

3rd Annual Cowichan Bay Spot Prawn Festival, 2011



11:00 Ryan Zuvich, Markt, Nanaimo
*Spot Prawns on a Sausage and Onion
Ragu with Saffron Sauce*

**12:00 Rob Clark, C Restaurant,
Vancouver**
*Spring Mint and Pea Soup with Poached
Spot Prawns*

**1:00 Brock Windsor, Stone Soup
Inn, Lake Cowichan**
*Asparagus and Spot Prawn Salad with a
Chive-Oxeye Daisy Vinaigrette*

**2:00 Kyle Gignac, Terrain Regional
Kitchen, Cowichan Bay**
*Spot Prawn Gyoza with Black Bean
Chili Sauce*

3:00 Dan Hudson, Duncan
*Poached Spot Prawns, Organic Potato
Terrine and Chevre Puree*

**4:00 Matt Horn, Cowichan Pasta
Company**
Spot Prawn and Morel Pasta

Hosted By:



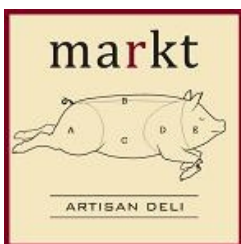
Bill Jones, Deerholme Farm
4830 Stelfox Road, Duncan, BC
(250) 748-7450
www.deerholme.com



Spot Prawns Donated by:



Cowichan Bay Seafood
1751 Cowichan Bay Road
Cowichan Bay, BC
(250) 748-0020
www.cowichanbayseafood.com
Anne and Gregg Best, owners



102-5281 Rutherford Road
Nanaimo, BC
(250) 585-5337
www.marktartisandeli.com
Ryan Zuvich, Markt Artisan Deli

Poached Spot Prawns, sausage and onion ragu with saffron sauce

Ragu:

1 large onion, finely sliced
3 clove garlic crushed
3 links merguez sausage (ala Markt)
1 cup crushed tomato
1 cup Chicken Stock
1/2 cup white wine
1 red chili
2 tbsp olive oil (extra virgin)
Salt and Pepper
24-32 spot prawns

Sauce:

1tsp olive oil (extra virgin)
1 small onion diced
2 sticks celery diced
1 carrot diced
1 cup white wine
3 cups roasted prawn stock
1/4 cup whipping cream 35%
pinch saffron
1 lemon juiced
Salt and white pepper

Method:

Add your oil to a medium heat pan, when hot add Sausage and brown. Reduce heat and add onions and garlic and chili. Cook for 15 minutes stirring occasionally
Deglaze with wine and reduce until almost dry. Add tomatoes with the stock and cook until well reduced and combined. Season to taste with salt and pepper

Ragu (cont)

Bring prawn stock to a boil. Place the prawns in a container big enough to fit them in a single layer. Pour the stock over them and let sit for 5 minutes. Remove and peel prawns and reserve stock for sauce

Add your oil to a medium low heat sauce pot. Add vegetables and cook without coloring for 20 minutes until very soft deglaze with wine and reduce until nearly dry. Add stock and reduce by 2/3 strain liquid into a new pot and add cream and saffron. Reduce to light sauce consistency. Add lemon juice and season.



**2-1600 Howe Street
Vancouver BC
(604) 605-8263
www.crestaurant.com
Chef Rob Clark, C Restaurant**

Spring Mint and Sweet Pea Soup with Poached Spot Prawns

3 Tbsp unsalted butter
1/2 cup shallots
1 lb green sweet peas
4 cups whipping cream 35%
1 Tbsp fresh mint
salt, pepper, nutmeg

Method:

Saute the shallots in the butter for a couple of minutes or until they are translucent. Add the cream and simmer for about five minutes. Add the peas and mint, salt, pepper, nutmeg and pour into a blender. Puree until smooth. Adjust the seasoning.

Garnish with poached spot prawns, sour cream and preserved (or fresh) lemon



6755 Cowichan Lake Road
Lake Cowichan, BC
(250) 749-3848
www.stonesoupinn.ca

Chef Brock Windsor, Stone Soup Inn

**Spot prawns and asparagus, warm chive
and oxeye daisy vinaigrette**
serves 4

2 Tbsp chives, chopped
1 Tbsp oxeye daisy leaf, chopped
1 Tbsp grapeseed oil
1 Tbsp olive oil
2 Tbsp apple cider vinegar
salt and pepper to taste

2 Tbsp grapeseed oil
28 peeled spot prawn tails
8-12 spears local asparagus cut in 1" pieces, peeled if desired

In a small bowl, combine the chives, herbs, grapeseed oil, olive oil and vinegar. Whisk together and season with salt and pepper.

Heat a large pan and when hot, add the oil and the asparagus. Cook for 1-2 minutes, then add the prawns. Saute 1-2 additional minutes until the prawns are pink and just cooked. Cool the pan slightly and add the vinaigrette. Toss and serve immediately



Terrain

Regional Kitchen

1681 Cowichan Bay Road
Cowichan Bay, BC
(250) 715-1000

www.terrainregionalkitchen.com

**Chef Kyle Gignac, Terrain Regional
Kitchen**

Spot Prawn Gyoza with Black Bean-chili Dipping Sauce

¼ cup rice vinegar
1 Tbsp soy sauce
1 Tbsp fresh ginger, minced
1 tsp black bean sauce
1 tsp chili sauce

1 cup chopped spot prawn
1 tbsp fresh ginger, minced
¼ cup Chinese cabbage, finely chopped
1 tsp sesame oil
Salt and pepper to taste
1 pkg round wonton wrappers
1 egg, beaten (or water)
vegetable oil for frying

In a small bowl, combine vinegar, soy sauce, ginger, black bean and hot sauce. Stir well to mix and set aside.

In a medium bowl, combine prawns, ginger, cabbage and sesame oil. Stir well to coat and set aside

On a work surface, lay out 4 wonton wrappers. Using a pastry brush, coat each round with a light covering of egg wash.

Place 1 tsp of filling in the center of each wonton and fold to form a half moon.

Make sure to keep edges free of filling to ensure a good seal. Press edges firmly to seal, make 3 or 4 small folds along the edge to make a pleated finish.

In a non-stick skillet, heat 2 Tbsp (30 mL) oil over medium-high heat for 30 seconds.

Gyoza (cont)

Cook dumplings, 8 at a time, until golden, 2-3 minutes per side. Transfer to a paper-towel covered plate. Transfer to serving plates or keep warm in an oven for up to 30 minutes. Serve warm with the dipping sauce.



Dan Hudson, Freelance Chef

Poached BC Spot Prawns, Organic Potato Terrine and Hilary's Chevre Puree
Serves 6-8

Ingredients:

- 4 cups water
- 2 lemons, zest and juice
- 1 large onion, peeled and diced
- 2 celery stalks, diced
- 1 small fennel bulb, diced
- 1 head garlic, chopped
- 3 bay leaves
- 3 tsp salt
- 1 tsp black peppercorns

- 2 lbs organic, nugget potatoes
- ½ lb unsalted butter, melted
- 2 tomatoes, seeded and diced
- 3 Tbsp parsley, minced
- zest of 1 lemon.
- ¼ lb Hilary's Chevre (100 g)
- ½ cup whipping cream 35%
- 30 spot prawns

Method

In a large pot add the water, lemon juice (reserve zest for sauce), onion, celery, fennel, garlic, bay leaves, salt and peppercorns. Bring to a boil, turn the heat completely off and add the prawns. Allow to cool to handling temperature.

Terrine (cont)

Once the poaching liquor has cooled remove the prawns and peel. Reserve the liquid as a base for a seafood chowder or soup. Chill prawns until needed.

Terrine:

Boil the potatoes in salted water for about 15-20 minutes or until they are cooked and soft. Remove from heat and allow to cool. Drain and peel. Leave the potatoes to cool in the water. Once cool, peel and add to a bowl with the melted butter, tomatoes, lemon zest and parsley. Roughly crush everything together with your hands. Line a terrine mould or baking tin with plastic wrap and place the potato mixture inside making sure there are no air pockets. Cover tightly with plastic wrap and place in the fridge to set for at least 12 hours.

Sauce:

In a food processor, pulse the chevre (goats cheese) and cream together till it becomes smooth. Season with salt and pepper.

To serve, turn out terrine onto a cutting board, cut into slices and transfer to a plate. Top with chilled spot prawns and drizzle with a little of the chevre puree.





www.cowichanpasta.com
(250) 732-2457

Matt Horn, Cowichan Pasta Company

Spot Prawn, Asparagus and Morel Pasta

Pasta Dough
3 cups flour
4 eggs
2 Tbsp water

In a food processor combine all the ingredients and pulse till your dough comes together in a ball.
Dump out dough and kneed till it comes smooth and firm. Let rest for 20 minutes and then roll through your pasta machine to the thickness you prefer.

Dust with flour and cut pasta into linguine strips with your pasta machine or a sharp knife. Dust again with flour and reserve.

Sauce:
1 lb fresh spot prawns
1 lb asparagus
1 oz dried morel mushrooms
1 cup hot water
1 cup onion
2 tsp garlic, minced
2 Tbsp butter
1 cup whipping cream 35%
1/4 cup Parmesan cheese, grated

Pasta (cont.)

Method:
Soak morels in hot water for 20 minutes.
Stir to remove any grit attached to them.

Heat a 12" pan over medium heat and add the butter, onions, garlic and asparagus.
Saute until golden brown.

Gently squeeze the water out of the morels, transfer to a cutting board and chop coarsely. Add to the pan and warm through.

Pour the soaking liquid into the pan, leaving the bottom third (and any grit) behind.

Simmer on a medium heat for five minutes
Add cream and simmer over a low heat till the sauce just thickens.

Meanwhile, cook the pasta in boiling salted until al dente about 3-4 minutes for fresh pasta.

Add the cheese and prawns to the sauce and toss to coat. Adjust seasoning with salt and pepper. Add the cooked pasta and toss gently to coat.

Transfer to bowls and serve immediately, garnish with a little chive or fresh parsley.

