



IT'S TASMANIAN FOR SALMON™

RESPONSIBLY SOURCED, INSPIRED DINING

Recipe ideas



Panfried Salmon with Caramelised
Chilli, Eschalot and Garlic Relish



FOODSERVICE

INTRO

Our high-quality Tasmanian Atlantic Salmon is carefully farmed, produced and handled with the utmost care.

Tassal is focused on providing customers with a healthy and delicious protein choice. Whatever the occasion, with a range of whole salmon, fresh salmon fillets, smoked salmon and snacking formats to meet your customer's needs.



SCAN
TO VIEW
RECIPES

BRAISED SALMON WITH CHINESE BROCCOLI

🕒 15mins 🍴 6 portions

INGREDIENTS

- 6 Tassal Salmon portions, skin off
- 3 bunches Chinese broccoli, cleaned & chopped
- garnish
 - 20g black sesame seeds
 - 40g spring onions, finely sliced
- broth
 - 25g garlic, peeled
 - 25g ginger, peeled
 - 2.5g white peppercorns
 - 40ml vegetable oil
 - 125ml Chinese cooking wine
 - 60g palm sugar
 - 150ml oyster sauce
 - 1.5lt fish stock

METHOD

1. To make broth, place garlic, ginger and pepper in a food processor and blend until a smooth paste.
 2. Heat oil in a deep pot and fry paste until fragrant.
 3. Add wine, sugar, oyster sauce and stock. Bring to boil, reduce heat and simmer. Taste and adjust seasoning if required.
 4. Add salmon to liquid and cook gently for 10-12 mins until just cooked through.
 5. Remove and place in deep serving bowls, keep warm.
 6. Add broccoli to liquid and cook for a few minutes.
- To finish**
7. Ladle broth over salmon bowls, add broccoli and garnish with sesame seeds and spring onions.



DAIRY FREE



GLUTEN FREE

SMOKED SALMON & KIMCHI PANCAKE

🕒 10mins 🍴 10 portions

INGREDIENTS

- 500g Tassal Superior Gold Chef's Selection Smoked Salmon
- 200ml kewpie mayonnaise
- 20 lime cheeks
- kimchi pancake
 - 2 large eggs
 - 40ml kimchi brine from jar
- 40ml soy sauce
- 190g plain flour
- 500g kimchi, drained
- 10 spring onions
- spray oil
- fresh coriander and spring onion to garnish

METHOD

To make curry

1. Mix eggs with kimchi brine, soy and half cup water. Then whisk in flour.
2. Chop kimchi and spring onions. Add to batter.
3. Heat pan, spray with oil and place small ladle of batter in pan. Cook for 3 minutes, flip and cook on other side until golden and crisp. Repeat with remaining batter.

To finish

4. Place pancake on plate. Top with mayonnaise and 2 slices of smoked salmon.
5. Garnish with coriander and spring onion.
6. Serve with lime cheeks.



SMOKED SALMON, POTATO AND TALEGGIO PIZZA

🕒 1hour 30mins 🍴 6 portions

INGREDIENTS

- 500g Tassal Superior Gold Chef's Selection Smoked Salmon
- 3 potatoes, thinly sliced on mandolin
- 500g taleggio cheese, thinly sliced
- fresh rocket leaves to garnish
- dough
 - 800g bread flour
 - 200g fine semolina
 - 25g salt
 - 14g yeast
 - 750ml warm water
 - 6 tbsp olive oil, plus extra

METHOD

1. Place the flour, semolina and salt in a large bowl of a stand mixer.
2. Mix the yeast, water and oil together in a large jug. Pour into the flour mixture and knead with a dough hook for 15 minutes until smooth and elastic.
3. Form into a ball. Clean the bowl, lightly oil then place the dough back into the bowl, cover with a slightly damp cloth and allow to rise for 1 hour in a warm spot until doubled.
4. Knock down and divide into 6 portions. Roll into balls. Place on a floured tray, cover and refrigerate until ready to use.
5. Place the baking stone in oven and preheat oven to 250°C.
6. Roll out balls thinly, add cheese and top with thinly sliced potato.
7. Place on baking stone, cook for 10 minutes until golden and crisp.
8. Remove from oven, add smoked salmon and rocket and serve.



VIETNAMESE SMOKED SALMON AND NOODLE SALAD

🕒 45mins 🍴 10 portions

INGREDIENTS

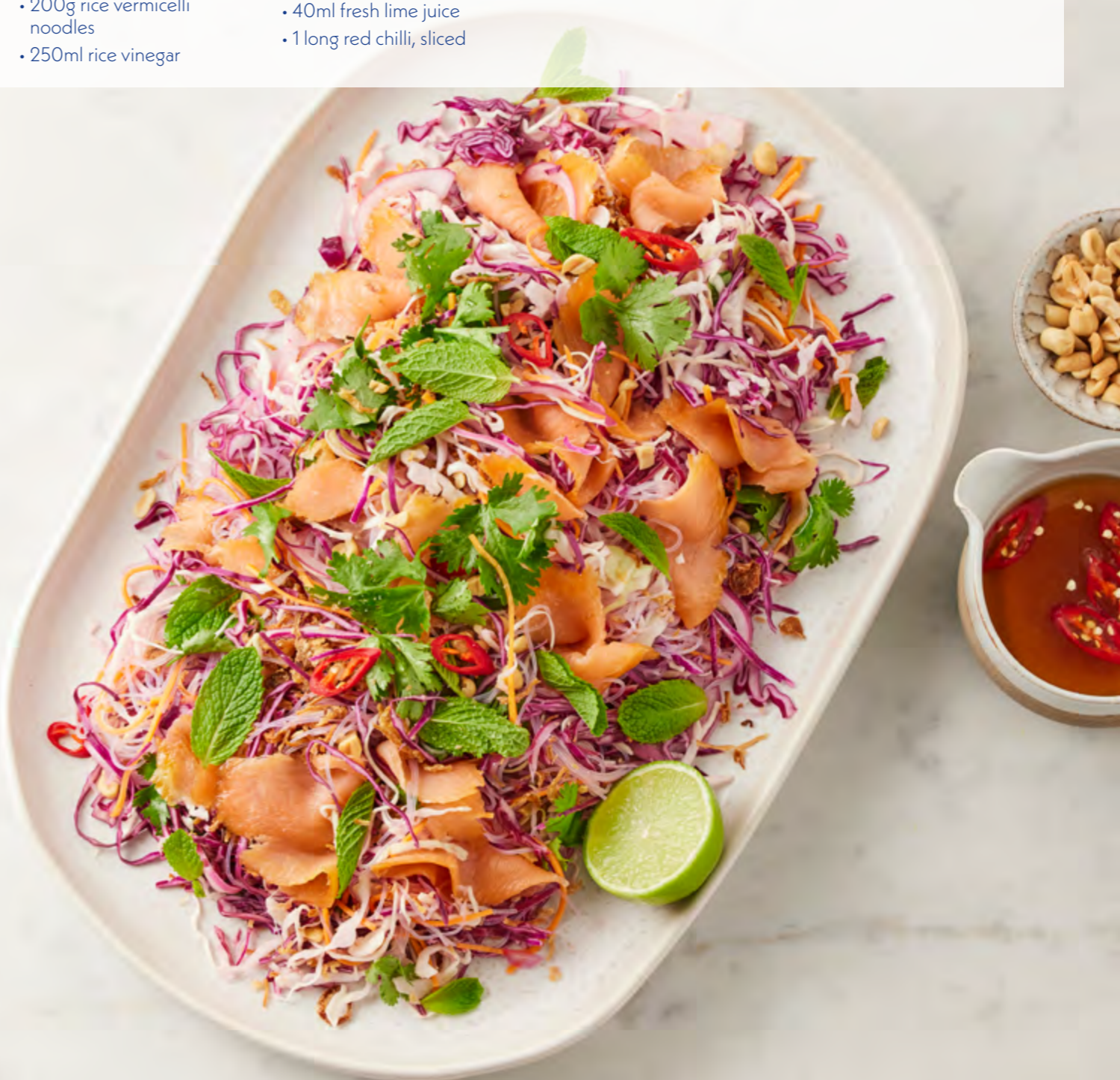
- 1kg Tassal Superior Gold Chef's Selection Smoked Salmon
- 20g fresh mint leaves
- 20g coriander leaves
- 100g roasted peanuts
- 100g crisp fried shallots
- lime wedges
- salad
 - 200g rice vermicelli noodles
 - 250ml rice vinegar
- 100g sugar
- 2 red onions, sliced
- 500g cabbage, shredded
- 2 large carrots, peeled and shredded
- 80ml olive oil
- nuoc mam dipping sauce
 - 10g sugar
 - 120ml fish sauce
 - 40ml fresh lime juice
 - 1 long red chilli, sliced

METHOD

1. Soak noodles in hot water for 15 minutes, then drain.
2. Combine vinegar and sugar with red onions. Marinate for 20 minutes.
3. Mix cabbage and carrot together. Add onion and marinade. Add drained noodles.
4. Drizzle with oil and toss well.
5. Make dipping sauce in a separate bowl.

To finish

6. Garnish salad with mint, coriander, peanuts and fried shallots. Add slices of smoked salmon. Serve with extra dipping sauce.



SMOKED SALMON AGRODOLCE

🕒 25mins 🍴 10 portions

INGREDIENTS

- ❑ 1kg Tassal Superior Gold Chef's Selection Smoked Salmon Premium Cut
- ❑ 20 lime wedges
- ❑ toasted pinenuts to garnish
- ❑ microherbs to garnish
- 2 tsp salt
- 2 tsp sugar
- 80ml lemon juice
- 120ml extra virgin olive oil
- sea salt and freshly ground black pepper to season
- 70g black currants
- 80ml red wine vinegar
- 2 red onions, finely sliced

METHOD

1. Place currants and vinegar in small pot. Bring to boil then remove from heat and set aside for 10 minutes. Drain. Reserve liquid.
2. Place onion in bowl with salt, sugar and lemon juice. Set aside for 10 minutes. Drain. Reserve liquid.
3. Mix drained reserved liquid from currants and onions with olive oil. Season with salt and pepper.

To finish

4. Place salmon slices on serving platter.
5. Scatter over currants, onion and pinenuts. Drizzle over dressing.
6. Garnish with microherbs. Serve with lime wedges.

HOT SMOKED SALMON WITH MEXICAN BLACK BEAN AND SWEETCORN SALAD

🕒 40mins 🍴 10 portions

INGREDIENTS

- ❑ 1 x Tassal Superior Gold Chef's Selection Tasmanian Hot Smoked Salmon fillet
- ❑ 20g coriander leaves
- ❑ 20g mint leaves
- ❑ salad
 - 2 red onions, thinly sliced
 - 80ml fresh lime juice
 - 100ml fresh orange juice
 - 6 ears of sweetcorn
 - 800g tin black beans, rinsed and drained
- 800g mixed heirloom cherry tomatoes
- 100g smoked almonds, chopped
- 2 avocados, peeled and chopped into large chunks
- ❑ dressing
 - 250ml olive oil for salad dressing
 - 20g garlic, chopped
 - 1 green chilli, finely chopped
 - salt and pepper to season

METHOD

1. Place onion in bowl with lime and orange juice to marinate for 30 minutes. Drain and reserve liquid.
2. Cook corn in boiling water for 5 minutes. Remove and slice kernels off the cob.
3. Place corn in large bowl. Add beans, tomatoes, almonds and avocado.
4. Mix dressing ingredients together in a bowl. Add reserved juice from marinade and adjust seasoning.

To finish

5. Dress the salad and serve alongside the hot smoked salmon. Garnish with fresh herbs. Flake side of hot smoked salmon.



POTATO SALAD WITH HOT SMOKED SALMON

🕒 15mins 🍴 6 portions

INGREDIENTS

- 600g Tassal Superior Gold Chef's Selection Hot Smoked Salmon Fillet, natural
- 1kg kipfler potatoes
- dressing
 - 230g mayonnaise
 - 280g Greek style yoghurt
 - 60ml lemon juice
 - 30g seeded mustard
- garnish
 - 60g parsley, leaves picked
 - 8g dill, leaves picked
 - 120g French cornichons, roughly chopped
 - 30g baby capers, rinsed
 - 100g spring onions, sliced
 - sea salt and pepper to season

METHOD

To make salad

1. Flake salmon into pieces and set aside.
2. Place potatoes in saucepan, cover with water and cook for 10 minutes until tender. Drain and set aside.

To make dressing

3. Mix mayonnaise, yoghurt, lemon and mustard. Toss through potatoes.

To finish

4. Place dressed potatoes in a bowl. Add cornichons, capers, fresh herbs and spring onions and combine.
5. Place the salmon pieces on top.



PANFRIED SALMON WITH CARAMELISED CHILLI, ESCHALOT AND GARLIC RELISH

🕒 50mins 🍴 6 portions

INGREDIENTS

- 6 Tassal Salmon portions, skin on
- sea salt and pepper to season
- olive oil, for cooking
- relish
 - 50g garlic cloves, peeled
 - 250g eschalots, peeled
 - 150g red chillies, seeded
 - 150g tomatoes
 - 450g red peppers
 - 60g palm sugar
 - 100ml fish sauce
 - 100ml tamarind puree
- salad
 - 15g coriander leaves, picked and washed
 - 15g mint leaves, picked and washed
 - 200g wombok cabbage, finely sliced
 - 200g cucumber, finely julienned
 - 20g lemongrass, white stem, finely sliced
 - 3 limes, sliced

METHOD

1. Preheat oven to 200°C.

To make relish

2. Roast garlic, eschalots, chillies, tomatoes and peppers until soft and caramelised for 40 minutes.
3. Remove and allow to cool.
4. Peel peppers. Place in food processor with other ingredients and pulse until roughly chopped.
5. Check and adjust seasoning if required.

To make salad

6. Toss all the ingredients together.

To cook salmon

7. Season salmon with salt and pepper and drizzle over oil.
8. Place salmon in a cold non-stick frypan, skin side down, and slowly increase heat. Cook for 5 minutes.
9. Turn salmon and cook on other side over medium high heat for 3 minutes until just cooked through.
10. Remove from heat and rest.

To finish

11. Serve salmon with relish and salad. Garnish with a slice of lemon.



SMOKED SALMON BUDDHA BOWL

🕒 10mins 🍴 6 portions

INGREDIENTS

- 600g Tassal Superior Gold Chef's Selection Smoked Salmon
- 1 avocado, cut in 6
- 300g edamame, shelled (soy beans)
- 60g pickled ginger
- 3 mini cucumber, sliced in ribbons
- 2 carrots, julienned
- 6 radishes, thinly sliced
- rice mix
 - 300g brown rice quinoa blend, cooked
 - 60ml rice vinegar
 - 60ml mirin
 - 60ml soy
 - 20g white sesame seeds
 - 20g black sesame seeds
- side dressing
 - 20ml sriracha
 - 280g mayonnaise
 - 60ml lime juice

METHOD

1. For the rice, mix all ingredients together, set aside and keep warm.
2. For the side dressing, mix all ingredients together.

To finish

3. Divide rice mix between 6 portions, place in bowl, top with smoked salmon and other toppings. Serve with side dressing.



SOUTHERN INDIAN STYLE SALMON CURRY

30mins 6 portions

INGREDIENTS

- 6 Tassal Salmon portions, skin on or skin off
- sea salt and pepper to season
- olive oil for cooking
- curry sauce
 - 80ml olive oil
 - 300g onions, finely sliced
 - 6g mustard seeds
 - 125g green chillies, deseeded, sliced
 - 50g ginger, peeled & minced
 - 5g fresh curry leaves
 - 1kg tomatoes, finely chopped
- 30g tamarind puree
- 8g red chilli powder
- 8g turmeric powder
- salt to season
- 800ml coconut cream
- deep fried curry leaves to garnish
- angel hair chilli to garnish
- steamed rice to serve
- pappadums to serve

METHOD

To make curry

1. Heat oil in pot, add onions, mustard seeds, green chillies, ginger and curry leaves. Cook over medium heat until onions are softened.
2. Add remaining ingredients and 250ml water. Cook for 10 minutes, taste and adjust seasoning if required.
3. Pat dry salmon skin. Season with salt and pepper. Drizzle oil over skin.

To cook salmon

4. Place salmon, skin side down, in a cold non-stick frypan. Turn on heat, increase to medium and cook for a few minutes, until the skin is crisp.
5. Carefully turn the salmon over and cook on the other side for 3 minutes or until the salmon is cooked through.

To finish

6. Ladle curry into deep bowls, top with salmon, garnish with deep fried curry leaves and angel hair chilli.
7. Serve with rice and pappadums.



CRISPY SKIN ROASTED SALMON WITH WINTER SALAD

40mins 6 portions

INGREDIENTS

- 6 Tassal Salmon portions, skin on
- olive oil for cooking
- salt and pepper to season
- salad
 - 160g broccolini
 - 125ml olive oil
 - 65g sunflower seeds
 - 65g pepitas
 - 65g sesame seeds
 - 50g spring onions, finely sliced
 - 80ml apple cider vinegar
 - 20g whole grain mustard
 - 150g curly kale, ribs and stems removed, leaves torn
- 120g brussels sprouts, finely shaved
- aleppo pepper flakes to season
- cauliflower hummus
 - 600g cauliflower florets,
 - 20ml olive oil
 - 5g garlic
 - 2.5g cumin
 - 2.5g aleppo pepper
 - 80g tahini
 - 400g tin chickpeas, drained and rinsed
 - 120ml lemon juice
 - 40ml olive oil
 - sea salt to season

METHOD

1. Preheat oven to 200°C.
2. Place cauliflower florets on tray. Sprinkle over cumin and aleppo pepper. Roast for 30 minutes, until soft and slightly coloured. Remove and cool.
3. Combine all hummus ingredients in a food processor and blitz until smooth. Check and adjust seasoning with extra aleppo pepper and salt. Thin out with a little water, if required.

To make salad

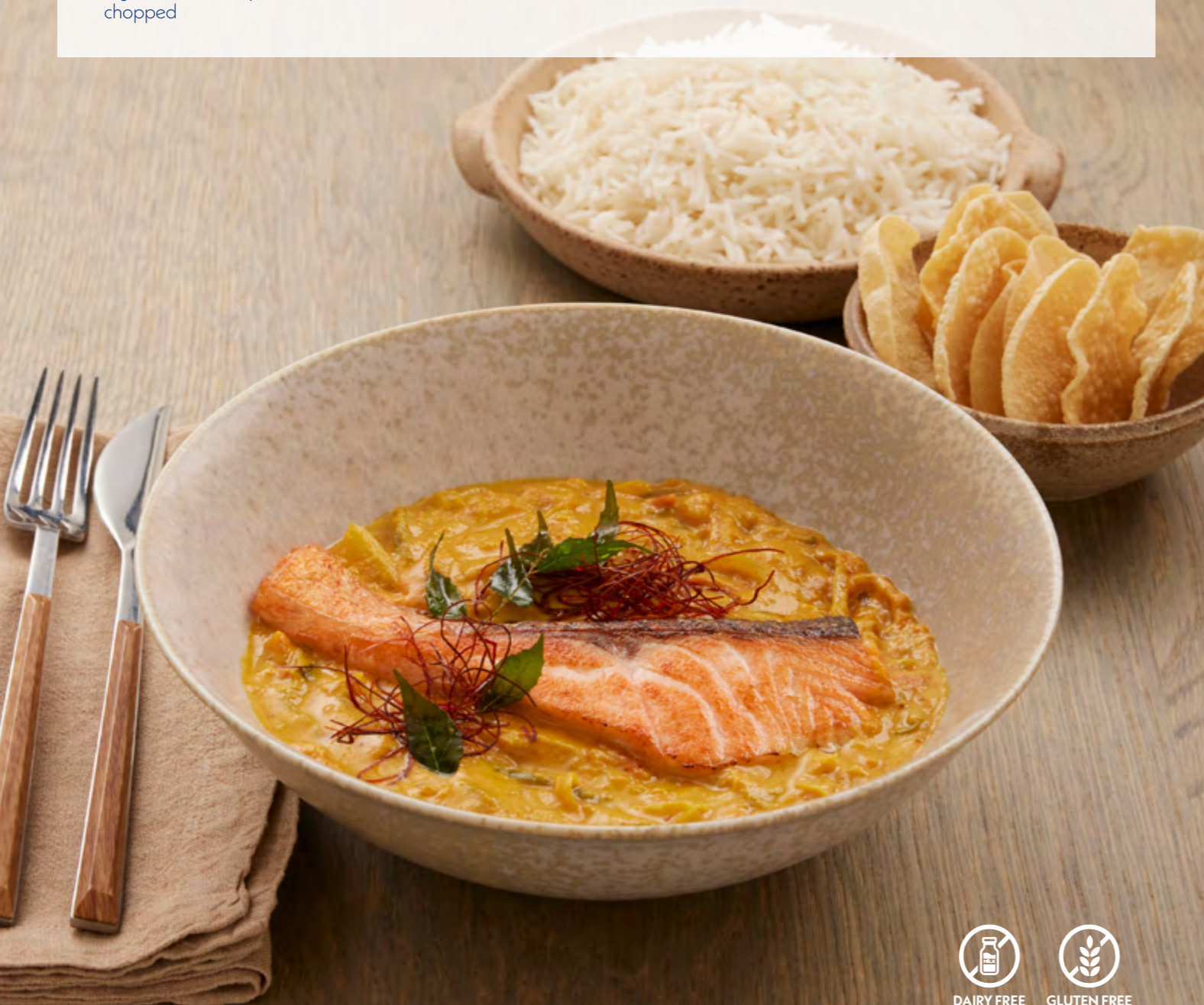
4. Toss broccolini with 40ml oil, salt and pepper. Place on roasting tray and cook at 200°C until crisp, tender and charred, for approximately 10 minutes. Remove and roughly chop.
5. Toast seeds in oven for 5 minutes until fragrant. Remove and set aside.
6. Mix onions with vinegar, mustard and remaining oil. Add kale and massage leaves to soften.
7. Add brussels sprouts, broccolini and seeds.

To cook salmon

8. Place salmon on oven tray, skin side up. Season with salt and pepper. Drizzle with oil.
9. Roast at 200°C for 15 minutes or until salmon is cooked through.

To finish

10. Place hummus on base of plate, top with salad and finish with salmon. Garnish with aleppo pepper.



BETROOT CURED SALMON

🕒 12hours 🍴 10 portions

INGREDIENTS

- 1kg side Tassal Salmon side, skin off, pin boned
- sourdough baguette, toasted, to serve
- microherbs to garnish
- cure mix
 - 250g caster sugar
 - 250g salt
 - 450g beetroot, grated
 - 15g dill, chopped
 - 50ml gin
- pickled beetroot
 - 1 bunch heirloom beetroots
 - 500ml white wine vinegar
 - 220g caster sugar
 - 1 bayleaf
 - 1 star anise
 - 3 allspice

METHOD

To make cure mix

1. Mix all ingredients for the cure mix in a large bowl.
2. Place clingfilm on base of large tray. Place half the cure mix on the base.
3. Lay the salmon fillet on top. Cover with the remaining cure mix.
4. Wrap in clingfilm and place in fridge for 12 hours.
5. Remove and rinse.

To make beetroot pickle

6. Combine all ingredients and 1 litre water in a saucepan over medium heat. Simmer for 1 hour until beetroots are tender.
7. Remove beetroots from liquid and peel. Cut into wedges and return to liquid until ready to serve.

To finish

8. Finely slice salmon and serve with pickled beetroot and crusty baguette.



DAIRY FREE

BUCKWHEAT BLINI, SMOKED SALMON, CRÈME FRAÎCHE, CITRUS CAVIAR

🕒 2hours 15mins 🍴 36 portions

INGREDIENTS

- 400g Tassal Superior Gold Chef's Selection Smoked Salmon pieces
- 200ml crème fraiche
- 2 finger lime
- micro herbs to garnish
- blini
 - 125g plain flour
 - 40g buckwheat flour
 - 3g salt
 - 7g dried yeast
 - 175ml milk
 - 150ml crème fraiche
 - 10g sugar
 - 2 egg whites
 - spray oil

METHOD

To make the blini

1. Sift both flours together with salt. Add yeast.
2. Gently warm milk and crème fraiche. Add egg yolks and whisk.
3. Pour over flour, whisk until thick batter.
4. Cover and leave in warm spot for 1 hour.
5. Whisk egg whites and fold into batter. Cover and leave in warm spot for 1 hour.
6. Heat pan, spray with oil and place tablespoons of batter in pan. Flip after 30 seconds and cook on other side. Repeat with remaining batter.

To finish

7. To assemble, place crème fraiche on blini, top with smoked salmon and finger lime.
8. Garnish with micro herbs.



SALMON RILLETTES

🕒 15mins 🍴 20 portions

INGREDIENTS

- 200g Tassal Superior Gold Chef's Selection Hot Smoked Salmon Pieces, natural
- 50g eschalots, minced
- 125ml crème fraiche
- 5g chives
- 5g dill
- 10g capers
- 2g lemon zest
- 40ml lemon juice
- sea salt & freshly ground pepper
- crackers to serve
- lemon zest garnish
- chive garnish

METHOD

1. Mix ingredients together.

To finish

2. Portion mixture on to crackers, garnish with chives and extra lemon zest.



ASIAN STYLE SALMON GRAVLAX

🕒 12hours 🍴 10 portions

INGREDIENTS

□ 1kg Tassal Salmon side, skin off, pin boned

□ cure mix

- 450g sugar
- 450g salt
- 30g Sichuan pepper, toasted and ground
- 60g ginger, peeled and minced
- 4 lemongrass, finely chopped

□ salad

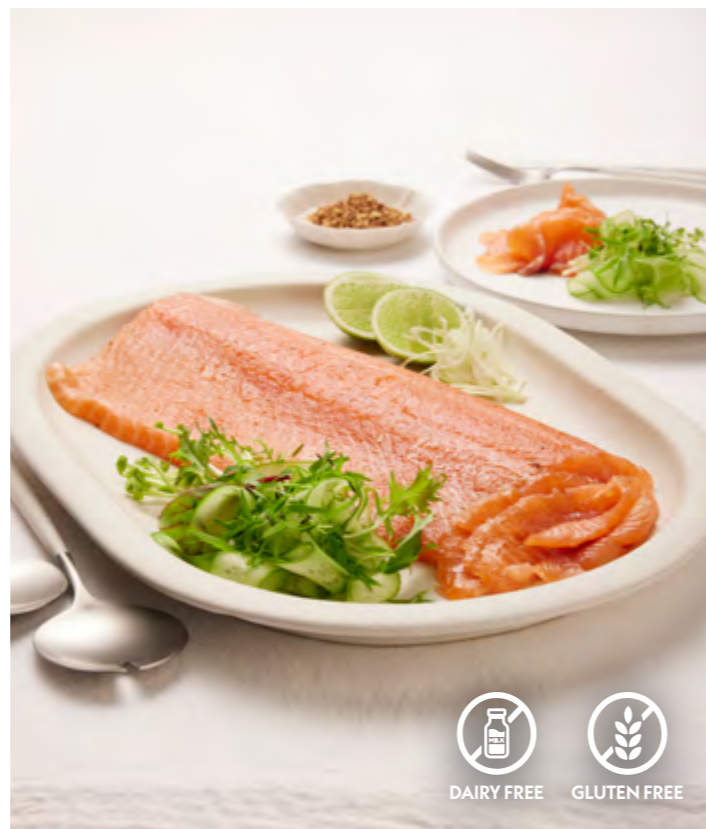
- 200g Asian salad mix
- 125g snow pea shoots
- 250g mini cucumber, cut into ribbons
- 20ml rice wine vinegar
- 10ml sesame oil

METHOD

1. Mix all ingredients for the cure mix in a large bowl.
2. Place clingfilm on base of large tray. Place half the cure mix on the base.
3. Lay the salmon fillet on top. Cover with the remaining cure mix.
4. Wrap in clingfilm and place in fridge for 12 hours.
5. Remove and rinse.

To finish

6. Finely slice salmon and serve with salad.



ORANGE AND MAPLE GLAZED WHOLE ROASTED SALMON

🕒 1hours 10mins 🍴 10 portions

INGREDIENTS

□ 1 whole Tassal Salmon (3-4kg), cleaned, scaled, gutted

□ glaze

- 70g dijon mustard
- 250ml orange juice
- 250ml maple syrup
- 125g brown sugar
- 1 star anise

□ pedro ximenez oranges

- 650g sugar
- 250ml pedro ximenez sherry
- 6 kempot peppercorns
- 1 cinnamon quill
- 6 navel oranges

□ pickle

- 250ml rice wine vinegar
- 110g sugar
- 2.5g Sichuan pepper, ground
- 5g salt
- 120g red onion, finely sliced half moons

□ salad

- 400g red cabbage, finely shredded
- 1 bunch french breakfast radishes, finely sliced
- seeds of 1 pomegranate
- 100g rocket
- 200g red apple, julienned

METHOD

1. Preheat oven to 180°C.

To prepare fish and glaze

2. Wash salmon and pat dry. Make 6 cuts across the fish on an angle. Season with salt and pepper. Place on lined baking tray.
3. Make glaze. Mix ingredients together. Brush glaze over fish. Roast in oven for 30-40 minutes. Brush with glaze and bake for a further 15 minutes or until salmon is cooked.

To make oranges

4. Place sugar, sherry and spices in a saucepan with ¾ cup water and cook for 10 minutes to reduce slightly.
5. Cook oranges in a pot of boiling water for 1 hour. Drain and cool. Cut into wedges.

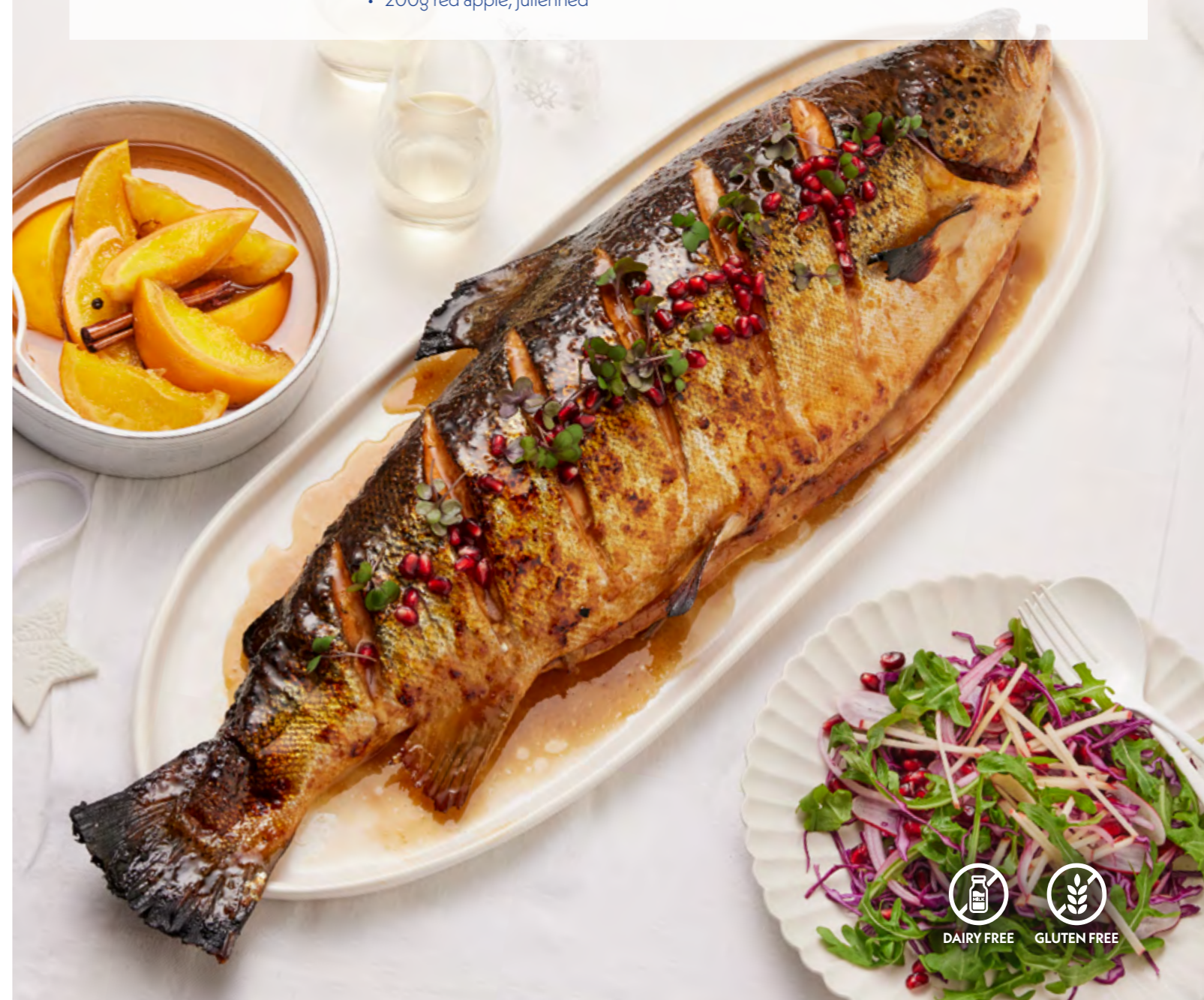
6. Add orange wedges to syrup and cook for 10 minutes.

To make salad

7. Mix all ingredients in a bowl.
8. Mix pickle ingredients and place onion in pickle to soften. Add onion to salad and toss.

To finish

9. Serve salmon with oranges and salad.



WHOLE STEAMED SALMON WITH SHIITAKE MUSHROOMS, SOY AND GINGER

🕒 40mins 🍴 10 portions

INGREDIENTS

□ 1 whole Tassal Salmon (3-4kg), cleaned, scaled, gutted

□ sea salt to season

□ 100g spring onions

□ 25g garlic cloves, sliced

□ 25g fresh ginger, sliced

□ 125ml chinese cooking wine

□ sauce

- 60ml oil
- 200g shiitake mushrooms, sliced

- 125ml tamari
- 125ml Shaoshing wine
- 30g white sugar
- 70g fermented black beans, rinsed

□ garnish

- spring onions, sliced
- coriander sprigs
- julienne ginger
- long red chilli, sliced
- 20ml sesame oil

METHOD

1. Wash salmon and pat dry. Make 7 cuts across the fish on an angle. Season with salt.
2. Spread spring onions on perforated steamer tray and lay fish on top. Stuff cavity with ginger and garlic. Add wine.
3. Place salmon in oven at 200°C or use the steam setting and cook for 30 minutes. Test and continue to cook, if necessary, until salmon is fully cooked.

To make sauce

4. Heat oil in pan, add mushrooms and cook until softened.
5. Mix tamari, Shaoshing wine and sugar. Add to pan and cook with black beans until reduced and thickened.

To finish

6. Remove fish from oven. Place on serving platter. Pour over sauce and add garnish.



SALMON CRUDO WITH PONZU

🕒 12hours 🍴 10 portions

INGREDIENTS

- ❑ 1 kg Tassal Salmon, skin off
- ❑ native finger lime to garnish
- ❑ micro herbs to garnish
- ❑ ponzu
 - 125ml soy
 - 40ml mirin
- 125ml mixed citrus (*lemon, lime, yuzu*)
- 40ml rice vinegar
- 4g bonito flakes
- 5g dried kombu

METHOD

1. Combine all ponzu ingredients in clean jar. Refrigerate for 12 hours.
2. Strain and discard solids.
3. Unused ponzu can be stored in a clean jar in the refrigerator for up to 1 month.

To finish

4. Slice salmon thinly and lay on plate.
5. Dress with ponzu and garnish with finger lime and micro herbs.



DAIRY FREE

HOT SMOKED SALMON, CARAMELISED ONION AND CRÈME FRAICHE TARTS

🕒 20mins 🍴 30 portions

INGREDIENTS

- ❑ 200g Tassal Superior Gold Chef's Selection Hot Smoked Salmon Pieces, Natural
- ❑ 30 savoury shortcrust mini pastry tart shells
- ❑ horseradish crè \grave{m} e fraîche
 - 200ml crè \grave{m} e fraîche
- 15g fresh horseradish, grated
- 5g dill, finely chopped
- ❑ caramelised onion
 - 550g brown onions, peeled, sliced half moon
 - 120ml olive oil

METHOD

1. For the onion, heat oil in pan, add onion and cook over low heat for 20 minutes until caramelised.
2. For crè \grave{m} e fraîche, mix all ingredients together, check seasoning and adjust if required.

To finish

3. Portion mixture on to mini pastry tart shells, starting with the caramelised onion, crè \grave{m} e fraîche then the flaked salmon.
4. Garnish with chives and extra lemon zest.



SMOKED SALMON ON PUMPERNICKEL

🕒 15mins 🍴 24 portions

INGREDIENTS

- ❑ 250g Tassal Superior Gold Chef's Selection Smoked Salmon
- ❑ 250g mini pumpernickel rounds
- ❑ 20g horseradish crè \grave{m} e
- ❑ 200ml crè \grave{m} e fraîche
- ❑ 1 french breakfast radish, finely sliced
- ❑ 3 caperberries, halved
- ❑ 3 quail egg, soft boiled, halved
- ❑ 3 pickled mini onion, halved
- ❑ 100g red onion, finely sliced
- ❑ fresh herbs to garnish

METHOD

1. Mix horseradish crè \grave{m} e with crè \grave{m} e fraîche in small bowl. Transfer to piping bag.
- To finish
2. Portion each slice of salmon into 3 strips.
3. To assemble, pipe crè \grave{m} e fraîche on pumpernickel, top with smoked salmon and selection of garnishes.





Damn they're Tasty!



TIGER PRAWN, MANGO & AVO SALAD



FOODSERVICE

**RECIPE
IDEAS**



AUSTRALIAN BLACK TIGER PRAWNS

Damn they're tasty.

It's time people started realising how much you can do with something as simple as an Aussie Tiger Prawn. Be bold, be creative. Don't wait for Christmas or Easter... take control of every occasion and grab life by the prawns!

At Tropic Co we proudly farm only the highest quality Australian Tiger Prawns, popularly known for their versatility, health benefits and incredible taste.

Vibrant in colour with distinctive tiger stripes, sweet in flavour and firm in texture, they're perfect for all occasions.

We've combined our favourite tiger prawn recipes.



OUR FARMS

Our prawn farms are located across the coast lines of tropical north Queensland and northern New South Wales. As Australia's largest farmer of tiger prawns, we are committed to growing the highest quality, responsibly farmed prawns in Australia.

Go get 'em Tiger!

CLASSIC TIGER PRAWN & AVO COCKTAIL



Serves 4



Prep 15mins



Cook 0mins

INGREDIENTS

- 16-20 extra-large Whole Cooked Tropic Co Tiger Prawns, (head and shell removed and deveined, tail on)
- 2 baby gem cos lettuce hearts, washed
- 1 avocado, peeled & thinly sliced
- Finely chopped chives & lemon wedges, for serving

Sauce

- ½ cup whole egg mayonnaise
- 1 tbsp tomato juice
- ½ tsp Tabasco sauce
- ¼ tsp Worcestershire sauce

METHOD

1. Combine sauce ingredients and refrigerate.
2. Cut one of the lettuce gems into quarters lengthways. Shred the remaining lettuce finely.
3. To assemble, divide shredded lettuce between serving glasses and add a wedge of lettuce sitting upright. Arrange the avocado slices and prawns into the glasses. Drizzle with sauce and chopped chives. Serve with lemon wedges.

SESAME TIGER PRAWN TOAST



Serves 4



Prep 15mins



Cook 20mins

INGREDIENTS

- 14 extra-large Whole Raw Tropic Co Tiger Prawns, (head and shell removed and deveined, tail on)
- 2cm piece ginger, finely grated
- 1 clove garlic, finely chopped
- 1 spring onion, finely chopped
- 1 egg, separated
- 2 tsp soy sauce
- 8 slices square white bread
- 2 tbsp sesame seeds
- ½ cup olive oil
- Coriander and sweet chilli sauce, for serving

METHOD

1. Add 10 of the prawns to a small food processor with the ginger, garlic, spring onion, egg yolk and soy. Process until a chunky paste has
2. formed. Slice remaining 4 prawns in half horizontally.
3. Spread prawn paste over four slices of the bread and top with a slice of bread. Press two prawn halves into the top piece of bread. Brush with lightly whisked eggwhite and sprinkle sesame seeds, brush any off the prawns.
4. Pre-heat a frying pan over low-medium heat. Add oil and place the sandwich into the pan sesame seed side down. Brush the top side with eggwhite. Cook for 4-5 minutes until golden and crispy. Turn over and cook for a further 4-5 minutes until golden and crispy.
5. Remove the toast from the pan and cut into triangles. Serve with sweet chilli sauce and coriander sprigs.

TIGER PRAWN SAGANAKI



Serves 4



Prep 20mins



Cook 25mins

INGREDIENTS

- 16 extra-large Whole Raw Tropic Co Tiger Prawns, (head and shell removed and deveined, tail on)
- 2 tbsp olive oil
- 1 red onion, thinly sliced
- 2 cloves garlic, crushed
- ½ cup dry white wine
- 400g can crushed tomatoes
- 250mL passata
- 2 tsp fresh oregano leaves
- 50g feta, crumbled
- Freshly ground black pepper
- Oregano and crusty bread, for serving

METHOD

1. Heat a large frying pan over a medium heat. Add oil, onion and garlic. Cook for 2-3 minutes until onions are tender.
2. Add wine, bring to a simmer and cook until it has reduced by half.
3. Stir in crushed tomatoes, passata and oregano. Bring to the boil, reduce heat and simmer gently for 8-10 minutes until reduced and thickened slightly.
4. Press prawns into the tomato mixture and cook for 5 minutes.
5. Sprinkle with feta and place under a preheated grill until prawns are vibrant orange and cooked through. Add black pepper and oregano leaves. Serve with crusty bread.



HEALTHY TIGER PRAWN PAD THAI



Serves 4



Prep 20mins



Cook 10mins

INGREDIENTS

- 20 extra-large Whole Cooked Tropic Co Tiger Prawns, (head and shell removed and deveined, tail on)
- 300g rice noodles, cooked as per packet instructions
- 1 tbsp olive oil
- ¾ cup Pad Thai paste
- 2 tsp soy sauce
- 1 egg, lightly whisked
- 1 bunch broccolini, ends trimmed and cut into 3cm lengths
- ½ cup bean shoots
- 4 spring onions, finely sliced
- 2 tbsp crushed peanuts, toasted
- Additional bean shoots, lime wedges and chilli, for serving

METHOD

1. Heat oil in a large frying pan or wok over medium-high heat.
2. Add paste and soy sauce, cook for 1-2 minutes. Stir in broccolini, cook whilst tossing for a further 3 minutes.
3. Push broccolini to the side in the wok and pour in the egg, chopping it up whilst it is cooking.
4. Add prawns, cooked noodles, bean shoots and spring onions to the wok, toss well for 1-2 minutes or until prawns are heated through.
5. Serve with chopped peanuts, additional bean shoots, lime wedges and chilli.



FOLDED EGGS WITH TIGER PRAWNS, HALLOUMI & AVO



Serves 4



Prep 15mins



Cook 10mins

INGREDIENTS

- 20 extra-large Whole Cooked Tropic Co Tiger Prawns, (head and shell removed and deveined, tail on)
- 1 avocado, peeled & sliced
- 2 tsp lime juice
- 2 tsp coriander, chopped
- Salt flakes & black pepper
- 5 tbsp olive oil
- 200g halloumi, sliced
- 8 eggs
- ½ cup pouring cream

To serve

- Baby spinach leaves
- Chilli jam
- Coriander leaves
- Toasted sourdough

METHOD

1. Mash avocado with lime juice and coriander. Season well, cover and set aside in the refrigerator.
2. Heat small frying pan over medium heat with 1 tbsp of oil. Add halloumi and cook quickly to sear each side until golden. Set aside, keep warm.
3. Whisk together the eggs and cream, season well. Add 1 tablespoon of oil to a small frying pan over medium-high heat. Pour in a quarter of the egg mixture. Stir with a spatula, bring the outer edges of egg mix into the centre. Allowing uncooked egg to run out to the edges. Continue this process for 1-2 minutes until the egg is just cooked. Remove and repeat with remaining egg mixture.
4. Serve folded eggs with smashed avocado, fried halloumi, prawns, spinach, chilli jam, coriander leaves and sourdough.



EASY TIGER PRAWN RISOTTO



Serves 4



Prep 20mins



Cook 30mins

INGREDIENTS

- 20 extra-large Whole Raw Tropic Co Tiger Prawns, (head and shell removed and deveined, tail on)
- 3 tbsp olive oil
- 3 shallots, finely chopped
- 2 cloves garlic, crushed
- 4 (200g) sliced pancetta
- 1 ½ cups arborio rice
- ½ cup dry white wine
- 3 ½ cups hot vegetable or chicken stock
- 8 cherry tomatoes, halved
- ½ cup peas
- ¼ cup marinated goat feta
- Basil, lemon wedges and crusty bread, for serving

METHOD

1. Dice 2 slices of pancetta, keeping the other slices whole.
2. Heat 2 tbsp of oil in a large frying pan. Add shallots, garlic and the diced pancetta, cook until shallots are tender.
3. Stir in rice and toss until well coated in oil and toasting slightly. Pour in wine and allow it to be absorbed. Start adding 1 cup of hot stock at a time, continue to stir over a low heat until all stock is absorbed, and rice is tender.
4. Meanwhile, add remaining oil to another pan and sear the prawns over a medium-high heat until vibrant orange, set aside. Cook the whole slices of pancetta in the same pan until crispy, and break into pieces.
5. Add prawns, tomatoes and peas into the risotto and cook for a further 5 minutes. Top with feta, crispy pancetta and basil. Serve with lemon and crusty bread.



QUICK TIGER PRAWN STIR-FRY



Serves 4



Prep 20mins



Cook 10mins

INGREDIENTS

- 20 extra-large Whole Raw Tropic Co Tiger Prawns, *head and shell removed and deveined, tail on*
- ¼ cup soy sauce
- 2 tsp cornflour
- 1 tbsp lime juice
- 1 tbsp honey
- ¼ tsp sesame oil
- 2 tbsp olive oil
- 2 cloves garlic, crushed
- 3 cm piece ginger, finely grated
- 2 spring onions, cut into 3 cm lengths
- 2 baby bok choy, trimmed and quartered lengthways
- 1 cup snow peas, halved diagonally
- Steamed rice, toasted sesame seeds, chopped chilli and lime wedges, for serving

METHOD

1. Combine 1 tbsp of soy sauce with the cornflour to make a smooth paste, add remaining soy sauce, lime juice, honey and sesame oil. Set aside.
2. Heat oil in a large frying pan or wok over medium-high heat. Add garlic, ginger and prawns, tossing for 1 minute.
3. Add spring onions, bok choy and snow peas. Cook for a further 2 minutes. Pour in the sauce and toss well to coat, continue to cook until sauce has heated through and prawns are vibrant orange and cooked through.
4. Serve prawn stir-fry with rice, top with sesame seeds, chilli and lime wedges.



TIGER PRAWN, MANGO AND AVO SALAD



Serves 4



Prep 20mins



Cook 0mins

INGREDIENTS

- 20-24 extra-large Whole Cooked Tropic Co Tiger Prawns, *(head and shell removed and deveined, tail on)*
- 1 baby cos lettuce, washed leaves broken apart
- 1 small mango, peeled & thinly sliced
- 1 avocado, peeled & thinly sliced
- 1 Lebanese cucumber, thinly sliced
- Pomegranate seeds
- Pistachios, roughly chopped
- Mint leaves, for garnish

Sumac Yoghurt Dipping Sauce

- ½ cup Greek style yoghurt
- ½ clove garlic, crushed
- ½ tsp sumac
- 1 tbsp lemon juice
- Salt flakes

METHOD

1. Combine dipping sauce ingredients and refrigerate.
2. Assemble the lettuce, mango, avocado and cucumber on a large round platter in a circular shape. Arrange the prawns amongst the salad ingredients.
3. Finish with pomegranate seeds, pistachios and mint leaves. Serve with the dipping sauce.



CRISPY TIGER PRAWN TEMPURA



Serves 4-6



Prep 20mins



Cook 20mins

INGREDIENTS

- 24 extra-large Whole Raw Tropic Co Tiger Prawns, *(head and shell removed and deveined, tail on)*
- 2L extra virgin olive oil for frying
- 1 cup iced water
- 1 cold egg, whisked
- 1 cup plain flour
- Extra flour for dusting
- Lettuce greens, spring onions and wasabi, for serving

Tentsuyu Dipping Sauce

- ½ cup dashi stock
- 1½ tbsp mirin
- 1½ tbsp soy sauce
- 1 tsp sugar

METHOD

1. Combine sauce ingredients and set aside.
2. Add oil to a deep saucepan or deep fryer and bring up to 180°C.
3. To make batter; Whisk iced water and egg together in a large mixing bowl. Fold in flour, mixing briefly until just coming together. It's ok to be quite lumpy.
4. Holding each prawn by the tail, coat with dusting flour and then dip into the batter. Place into the hot oil and allow to cook for approximately 5 minutes, or until golden and crispy. Cook up to 6 at a time depending on the size of your deep fryer or pan. Drain on absorbent paper.
5. Serve prawns immediately with greens, dipping sauce spring onions and wasabi.



GREEN TIGER PRAWN CURRY IN A HURRY



Serves 4



Prep 20mins



Cook 12mins

INGREDIENTS

- 20 extra-large Whole Raw Tropic Co Tiger Prawns, (head and shell removed and deveined, tail on)
- 1 tbsp olive oil
- 2 tbsp Thai green curry paste
- 400ml coconut milk
- 2 tsp fish sauce
- 2 tsp brown or palm sugar
- 2 kaffir lime leaves
- 2 tbsp coriander, finely chopped
- 200g broccoli head, cut into florets
- 1 zucchini, thinly sliced
- ¼ cup Thai basil leaves, extra for garnish
- Steamed rice, lime wedges and sliced chillies, for serving

METHOD

1. Heat oil in a large frying pan or wok over medium heat. Add curry paste and cook for 2 minutes or until fragrant.
2. Pour in coconut milk with the kaffir lime leaves, coriander, fish sauce and sugar. Bring to a gentle simmer.
3. Add prawns, broccoli and zucchini, cook for a further 5 minutes or until vegetables are tender and prawn are vibrant orange and cooked through. Fold in the basil leaves.
4. Serve curry with steamed rice and lime wedges. Sprinkle with Thai basil and chillies.

HOW TO PEEL & DEVEIN A PRAWN

1. Hold prawn and twist off the head.
2. Hold body, grasp as many legs as you can between your thumb and index finger then peel under and away.
3. Straighten prawn and gently grasp the vein.
4. Slowly pull the vein out.

HOW TO QUICK THAW PRAWNS

1. Fill a bowl with cold water.
2. Add 2 tbsp of salt per 1L of water.
3. Place frozen prawns and brine into an airtight container.
4. Store in the fridge.
5. Drain and prepare.

HOW TO THAW PRAWNS AHEAD OF TIME

1. Place frozen prawns in an airtight container.
2. Place in fridge and defrost a day before you need them.

HOW TO STORE PRAWNS

1. If fresh or once defrosted, place peeled prawns into an airtight container and store in the coldest part of the fridge.
2. Once thawed, the prawns should not be refrozen as the quality deteriorates.

SIZE GRADING

Tropic Co prawns are carefully graded by how many prawns there are per pound. To work out how many prawns per kilo, simply double the grade. Remember the smaller the number, the bigger the prawn.

