

Butter Poached Spot Prawns, Israeli Couscous with Cauliflower & Charmoula

SERVES 4

Chef Maria Hines, Tilth Restaurant, Seattle

12 spot prawns, roe intact
3/4 cup heavy cream
1 bouquet garni
1/4 cup butter (or 4 tablespoons)
Salt and pepper, to taste

1 cup flat leaf parsley leaves, packed, blanched
1 cup cilantro leaves, packed
1 cup mint leaves, packed
1 teaspoon harissa or sambal
1 clove garlic, minced
Juice of half a lemon
1/2 cup olive oil plus more as needed

1 cup Israeli couscous, cooked according to package
3 cups cauliflower florets, blanched, with blanching water
preserved
2 tablespoons olive oil
1 small clove garlic, minced
1 teaspoon minced shallots
Salt and pepper, to taste
Juice of half a small lemon
1 tablespoon each of finely chopped parsley and chives

Parsley, cilantro, and mint leaves, chopped chives for garnish.

Directions:

Peel the spot prawns, reserving the roe to make sauce. Be careful of the barbs on the tail when peeling spot prawns. Discard the shells (or save for later to make a seafood stock) and set the prawns aside.

Make the charmoula: Blend the herbs, harissa, garlic, lemon juice

and olive oil together until smooth, making sure to add the olive oil gradually. The consistency should resemble pesto. Set Aside.

Cook the Israeli couscous according to the package. Meanwhile, place half of the blanched cauliflower florets in a blender. With the motor running, slowly add reserved blanching liquid until the consistency of the puree resembles thick gravy. Set the puree aside in a warm place until ready to plate.

In a skillet over medium-high heat, heat 2 tablespoons olive oil. Add the garlic and shallots and sauté for 30 seconds. Add the remaining half of the blanched cauliflower florets. Sauté for 3 to 5 minutes, depending on the size of the florets, or until the edges turn brown and have caramelized. Add salt and pepper to taste, and a squeeze of lemon juice. Combine cooked Israeli couscous with sautéed cauliflower. Stir in chopped parsley and chives. Set aside.

In a saucepan over medium-high heat, add the cream and bouquet garni, and bring it to a simmer. Add the butter and whisk to combine. Add salt and pepper to taste and the reserved prawn roe. Stir to combine. Reduce heat to medium-low. Add the prawns and let poach for about 4 minutes, or until the flesh turns pink. Do not overcook the prawns.

To serve:

spoon some cauliflower puree in a pool on each plate. Spoon the couscous with sautéed cauliflower on the pool of puree. Arrange three prawns on top of the couscous for each plate. Layer the prawns on the couscous. Tear the cilantro, parsley and mint leaves and sprinkle on top of prawns. Add a pinch of chopped chives. Finish by "painting" the charmoula in a circle around the pool of cauliflower puree.