



recipe of the week

THE Great Aussie Cook Off – Family Favourites features more than 100 fabulously simple recipes gathered from the entrants and contestants in the latest reality TV series, The Great Aussie Cook Off.

While a competition to find the best family of cooks in Australia, The Great Aussie Cook Off is an inspiring and entertaining celebration of the family meal occasion featuring simple meal ideas and solutions.

The Great Aussie Cook Off Grand Finale premieres on December 13 at 4.30pm on Nine/WIN. The Family Favourites Cookbook can be purchased at Coles, Kmart, Target and at all good book stores and newsagencies nationally or online at www.bigskypublishing.com.au.

This week, we bring you a tasty stir-fry king prawns in garlic and ginger recipe from the Lo Boys, who featured on the series.

Ingredients

- ◆ 6 green king prawns
- ◆ 8 sugar snap peas
- ◆ 1 teaspoon white sugar
- ◆ 1 tablespoon vegetable oil
- ◆ 4 slices fresh ginger (chopped or grated)
- ◆ 1 teaspoon garlic (crushed)
- ◆ 1 tablespoon Shao Xing wine
- ◆ 2 teaspoons malt vinegar
- ◆ 2 teaspoons light soy sauce
- ◆ 1 teaspoon sesame oil
- ◆ 1 tablespoon water

Method

- ◆ Peel, de-vein and butterfly the prawns,



leaving tails intact.

- ◆ Heat half of the vegetable oil in a wok until hot. Add the prawns and stir-fry for 30 seconds until they have changed to an orange colour but are still slightly translucent.
- ◆ Remove from the wok and set aside.
- ◆ Add the remaining oil to the wok and add sugar snaps, fresh ginger and garlic for 30 seconds. Return the prawns to the wok with wine, vinegar, soy sauce, sugar and sesame oil and stir-fry for 30 seconds.
- ◆ Serve immediately with steamed rice.