



SUMMER SWEETCORN AND PRAWN RISOTTO, HERITAGE CARROT SALAD AND MASCARPONE CAKE BY GLEN FILE

SUMMER RISOTTO OF SWEETCORN AND PRAWN

SERVES:

4

INGREDIENTS:

8 king prawns
1.2L chicken stock
4 corn cobs
Handful fresh thyme
2 bay leaves (optional)
100g finely diced shallots or onion
400g risotto rice
10g garlic thinly sliced (immersed in oil to intensify flavour)
100ml white wine
1 parmesan rind (the left over end from a block)
2 Tbsp. butter
Lemon juice
200g prawn meat chunks
2 Tbsp. butter
1/3 cup crème fraiche
20g flat parsley chopped
20g chives chopped
40g grated parmesan cheese (1x parmesan rind)
100g green beans blanched and split length ways
1 courgette thinly slice (Japanese slicer)
Sea salt

METHOD:



Place the corn cobs in the oven or on the BBQ with the husk still on. Cook for 20mins at 180 the outside will go brown or even burn, the inside will steam and the corn will stay juicy and sweet, let the corn cool before handling it.

Prepare the king prawns, de-shell them leaving the tail and the head.

Add all of the prawn shells into a medium pot along with chicken stock.

Remove the corn husks and slice the corns off the cob and place in a bowl for later, add the de-corned corn cobs into the pot of prawn shells and stock, throw in the fresh thyme and bay leaves.

In a heavy pan, seer off the prawns till nicely coloured, do not cook the prawns entirely as this is only to draw the prawn flavour out.

Keep the pan on the heat but remove the prawns and set aside in a bowl, add an extra dash of oil to the pan and throw in your shallots, sweat these off on a low-medium heat till they reach a golden colour.

Add the risotto rice and stir to coat the rice in the oil and shallots from the pan. Spoon the garlic out of the oil it has been sitting in and add to the pan along with the white wine.

Sieve the stock to remove the ingredients and keep the broth next to the risotto pan, begin to add ladles of stock at a time to the pan also drop in the parmesan rind.

In a separate pan, finish cooking the king prawns on a medium heat using the oil the garlic was immersed in, once they are close to cooked through add the butter, once that has melted squeeze the lemon juice into the pan (this will stop the butter from burning) and remove from the heat.

To finish, add the remaining ingredients into the risotto, prawn meat, corn kernels, butter, crème fraiche, herbs, parmesan and season to taste with salt then serve topped with the vegetables and whole prawns with a squeeze of lemon.

WARM CARROT HERITAGE SALAD WITH PISTACHIO

INGREDIENTS:



400g baby carrots purple or any colour available

Olive oil

Salt

20g Fresh thyme

20ml Sherry vinegar

Half Lemon juice

100g Italian parsley picked

20g pistachios toasted and lightly crushed

METHOD:

Wash the carrots well and remove green tops.

Slice half the carrots in half and place on the baking tray season with salt and drizzle with olive oil.

Roast at 160° for 10-15 min till just cooked then remove from the oven and sprinkle fresh thyme over while carrots are cooling.

Peel the other half of the carrots into thin strips using a speed peeler.

Place the peeled carrots in ice cold water to ensure the carrots stay crisp till needed.

In a mixing bowl place equal amounts of cooked and shaved carrots adding olive oil and sherry vinegar to taste then finish with Italian parsley, crushed pistachio, lemon juice and salt

Serve on a bowl or plate sprinkling with extra pistachios to finish

MASCARPONE CAKE

INGREDIENTS:

170g butter

300g sugar



300g mascarpone
3 eggs
10g baking powder
5g salt
200g flour
250ml fresh cream
1 vanilla pod
icing sugar for dusting
assortment of fresh berries

METHOD:

Preheat the oven to 170°
Cream the butter and sugar in an electric mixture till pale.
Crack eggs in a separate bowl and whisk lightly.
While the mixer is running slowly add eggs to the butter and sugar mixture.
With the mixer running slowly, fold mascarpone into the mixture.
Sift dry ingredients and continue to mix slowly till combined.
Transfer into a lined cake tin and bake for 15-20 minutes.
Once baked cool on a cake rack.

SERVE:

Whip the cream till thickened then scrape in the vanilla pod filling and continue to whip till the cream reaches stiff peaks.
Cut the cake in half and fill with cream, pop on the top layer of cake on and sprinkle with icing sugar then pile on the remaining cream along with your choice of berries and serve!

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