

Steamed Scampi with spinach tarragon puree, fried tomato skin

Scampi make a great option as a canapé as they are bite sized & delicate in flavour. This recipe complements the Scampi with a flavourful & colourful garnishes to impress at any dinner party or function.

Ingredients - Scampi

24 Scampi – peeled & deveined.

Spinach Tarragon Puree

2 cloves Shallots – peeled & diced

2 cups Spinach (firmly packed)

1/4 cup Tarragon Leaves (loosely packed)

150mls Olive Oil

salt & fresh ground pepper to taste

Fried Tomato skin

1 Tomato (large)

Garnish

20 Watercress Tips

20 Edible flowers

30mls Kewpie Soy Mayonnaise

Makes 20 canapés

Method to cook the Scampi

- Steam the Scampi for approximately 2-3 minutes depending on the size. Be careful not to overcook the scampi as the flesh will become too soft to handle & tasteless.

Spinach Tarragon Puree

- In a medium sauce pan place 30mls of oil & lightly sauté the shallots till they become tender without colour, add the spinach & continue to sauté until the spinach is wilted. Add the tarragon & remove from the heat. Tip the ingredients onto a clean cloth & squeeze out any excess water.
- Place the ingredients into food processor & blend slowly adding the oil to form a smooth puree.
- Pass the puree through a fine sieve & reserve in a container till required.

Fried Tomato skin

- Blanch the tomato in a pot of boiling water for approximately 10-20sec, you will notice the skin will start to split from the flesh.
- Refresh by dropping into ice water.
- Peel the skin from the tomato. Dry the skin with paper towel. Take the tomato flesh & cut in half, remove the seeds & then dice into small pieces & reserve.
- Using a deep fryer, fry the tomato skin till crisp, remove & season. Tear into small pieces to garnish the canapés.

Completing the Canapé to Serve

- Select a suitable serving utensil for the canapés – spoons, dessert forks, Asian spoons or bamboo cups.
- Arrange the Scampi on the centre of the utensil, spoon or pipe a small amount of spinach tarragon puree & soy mayonnaise next to the scampi. Finish with the diced tomato & top with fried tomato skin, watercress & edible flower. Serve.



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