

# Spicy Lemongrass Poached Prawns

MIND foods: Leafy greens, fish

Serves 4

Time: 45-60 minutes

Difficulty: Medium

## Ingredients

- 1 stalk lemon grass, bottom 6" halved lengthwise and then thinly sliced, smash and reserve top
- ½ bunch cilantro leaves, reserve stems
- 3 mint sprigs, leaves and stems separated
- 1 shallot, thinly sliced, reserve top
- 1 bird's eye chili, thinly sliced, reserve ends
- 1/3 cup lime juice (about 2-3 limes), reserve ends
- 1 lb prawns or colossal shrimp (10-15/lb), shell-on, deveined
- 1 garlic clove, minced, sprinkled with salt, then mashed with back of knife to make a rough paste
- 2 T fish sauce
- 2 scallions, whites sliced, greens sliced and reserved for garnish
- 1 head butter lettuce, hand torn, reserving a handful of medium lettuce "cups"
- ½ inch piece of ginger, peeled, cut into matchsticks



# Spicy Lemongrass Poached Prawns

## Method

1. To a large pot of water, add mashed lemongrass top, cilantro stems, mint stems, and discarded ends of shallots, chilies (can include some discarded seeds, if desired), and lime peels. Heat on high heat and bring to boil for 15 minutes. Turn heat off, add prawns, cover for 3 minutes or until opaque. Let cool, then peel and halve lengthwise.
2. While water is heating, make the dressing. Combine lemongrass, garlic, fish sauce, lime juice, chili (can discard seeds, or include some seeds for spicier kick), scallion whites. Set aside.
3. To plate, start with the bed of mixed greens. Add all of the ginger and most of the shallots, cilantro and mint. Dunk the shrimp in the dressing, shake off excess then add shrimp on top. Spoon dressing over salad. Garnish with scallion greens, and remaining shallots, cilantro and mint.



## Notes

This dish works well “deconstructed”: Set up stations of lettuce cups, shrimp, herbs, shallots, ginger, scallions, and dressing. Let people make their own lettuce cups.

Bird’s eye chili is sometimes sold as “Thai chili.” If it’s not available, Serrano chili is a fine sub.

If prawns do not come de-veined, use kitchen shears to cut down full length of back and clean.