

Miele

Prawn cake with kimchi ranch and crispy black rice

By Miele

25 minutes

Preparation Time

1 hour 5 minutes, plus 1 hour drying time

Cooking Time

20

Serves



INGREDIENTS

Prawn cake

160 g raw prawn meat
160 g white fish trimmings
¼ tsp salt
¼ tsp MSG, optional
2 egg whites
60 ml (3 tbsp) thickened cream

Kimchi ranch

80 g (1/3 cup) kimchi, drained well
80 g (1/3 cup) sour cream
80 g (1/3 cup) kewpie mayonnaise

Crispy black rice

80 g (½ cup) long grain black rice
Neutral oil for deep frying, enough
to reach 4 cm up the sides of
the saucepan
Salt flakes, to taste

To serve

Seaweed flakes
Korean chilli flakes

Miele accessories

Universal tray, Unperforated
steam containers

METHOD

Prawn cake

1. Place the prawns, white fish, salt and MSG into a food processor and process until smooth, scraping down the sides if needed.
2. Add the egg whites and process until smooth.
3. Add the cream and continue to process until smooth.
4. Lay a long sheet of cling wrap on the bench. With wet hands mould the prawn mix into a round log approximately 3-5 cm in diameter.
5. Fold the cling wrap around the log and tighten into an even shape, twisting the ends to seal. Refrigerate until required.
6. Place the prawn cake into the steam oven on Steam at 65°C for 25 minutes. Remove from the steam oven and allow to cool slightly.

Kimchi ranch

1. Squeeze most of the juice out of the kimchi and thinly slice.
2. Place the sour cream and mayonnaise in a bowl and mix well. Stir in the kimchi.

Crispy black rice

1. Place the rice into an unperforated steam container with 2 cups of water. Steam at 100°C for 40 minutes.
2. Drain the rice and spread over a universal tray.
3. Place in a cold oven and select Fan Plus at 120°C with the Crisp function activated and cook for 1 hour, or until dry.
4. Heat the neutral cooking oil in a small saucepan on high heat, induction setting 8 for 5 minutes, or until the oil has reached 180°C.
5. Add the dried rice and cook for 5-10 seconds, or until puffed. Remove with a slotted spoon and drain on a paper towel-lined plate. Season with salt flakes.

To serve

1. Remove the cling wrap from the prawn cake, slice into 1.5 cm thick portions and dip one side into the seaweed flakes.
2. Place a teaspoon of kimchi ranch on top. Garnish with a sprinkle of chilli flakes and puffed black rice.

Hints and tips

- Sustainability tip – any ratio of fish to prawn meat will work in this recipe and is a great way to use fish trimmings.
- The rice must be cooked in plenty of water and overcooked slightly for the rice to puff. This method also works for many other grains. The rice can also be cooked for the same duration on a cooktop.
- The cooked prawn cake can be kept in the fridge for up to 5 days and used in soups, or frozen raw for 3 months.
- MSG can be replaced with a pinch of sugar, a dash of fish sauce and a splash of light soy sauce, to taste.
- Uncooked black rice can be used to make roasted rice tea. Toast in a frying pan on induction setting 7 for 8 minutes, tossing occasionally. Steep in boiling water for 5 minutes.