



Prawns in saffron sauce with straw potatoes

Ingredients

300g (10 1/2oz) Royal Greenland Prawns

150g (5 1/2oz) Royal Greenland shell on Prawns

2 courgettes, finely sliced into ribbons

100g (3 1/2oz) mange tout

For the sauce	25g (1oz) butter
100ml (3 1/2oz) dry white wine	Salt
100ml (3 1/2oz) fish stock	450g (1lb) potatoes, peeled
100ml (3 1/2oz) vegetable stock	Flat leaf parsley to garnish
1 shallot, finely chopped	Generous pinch of saffron strands, soaked in a teaspoon of hot water
10 black peppercorns, crushed	
200ml (7 fl.oz) double cream	

Method

Make the straw potatoes by finely shredding the potatoes and then deep-frying in hot oil in batches.

To make the sauce, place the white wine in a pan with the fish and vegetable stock, shallots and peppercorns and reduce by a third.

Pass through a sieve or muslin.

Add the cream and the saffron strands and water, reduce to the required consistency.

Stir in the butter and add salt to taste. While the sauce is being reduced, lightly steam the courgettes, mange tout and prawns.

Arrange the prawns and vegetables on 4 serving plates and pour the sauce over.

Add the straw potatoes and garnish with flat leafed parsley.

Quality is the key ingredient

Royal Greenland's sea-fresh taste is always singled out for praise. That's because they're single frozen - caught in Greenland 'inside the fjords' by smaller boats, immediately packed in ice until the boats land, then cooked and peeled in modern plants - resulting in no loss of flavour. Other prawns are double frozen (frozen, defrosted, cooked and peeled then frozen again) which means taste and texture are sacrificed. You can't serve up a more mouthwatering, succulent prawn than Royal Greenland single frozen prawns.

The icy, pollution-free waters of the Arctic around Greenland allow them to develop the sort of texture, colour and size to bring out the best in any recipe. So if you're single minded about quality, insist on Royal Greenland.



Seafoods of Distinction



Why are Royal Greenland Prawns so good every time?

The consistently high quality is partly due to the biomass (or live stock) quota system, which is monitored by the Greenland Scientific Bureau. This means that the prawns are around 5 years old when harvested from some of the world's purest waters, and are mature in terms of texture, colour and flavour. It also means that 25% of these prawns fall into the 'extra large' category. To ensure that they maintain their excellent pink colour and texture, maturation takes place in small 90 litre boxes, without phosphate in the water.

