

Raciones para 4

Prawn heads

Olive oil

12 Prawns

Salt

1 Lime

1 Tablespoon Prawn oil

1 Egg

2 Teaspoons Soy sauce

1 Teaspoon Sesame oil

1 Lemon

4 Avocados

Salt

Black pepper

Corn tortillas

Vegetable oil

- 1** Stir-fry the prawn heads in a saucepan over high heat. When brown, cover with olive oil and cook on a low simmer (confit) for 10 minutes. Strain the oil through a fine mesh sieve and set aside.
- 2** Chop the cleaned prawns (remove the vein) and season with salt, lime zest and juice, and a couple of tablespoons of the cold prawn oil.
- 3** For the prawn mayonnaise, combine all the ingredients in a beaker and whisk until ready. Place in a piping bag and store in the fridge.
- 4** Halve the avocados, remove the stone, and season with salt and black pepper. Bake in the oven at 180 °C with steam for eight minutes. Fill the avocado with the shrimp tartare and garnish with the prawn mayonnaise.
- 5** For the crispy corn, slice the corn tortillas into thin strips. Fry in hot oil until golden brown, then transfer to a food container lined with kitchen paper to remove excess oil. Place on top of the prawn tartare.

Chef's Notes

<https://cookinglovers.teka.com/es/receta/aguacate-asado-con-tartar/>

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