

## **Garlic Prawns**

Preparation : 20 minute  
Cooking Time : 10 minutes  
serves : 4

The art of Chinese cooking is in the preparation of the food ingredients prior to your final cooking and ensuring you have these set aside and in close proximity to your wok and stove.

### **INGREDIENTS**

<ul style="list-style-type: none"><li>• 500g King Prawns raw</li><li>• 1 tsp sugar</li><li>• 1 cup chicken stock (see recipe)</li><li>• 2 tbsp cornstarch</li><li>• 1 cup bean shoots</li><li>• 1 cup cauliflower</li><li>• 1/2 cup celery</li><li>• 2 tablespoon finely grated garlic</li></ul>	<ul style="list-style-type: none"><li>• 1 tablespoon mushroom soy sauce (dark soy)</li><li>• 2 tablespoon carnation milk</li><li>• 1/2 cup onions</li><li>• 4 chopped spring onions</li><li>• 1 cup cabbage</li><li>• 4 tablespoons peanut oil</li><li>• 1/2 teaspoon salt</li></ul>
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### **METHOD**

1. Clean bean shoots, peel prawns, de vein, slit back to partially open and set aside.
2. Half fill cup with water and add cornstarch being careful not to stir but allow cornstarch to sink. Tip excess water from cup and stir and set aside.
3. Slice cabbage and cauliflower into 25x25mm pieces and blanch 2mins in boiling water, cool immediately in cold water and set aside.
4. Slice celery, onions and set aside. Slice spring onions into 25mm pieces (white portion) and set aside
5. Grate fresh garlic and set aside.
6. Heat wok very hot and add 2 tablespoons oil and swirl to cover wok surface.
7. Add 1 tablespoon garlic and onions and stir fry quickly 30 secs.
8. Add celery, cabbage, cauliflower, bean shoots and 1/2 teaspoon salt and stir fry 2mins. Remove to serving plate and set aside.
9. Clean wok and reheat very hot and add 2 tablespoons oil and swirl to cover wok surface.
10. Add 1 tablespoon garlic, 1 cup chicken stock, sugar, mushroom soy, prawns and stir fry 2mins
11. Add carnation milk and enough cornstarch to make suitable gravy.
12. Serve over previously served vegetables.

### **ACKNOWLEDGEMENTS**

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Riverton Western Australia