



# Recipe :

## PEANUT PRAWN SOSATIES

Try this recipe from Warren Mendes' cookbook **Food Trail; South Africa**, published by Penguin Random House South Africa.

**Serves: 4**

### INGREDIENTS

- 24 large raw prawns
- ¼ cup olive or vegetable oil
- ¼ cup chilli condiment (like sriracha or peri-per)

### CUCUMBER CHILLI PICKLE

- 250g baby Mediterranean cucumbers
- 2 red chillies, thinly sliced
- 1/4 cup apple cider vinegar
- 1 tsp each salt and
- castor sugar

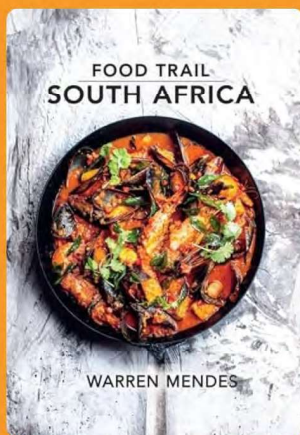
### PEANUT SAUCE

- 1 cup peanuts, roasted
- 1 tbsp peanut or vegetable oil
- 2 tbsp chilli condiment (like sriracha or peri-pen)
- 1 tbsp each soy sauce, castor sugar, fish sauce
- juice of 1 large lime
- ½ cup coconut cream
- ½ cup water

“KwaZulu-Natal in the country's east is known for growing a rather surprising ingredient - peanuts. The warm climate, well-drained sandy soil and decent rainfall make it perfect for the crop. I for one never knew that peanuts grew underground, and when harvesting them with the head chef at Thonga Beach Lodge, Nomazulu Ndlovu, I learnt so much about how they are traditionally used. Meat or seafood is sometimes simply poached in a rich peanut sauce for a hearty meal, but I've taken that idea to make a concentrated sauce to lacquer on charred local prawns.”

### Method:

- **For the pickle**, cut the cucumbers thinly lengthways then combine in a bowl with the remaining ingredients and toss to combine. Set aside while you do the prawns.
- **To make the peanut sauce**, place the peanuts and the oil in the bowl of a food processor and whiz until very finely chopped. Add the remaining ingredients except the water and process until a chunky paste. Season to taste and loosen with water.
- If using, preheat a gas braai to medium-high heat. Peel the prawns and leave the tails intact - and even the heads if you can for a bit of skewer theatre! Thread onto the skewers then combine the oil and chilli condiment and season with salt and brush over the prawns. Braai for 2 minutes a side until charred and cooked through then remove and drizzle liberally with the peanut sauce. Serve with the drained cucumber pickle and even some steamed rice.



Warren Mendes is a South African-born chef and food presenter. He completed his classical culinary training at Le Cordon Bleu in Sydney, Paris and London. He recently co-produced and hosted two seasons of the travel and food series *Food Trail South Africa*, which was broadcast on the Australian Channel 10, and which inspired the publication of *Food Trail South Africa*. From bustling markets to hidden kitchens, this cookbook unveils his take on authentic local recipes and brings you an array of exciting new recipes inspired from his travels.