

Seared King Prawn with Gazpacho Salad.

2.1 Cold Appetizers

Ingredients

Net Qty	Ingredients	Gross Qty	Unit price	Total (CHF)
4 nos	King prawns	4 nos	0.00	0.00
1 gms	Cajun spice mix	1 gms	0.00	0.00
	GAZAPACHO		0.00	0.00
375 gms	tomatoes	375 gms	0.00	0.00
175 gms	Cucumber	175 gms	0.00	0.00
40 gms	Red bell pepper	40 gms	0.00	0.00
1 pc	Garlic clove	1 pc	0.00	0.00
250 ml	chicken stock	250 ml	0.00	0.00
12 gms	tomato paste	12 gms	0.00	0.00
50 gms	ketchup	50 gms	0.00	0.00
to taste	Salt & pepper	to taste	0.00	0.00
to taste	Lemon juice	to taste	0.00	0.00
20 gms	Mixed salad leaves	20 gms	0.00	0.00
1 no	lemongrass	1 no	0.00	0.00
Total				0.00

Calculation

Tax 0.00 %

		Festgesetzter Verkaufspreis	
Total	0.00	Selling price CHF 0.00	Cost of goods 0.00
			Margin CHF 0.00

Nutrients

Guideline Daily Amounts

Seared King Prawn with Gazpacho Salad.

2.1 Cold Appetizers

For 1.00

Ingredients

4 nos	King prawns
1 gms	Cajun spice mix
	GAZAPACHO
375 gms	tomatoes
175 gms	Cucumber
40 gms	Red bell pepper
1 pc	Garlic clove
250 ml	chicken stock
12 gms	tomato paste
50 gms	ketchup
to taste	Salt & pepper
to taste	Lemon juice
20 gms	Mixed salad leaves
1 no	lemongrass

Preparation

1. Coat the prawns in the Cajun Spice Mix and sear in a non-stick pan for 1-2 minutes, until cooked.

For the Gazpacho:

1. Blend all ingredients with chicken stock and season to taste.
2. Sieve with fine strainer.
3. Pour a little gazpacho into the base of each serving bowl.
4. Arrange salad leaves on top of the gazpacho.
5. Place a prawn across the top of each salad, and garnish with lemongrass.

