



# BC SHELLFISH & SEAFOOD F E S T I V A L



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## SAUTEED SPOT PRAWNS WITH GARLIC & FENNEL CREAM BY NATHAN FONG

Serves 4

- 3 tbsp (45 ml) butter
- 2 tbsp (15 ml) olive oil
- 3 cloves garlic, minced
- ½ small bulb fennel, finely chopped
- 1 lb to 1 ½ lbs (500 g) fresh spot prawns, whole or shelled
- 1 cup (250 ml) heavy cream
- sea salt and freshly ground black pepper
- Garnish, finely chopped flat leaf parsley and chives

Heat a large skillet over medium-high heat. Add butter and olive oil. When hot, add the garlic and fennel. Saute until soft and fragrant, about 2 to 3 minutes. Do not brown. Add the prawns and sauté until shells or meat are just pink all around. Stir in cream and toss to cover. Season. Garnish with parsley and chives.

SUGGESTED PAIRING 40 KNOTS SPINDRIFT OR TOWNSITE TIN HAT IPA



## MAPLE CHILI SPOT PRAWNS BY JOHN MCMANUS

- 5 spot prawns
- 1 egg
- 1 tsp chili flakes
- 2 tbsp maple syrup
- 1/2 cup rice flour
- 2 cups canola oil for frying
- 1 tsp yuzu
- 2 tsp condensed milk
- 2 tbsp Kewpi mayo
- Garnish, green onion and sesame seeds

Beat egg, maple syrup and chili flakes together. Clean spot prawns and marinate 8 hours in maple chili mixture. Take prawns out of marinade and dust with rice flour. Fry for 15 seconds. Mix together yuzu, condensed milk and Kewpi mayo, add hot prawns and mix gently. Garnish with green onion and sesame seeds

SUGGESTED PAIRING 40 KNOTS ROSE OR DRIFTWOOD ENTANGLED HOPENWEISSE



BRIAN YIP

SUGGESTED PAIRING 40 KNOTS CHARDONNAY OR TOFINO KELP STOUT