

The washing up can wait 'til later – it'll still be there!

The fish often sticks to the fish basket so it's easiest to clean it outside with a bristle brush before popping it into the dishwasher.

Good heavens – how easy was that - & how yummy are those flavours!! Well done – another triumph!!