

Garlic Prawn/Shrimp Recipe

Ingredients:

fresh or frozen prawns
olive oil
butter
garlic cloves
lemon
optional sweet white wine.

Method:

1. Prepare prawns – defrost if frozen. If fresh and whole, pinch off head, then legs, then exoskeleton, finally pinch where neck section is and strip back darkened digestive tract tube, over the back of the flesh from neck to tail.
2. Remove outer skin of garlic cloves and chop finely or use garlic crusher.
3. Heat frypan or wok with generous covering of olive oil *and* butter.
4. Fry garlic then add prawns and fry fast and hot. As they cook add some wine. Cook from translucent appearance to white opaque flesh and remove immediately from heat.
5. Squeeze with lemon and serve.

White wine added to the frying process can add more depth to this dish and if you choose to add this optional ingredient, choose a sweet, early picked grape variety such as a Traminer to lower the carcinogenic risk. White wine contains the carcinogen acetaldehyde and this is also made by our bodies as a by-product of metabolising alcohol. Early picked grapes don't cellar well and probably have less acetaldehyde levels than older aged wine varieties as acetaldehyde levels increase as wines age due to chemical oxidation of ethanol.