

#CatchOfTheDay

## Sustainably Sourced Prawns

### Lemonade tempura prawns with mango and fennel relish

**John Whaite**, winner of The Great British Bake Off, food columnist and TV chef, has worked with the National Federation of Fishermen's Organisations to create a series of recipe cards to encourage consumers to consider cooking with sustainable species of fish, proving they are just as versatile as the 'seafood staples', whilst supporting the work of UK fishermen.

Each of his recipes has been carefully created using species of fish and other seafood which are all available from UK waters.

In this recipe John uses prawns, one of the tastiest and most versatile seafoods

- Prawns are fished sustainably in the North Sea, Scottish west coast, Irish Sea and South West England
- The industry is working on long term management plans to set out safe conditions for fishing prawns
- Fishing boats use highly selective gear to target only the species they want

For more information on #CatchOfTheDay and the work of the NFFO to champion the diversity and sustainability of the UK fleet visit [www.nffo.org.uk/](http://www.nffo.org.uk/)



John Whaite



#### Method

For the relish simply combine the ingredients in a bowl and allow to macerate at room temperature for a good hour or two before serving.

For the batter, toss together the cornflour, flour, ground cream crackers and salt and make a well in the centre. In a jug, mix together the lemonade, vodka and lemon zest, then slowly pour that into the dry mixture whilst whisking. Once you have a consistent batter stop whisking and allow to rest for five minutes or so.

Put the cornflour into a bowl and toss the prawns through to coat them, then remove and set onto a plate until needed. Fill a heavy based saucepan or wok with at least 2-inches deep of oil and heat to 170C – I always use an instant read thermometer to be on the safe side, but if you have a deep fat fryer with thermostat, then do use that.

Dip the prawns into the batter then gently but firmly tap against the side of the bowl to remove excess batter. Drop them into the hot fat and fry until the batter is golden brown and the prawns are cooked through – about 3 minutes. Put the cooked prawns onto a plate covered with kitchen roll to remove any excess grease.

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#### SERVES 2

##### FOR THE RELISH

- 1 small fennel bulb, finely sliced (preferably with a mandolin)
- Flesh from 1 small mango, cut into 1cm dice
- 1tbsp mirin
- 1tbsp light soy sauce
- 2tsp lemon juice
- 1 fat red chilli, finely chopped
- Small handful fresh coriander, finely chopped

##### FOR THE BATTER

- 40g cornflour
- 20g self-raising flour
- 20g cream crackers, finely ground
- 1/4tsp sea salt flakes
- 125ml lemonade
- 25ml vodka
- Zest of 1 lemon

##### FOR FRYING

- 300g large prawns, shells off tails on
- 40g cornflour
- Sunflower oil for deep-frying