

Ooni Cast Iron King Prawns



* Recipe courtesy of Ooni Australia

Ingredients

500g whole king prawns
Generous pinch salt
1 tbsp extra-virgin olive oil
5 garlic cloves, chopped

1 tsp paprika
2 tbsp dry sherry or dry white wine
Juice of 1/2 lemon
60g fresh parsley, chopped

Directions

Step 1 – Fire up your Ooni pizza oven. Aim for 180°C on the stone baking board inside. If you're cooking with wood and charcoal, build the fire up to a low flame, using just charcoal if possible. Cooking with gas? Preheat the oven on the highest setting for 5 minutes, then adjust the dial to its lowest setting.

Step 2 – To prepare the prawns, remove the head and peel off the outer shell, stopping at the base of the tail. Once the shell has been removed, check for the intestinal tract (the dark line running down the back of the prawn). While safe to eat, it can give the prawn a grainy texture and ruin the flavour, so you'll want to remove it. Use a sharp paring knife to make a small incision down the back of the prawn and devein it. Repeat for the remaining prawns.

Step 3 – Pat the prepared prawns dry and season with a generous pinch of salt. Set aside, covered, while you prepare the cast iron.

Step 4 – Brush the pan with the olive oil and place it in the oven until it's shimmering but not smoking, then remove it and add the garlic. Cook outside the oven for up to 1 minute, or until the garlic begins to tan. Add the shrimp and put the pan in the oven for 90 seconds. Remove, give the contents of the pan a toss, then return to the oven to cook for another 90 seconds. Watch the prawns closely. Look for the flesh to turn an opaque, pearly pink. The time it takes will depend on the size of the prawns, so keep an eye on the colour and periodically shake the pan to ensure they cook evenly. Once cooked, add the paprika and cook for 30 seconds more.

Step 5 – Remove the pan and stir in the sherry or wine, lemon juice, and parsley. Serve right away.

