



# Double happiness

Wave a wand and turn beautiful butterfly prawns into twin attractions

**H**APPY prawns! One of the most popular festive dishes during the Lunar New Year must be prawns. They taste good and their name in Chinese, especially in rather literal Cantonese – “har”, smacks of good fortune and happiness.

“Hee Har Dai Siew” is a common dish on a New Year menu, heralding the arrival of happy laughter, and of course, king prawns.

I’m suggesting a double dose of joy, and prawns, for you this week.

I took a kilo of large grey prawns, divided them and cooked them two ways, using a packet of MAGGI’s Chilli Prawn Mix.

I like the taste of the mix, and use it often with prawns, fish fillets or even tofu for a quick stir-fry. Its hot, sweet and tart flavours are really good for perking up appetites, especially on lazy Saturday afternoons.

The only real work for this recipe is in preparing the prawns. I butterfly them.

First, I shell each large prawn, leaving just the tail intact. Then, I take a sharp knife and cut them half open down the back. Next, I flatten the prawn meat slightly, and cut an inch-long slit along the length. The last step is to insert the tail through the slit.

This process gives the prawns a pretty presentation which reminds one of a butterfly, with the tail becoming the “feelers”.

As for the sauces, it’s a dish designed to please everyone gathered at the dinner table.

The milder sauce with the mayonnaise will please the children and those who cannot take spicy food.

The darker chilli sauce has chopped up red peppers and dried red chillies to give it a good kick. Simple to do, too!

Try these as appetisers!



by Pauline D Loh

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## Recipe

### Double Happiness (Butterfly Prawns in Two Flavours)

#### Ingredients:

- 1 packet MAGGI Chilli Prawn Mix
- 1 kilo large grey prawns, (at least six inches long)
- 2 tablespoons mayonnaise
- 1 small red pepper or capsicum, diced
- 4 dried red chillies, washed and cut into sections
- 1 tablespoon minced garlic

#### Method:

1. Prepare prawns. Shell them, leaving tail intact. Butterfly (see story above) and rinse well in salted water. Drain. Blanch the prawns in boiling water until they just turn pink, about 8-10 minutes. Remove and drain. Set aside.
2. In a hot frying pan, brown garlic in oil. Add dried chillies. Add MAGGI Chilli Prawn Mix and quickly stir in half cup water. When mixture bubbles, remove HALF the sauce and set aside.
3. Add diced red pepper to sauce and add HALF the blanched prawns. Stir well to combine and remove to dish.
4. Add the rest of the prawns to frying pan, add the other half of

the sauce and two tablespoon mayonnaise. Toss well to coat the prawns.

5. Place prawns in mayonnaise sauce beside the chilli prawns. Garnish and serve.

#### Cooking Tips:

Blanching the grey prawns in boiling water to cook them will prevent them from breaking up in the frying pan. You must have experienced stir-frying prawns only to see them “disintegrate”, leaving strips of flesh or roe behind. Parboiling them also shortens the cooking process as you only have to make sure the prawns are tossed enough for the sauces to coat them thoroughly.

#### Grocery List/Price Guide:

- MAGGI Chilli Prawn Mix (\$1.50)
- 1 kilo large grey prawns (about \$32.00, prices seasonal)
- 1 red capsicum pepper (\$0.80)
- Dried chilli (\$0.50)
- Total cost: \$53.80 TO CHK!**