

Giant Prawns Salt baked



eikon® e1s

02:00

This recipe is available for:

- eikon® e2s HP (2000W)
- eikon® e1s

Accessories:

Ceramic Dish with the Salt

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- 260 °C
- Chilled 4°C
- 1 Portion
- From Raw

Stage 1

Preheat the Salt in the Ceramic Dish

- 01:00
- 100 %
- 100 %

Stage 2

Add the Prawns to the Salt

- 01:00
- 10 %
- 100 %

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Ingredients

4	pcs	Giant Prawns
1	tbs	Oil
1000	g	Sea Salt

1. Food Preparation

Open the prawns on the backside with a scissors, remove the intestine and clean with water, remove the legs and butterfly cut the meat. Brush the meat with the oil. Fill the salt into a ceramic dish. Place the prawns on top of the hot salt.

2. Cooking Instruction

Preheat the salt as per oven profile. After Step 1 add the prawns and continue to cook as per oven profile.

3. Food Serving Instruction

Remove the cooked food from the salt and serve.