

## Preparation & Cooking



Karumba Banana prawns are graded, packed and snap frozen in minutes after harvesting, capturing the fresh, integrity and quality of the prawn at the source.

To thaw frozen raw (green) prawns, immerse them in a brine slurry and thaw them quickly in 30 minutes, remove from brine and process quickly, to avoid oxidisation.

For the best culinary outcomes we recommend that banana prawns are cleaned and shelled before cooking. This should be completed quickly after thawing, to avoid any transfer of oxidization aroma or flavour.

Wrap peeled prawns in paper towel and cling film and store over ice in an airtight container.

The Karumba Banana Prawn requires care and attention to get the most from its culinary capability. It performs best when peeled prior to cooking and cooked using lower heat and where the moisture can be retained.

The delicious sweet characteristics unique to the Karumba Banana Prawn are best suited to lower heat preparations.

For the best culinary outcomes we recommend that Karumba Banana Prawns are boiled, barbecued, or gently poached in butter, while the head and shells are ideal for stocks, broths and oils.

## Preparation & Cooking



Karumba Banana Prawns are sweet, with a crisp bite and an iodine after taste. They have excellent versatility in the kitchen. The following are recommended cooking applications specific to the unique properties of the Karumba Banana Prawn.

### 1. Boiling

A prawn straight out of the water is fantastic because it is full of seawater. Peeled Karumba banana prawns are ideal for boiling in salt water as it accentuates the prawns natural flavours. Using the standard rule for cooking shellfish – for every 2L of water add 160g of salt, place peeled Karumba banana prawns in and cook in small batches in boiling water to ensure prawns are crisp. The process of boiling the prawns helps put the salt back into the flesh. After placing in boiling salted water, don't let the water boil again and when the prawns float to the top of the water, remove, drain and allow to cool on an open rack at room temperature, before chilling. The prawn should be used within 72 hours from cooking and is great for use in salads or served with classic mayonnaise based dressings.

### 2. Butter poaching

Butter poaching is a cooking technique that gently heats the prawns, adding richness and enhancing the natural sweetness of the Banana Prawn. The soft, sweet flesh of Karumba banana prawns benefits from being poached in a soft, foaming pool of butter that provides a consistent, gentle cooking medium. This method is ideally suited to using the banana prawn in an a la carte or single dish service restaurants.

### 3. Barbecuing

Barbecuing is a technique using high heat and fast cooking times. This technique is best done using banana prawns placed on a skewer, which have been well marinated to assist in moisture retention of the flesh. The prawns should be placed in the coolest area of the BBQ to avoid toughening the flesh with high heat. Ideally, the banana prawns are cooked on the flat-top of the barbecue. This method is suited to smaller service operations where extra care can be taken to avoid over cooking of the prawns.

### 4. Crumbed, battered and tempura

Crumbing, battering and tempura are ideally suited to the Karumba Banana prawn's sweet flesh. The coating helps protect the banana prawn from direct heat, while adding texture and letting the prawn reveal its true character. Care should be taken to ensure the coating is neither too thick or absorbs too much moisture.

### 5. Heads & Shells

Karumba Banana prawns are at their best if peeled before applying any culinary application. The heads and shells themselves are as versatile as the meat itself. With oils, fats and plenty of nutrients the heads and shells can be used to make shellfish oil and as a base for broths, soups and bisques.

## Preparation & Cooking



### Table Talk

1. Karumba Banana Prawns are graded, packed and frozen from fresh, quickly at -45C to capture the culinary integrity of the prawn at the source.
2. Thaw by immersing whole prawns in brine slurry for 30 minutes
3. Always peel Banana Prawns before cooking and when boiling cook in salty brine, refresh in iced brine slurry and use within 72 hours.
4. Peel quickly after thawing to avoid imparting aroma or flavour
5. When barbecuing, marinate prawns beforehand and cook prawns in the coolest part of the flat plate to avoid exposure to high heat
6. Butter poaching is a gentle form of cookery and enhances both flavour and texture
7. With oils, fats and plenty of nutrients the heads and shells can be used to make shellfish oil and as a base for broths, soups and bisques.

### Location Map

