

Bay Prawns

Bay Prawn (*Metapenaeus bennettiae*)

Select Bay Prawns in season for guaranteed top quality, taste and the best value seafood in town!

Seasonality:
September to June

Flavour: Sweet As!

Texture: Soft and succulent

Oil Content: Low and healthy

Moisture: Juicy

Harvested from: Moreton Bay

Harvest method: Bay trawling (otter and beam trawl)

Stock Status: Abundant natural resource

Fishers and consumers get the best results when in harmony with the environment.

The different prawn species display a distinct set of appetising flavours and eating characteristics. These qualities vary slightly depending on their life stage (size) and where they were caught. By experiencing this diversity, memorable food matches can be found for all occasions.



MORETON BAY

FRESH

*Bay
Prawns*



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**"Make every day
a Bay Day"**



Recipe: **Popcorn Prawns**

Serves 4

Ingredients

- 1 Kg Moreton Bay Fresh green (uncooked) Bay prawns.
- 2 cups plain flour
- 4 tbsp sweet paprika
- 1 tbsp white pepper

Method

1. Mix all the flour and spices together to make a spice mix then toss the prawns in, dust off, then fry.
2. Season with salt after the prawns are cooked and crispy.
3. Serve them with preserved lemon aioli and parsley, can be eaten whole or with head removed.

Ingredients for Lemon Aioli

- 2 eggs
- 1 teaspoon dijon mustard
- 500 ml oil
- 1 tablespoon preserved lemon finely diced
- 50ml white wine vinegar

Method for Lemon Aioli

1. Place eggs, mustard, vinegar and preserved lemon into your food processor. Turn the processor on to high speed then, while the motor is running slowly drizzle in the oil. Your mayo will thicken. When you have added all the oil your aioli is ready to go!

Recipe courtesy of



SWAMPDOG
FISH AND CHIPS

