

PRAWNS SAGANAKI

INGREDIENTS

1 tablespoon olive oil
1 small brown onion finely chopped
2 garlic cloves minced
½ teaspoon sugar
1 teaspoon dried herbs like thyme or oregano
¼ teaspoon salt
½ red chilli finely chopped
1 tablespoon tomato paste
400 g tinned chopped tomatoes
60 ml dry white wine
1 kgs king prawns raw, defrosted if frozen
100 g feta crumbled
1 tablespoon parsley finely chopped

INSTRUCTIONS

Step 1: Heat the olive oil in a medium oven-proof pan (like cast iron skillet) over low-medium heat. Add the finely chopped onions and saute for 5 minutes until softened, but not browned.

Step 2: Add the garlic, salt, sugar, dried herbs and chilli and stir for a minute.

Step 3: Tip in a tin of chopped tomatoes, tomato paste, white wine and stir. Bring the sauce to a gentle simmer and carry on cooking for 20 minutes until the sauce has reduced by about half.

Step 4: In a separate pan add a little olive oil and heat, then season your prawns with salt and pepper and pan fry on each side for two minutes until blushed, remove and set aside while you finish the rest of the prawns. Return all the prawns to the hot pan and flambe with the 1/4 brandy. Remove prawns and allow to cool slightly before peeling the prawns..

Step 5: Add the brandy and any prawn juices to the tomato sauce and then add the prawn meat cut into large chunks to the tomato sauce.

Step 6: Take the saganaki dish off of the heat and crumble the feta cheese on top. Scatter the parsley on top and serve with rice or crusty sourdough bread!

THE COOKERY

by The Secret Jozi Chef