

bbq chilli yabby skewers



Method

Mango Salsa: Peel mango, dice into small squares, finely dice red onion and long chilli, slice coriander leaves. Toss all ingredients in a bowl and mix gently together with lime juice and olive oil.

Reserve for later use.

Preparation: Soak wooden skewers in water for a few hours before you cook yabbies, this will prevent skewers from burning, especially if you are cooking on a bbq. Place yabbies in a bath of ice slurry for two hours this is the most humane way to prepare yabbies for cooking. Bring a large pot of salted water to the boil and pop yabbies into water for 2 to 3 mins only. Plunge yabbies into ice cold water to stop cooking process. Peel yabbies - they should be a little under cooked.

Place three yabbies on one skewer and marinate.

Cooking: Heat a non stick pan and caramelise the yabbies with a little oil. Heat oil and butter in a pan and cook macadamia nuts until just light brown, add spinach and sesame seed oil and arrange on a nice white plate. Place yabby skewers on top. Top with mango salsa.

Ingredients:

16 yabbies fresh Cooked and peeled
8x wooden skewers
1X Bunch of coriander
200mls sweet chilli sauce
50 mls of soy sauce
½ teaspoon of sesame seed oil
100 mls olive oil

Macadamia nut spinach

2X bunch of English spinach
100g macadamia nut toasted and chopped
50mls olive oil
½ teaspoon of sesame seed oil
Knob of butter
Salt and ground pepper to taste

Fresh mango salsa

2 x mangos
½ red onions
Coriander leaves cut fine
½ long red chilli
1x lime squeezed and juiced (use zest in marinade)
50mls olive oil

Paul's tip with fresh yabbies: its important that you don't over cook - also purge yabbies in fresh water for 7 days before you cook them, this gets rid of any unpleasant muddy flavours.

The yabbies that I cooked at Mudgee were the best I have ever tasted. Thanks Peter from Burns B&B Yabby Farm in Mudgee!

Paul Breheny

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