



*sharing our Greek culinary heritage*

## *Theo's Prawn Saganaki*

*For the Prawn Saganaki you will need...*

- 2 small onions, finely chopped
- 4 cloves garlic, finely chopped
- 1 small bunch thyme, leaves and tender stems finely chopped
- 3 - 4 tablespoons extra virgin olive oil (EVOO)
- 40g butter
- 400g pureed tomato
- 250ml white wine
- 2 tablespoons tomato paste
- 1/2 tablespoon dried oregano
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 24 prawns - shelled, deveined - tails on
- 150g feta

### *Preparing the Prawn Saganaki*

- Melt the butter with the EVOO in a heavy pan on a medium to high heat
- Add the chopped onions and fry them till they brown a little
- Add the garlic and fry that a little too
- Add the tomato puree, wine, tomato paste, thyme, oregano, salt and pepper
- Simmer the sauce until most of the liquid has been reduced
- Turn off the heat and add the prawns to the pan ensuring they are covered with sauce
- Crumble the feta on top and then transfer the pan to an oven with a full grill and grill until the feta begins to melt

## *Serving the Prawn Saganaki*

- Serve the Prawn Saganaki with fresh crusty bread
- Enjoy!

## *Key Points*

- It's really important not to overcook the prawns. They need to be plump and juicy, not dry and chewy. Turn off the heat before adding the prawns to the pan and only grill the dish just long enough for the feta to begin melting
- Serve this dish immediately after removing it from the oven, otherwise the heat in the pan will continue to cook and overcook the prawns