

## TAWA JHINGA - GRIDDLED PRAWNS

### SERVES 4:

- 12 large raw tiger prawns, heads removed, deveined & tails left on
- 2–3 tablespoons sunflower oil
- 30g butter 1 small lemon, cut in half
- sea salt
- baby samphire, cleaned, & sea purslane leaves, to garnish

### For the pickled mushrooms:

- 1 tablespoon sunflower oil
- 1 teaspoon ajowan seeds
- 1 teaspoon coriander seeds
- ½ teaspoon fenugreek seeds
- 1 dried red chilli
- 300ml white wine vinegar
- 200g sugar
- 400g mushrooms, such as shiitake or shimeji, trimmed

### For the shrimp sauce:

- 2 tablespoons vegetable oil
- 1 teaspoon ajowan seeds
- 1 onion, finely chopped
- 1 green chilli, finely chopped
- 1 teaspoon grated fresh ginger
- 2 tomatoes, deseeded and finely chopped
- 100g peeled Morecambe bay shrimp, finely chopped
- ¼ teaspoon red chilli powder
- 1 teaspoon ground coriander
- ½ teaspoon ground turmeric
- ¼ teaspoon ground fenugreek
- ¼ teaspoon garam masala
- 1 tablespoon finely chopped coriander leaves

### For the spice blend:

- 1 teaspoon ground coriander
- ½ teaspoon chaat masala
- ½ teaspoon red chilli powder
- ½ teaspoon ground fenugreek
- ½ teaspoon turmeric
- ¼ teaspoon garam masala

### METHOD:

1. The pickled mushrooms should be made at least a day before serving and can be kept in a covered container in the fridge in the fridge unopened. Heat the oil in a saucepan, add the ajowan, coriander and fenugreek seeds and the red chilli, and sauté over a medium heat until the seeds crackle. Add the vinegar, sugar and salt to taste, and bring to the boil. Add the mushrooms and return to the boil, then simmer for 5–8 minutes until they are tender. Remove from the heat and set aside to cool completely, then store in an airtight container for at least a day.

2. Next make the shrimp sauce. Heat the oil in a pan, add the ajowan seeds and sauté over a medium heat until they crackle. Add the onion and sauté for 3–5 minutes until it is translucent. Add the green chilli and ginger and sauté for a further minute. Add the tomatoes and simmer, stirring, until they cook down to a sauce consistency. Add the shrimp and stir just until they curl up, then stir in the ground spices and salt to taste. Add the garam masala and sauté for a further minute. Remove from the heat and finely chop all the ingredients, then set aside and keep hot.

3. Mix together all the spices for the spice blend. Dust the tiger prawns with three-quarters of the spice blend. Heat the oil in a large frying pan and pan-fry the prawns over a medium heat for 2–3 minutes until they curl. Add the butter to the pan and remove from the heat. Squeeze in the lemon juice and baste the prawns with the lemony butter.

4. Serve the prawns with the pickled mushrooms and the shrimp sauce. Drizzle the pan juices around, dust with the remaining spice blend, garnish and serve immediately.