

Butterflied Mornay Prawns



Ingredients

16 extra large green prawns	1/4 cup plain flour
1 3/4 cups milk	1/3 cup dry white wine
1 small onion, coarsely chopped	3/4 cup parmesan cheese, grated
1 clove garlic, coarsely chopped	2 tbsp parsley, finely chopped
1 bay leaf	2 tsp Dijon mustard
60g butter	Salt and freshly ground black pepper, to taste

Directions

Step 1 – To butterfly the prawns, use a serrated knife to slice through the back of the prawns from head to tail, then clean out the vein and open the prawns to flatten. Set aside.

Step 2 – In a small saucepan, heat the milk along with the onion, garlic and bay leaf until almost boiling, then remove from the heat and set aside for 15 minutes to infuse. Strain the milk into a jug and set aside, discarding the solids.

Step 3 – In a clean saucepan, melt the butter over medium heat, then once starting to foam, add the flour and stir constantly to cook for 2 minutes. Add the white wine and whisk until the roux comes together. Add the strained milk mixture, half the parmesan cheese, half the parsley and the Dijon mustard, then stir until the sauce thickens. Season to taste with salt and pepper. Remove from the heat and set aside.

Step 4 – Heat the BBQ to medium – high heat (200 - 220°C) and prepare for direct cooking with a grill, hotplate or BBQ safe frying pan.

Step 5 – Once the grill, hotplate or frying pan has reached temperature, place the prawns cut side down and cook for 1 – 2 minutes, then flip over and carefully spoon the mornay sauce over the prawn flesh. Sprinkle with the remaining parmesan cheese and parsley, then close the lid of the BBQ and bake until the prawns are cooked through and the parmesan cheese is melted. Serve immediately.

