

Cookin' Freshwater Prawns: Kentucky Shrimp

Caporelli's tips for preparing local shrimp: "Local shrimp have a sweet flavor and texture like lobster. If working with whole prawn, cook the same day as harvest. If not cooking that day, twist off the head and keep the tails whole and cold on drained ice, do not let them sit in water. And don't thaw frozen shrimp completely. Cook them while they are still slightly frozen. Freshwater shrimp cook faster than marine shrimp and should not be overcooked. Eat them while they are hot and yummy!"

Prawn Mediterranean

1 lb. whole prawns 3 cloves garlic, crushed
1/3 cup olive oil 3 tbs. Parsley, chopped

Slit tail of prawn lengthwise, leaving head intact. Butterfly the tail meat. Combine olive oil, garlic and parsley; marinate prawns 20 minutes. Broil 1 ½ to 3 minutes per side. If desired, drizzle with melted garlic butter. Yields 2-3 servings.

Scampi

2 lbs. prawn ½ cup butter, melted ½ cup olive oil
1 tbs. Lemon juice ¼ cup green onions, minced 1 tbs. Garlic, minced
1 tsp. Salt dash of pepper 2 tbs. Parsley, minced

Shell and clean prawns, leaving tails on. In a shallow 13X9 baking pan combine all ingredients except prawns. Mix well. Add prawns and stir till all are well coated evenly. Place pan 3 inches from broiler and broil 4-8 minutes turning once. Serve with butter sauce from pan and lemon wedges. Yield 6 servings.

Soy Barbecued Prawns

2 lbs. prawns 2 cloves ½ tsp. Salt
½ cup salad oil ¼ cup soy sauce ½ cup lemon juice
3 tbs. Parsley, chopped 2 tbs. Onions, chopped ½ tsp. Pepper

Combine all ingredients, except prawns. Shell, de-vein prawns; marinate 2 hours in refrigerator. Thread prawns on skewers. Broil 3 inches from heat for 3 minutes turn and broil for 5 minutes more. Serve hot. Yield 6 servings

Great on the Grill

Herb Marinated Grilled Prawns

2-3 lbs. Prawns ¾ cup cooking oil 1/3 cup fresh herbs
1 garlic clove ¼ tsp. ground pepper 1 small hot pepper, seeded
1 tsp. prepared mustard ¼ cup herb vinegar or lemon juice

Combine all ingredients (except prawns) and puree till smooth. Marinate prawns 30 minutes to 2 hours. Grill medium prawns 1 to 2 minutes per side and large prawns 2 to 3 min.

Paella

1 lb. prawns 1 lb. Clams 2 lbs. Chicken pieces
1 tsp. Salt ¼ tsp. Pepper ½ tsp. Oregano
3 tbs. Olive oil 1 ½ cup long grain rice 1 can chicken stock
1 cup water ½ cup onions, chopped 1 clove garlic, minced
½ tsp. Powder saffron 1 pkg. Frozen peas 3 pimentos, cut into strips

Shell and clean prawns. Wash clams. Season chicken with salt, pepper and oregano. In a large skillet, heat olive oil. Brown chicken. In a bowl, combine rice, chicken broth, water, onions, garlic and saffron. Pour mixture over the chicken pieces and stir, being sure all of the rice is in liquid. Cover and bring to a boil, lower heat and simmer for 20 minutes. Add prawns, clams, peas and pimentos. Cover and cook for 10 more minutes. Allow paella to stand for 20-25 minutes before serving. Yield 6 servings