

REEL TALK

NOVEMBER 2023



Official newsletter of the Surf Casting and Angling Club of WA (Inc)

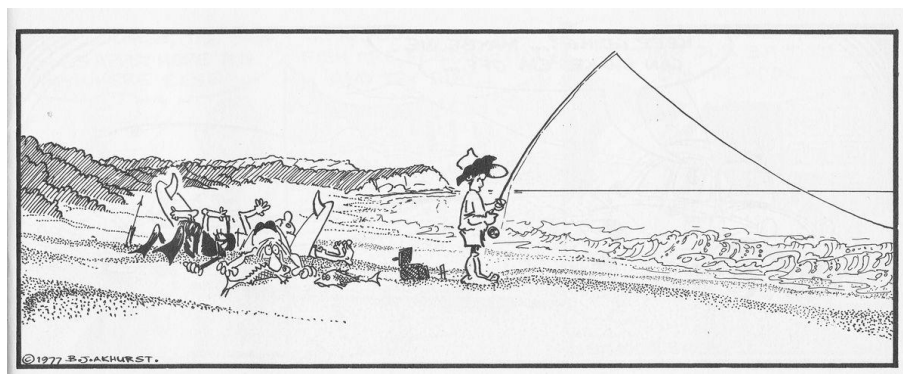


Surf Casting and Angling Club of WA (Inc)

Reel Talk – November 2023 Contents

Cover picture – Mark Hansen fishing from the rocks at Bluff Creek

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CLUB COMMITTEE

September 2023 – August 2024

All club emails should be sent to secretary@scac.net.au and all correspondence posted by mail should be addressed:

Secretary
Surf Casting & Angling Club of WA (Inc.)
PO Box 2056
Marmion WA 6020

EXECUTIVE COMMITTEE

President

Ron Thomas
0407 630 053
dee.ron1946@gmail.com

Vice President

Mark Hansen
0409 088 864
mhansen@iinet.net.au

Treasurer

Vince Tomazin
0417 910 531
stptax@gmail.com

Secretary

John Curtis
0412 776 558
jcurtis@iinet.net.au

GENERAL COMMITTEE

Field Day Officer

Currently Vacant

Assistant Field Day Officer

Currently Vacant

Recorder

Peet Wessels
0407 160 795
peetwessels@gmail.com

Dry Casting Officer

Currently Vacant

Assistant Dry Casting Officer

Currently Vacant

Committee Position 1

Gary Parkinson
0400 573 028
gary.parkinson1054@gmail.com

Committee Position 2

Chris Stickells
0429 941 111
christopherstickells@gmail.com

NON-COMMITTEE POSITIONS

Website Co-Ordinator

Peet Wessels
0407 160 795
peetwessels@gmail.com

Membership Co-Ordinator

Currently Vacant

Social Events Organiser

Sandra Wessels
0408 125 651

Reel Talk Editor

Helen Carnell
0456 005 776

Reel Talk Submissions

Helen Carnell
Helenfc99@gmail.com

LIFE MEMBERS

Ian Cook	Bob Henderson	Terry Fuller
Mal Head	Peter Osborne	

Deceased life members

Vic Davis	Doug Edward	Lloyd Dunn
Dudley Brown	Noel Knight	Les Shand
Ron Kildahl	Bob Klein	Jim Strong
Eric Parker	George Holman	



PRESIDENT'S REPORT

I have spoken about this subject several times before and I will say it again, only this time I will be blunt. The club needs a full committee to run properly, but we don't have that. The club needs participation in all club activities, but we are not getting it.

We are getting members on Field Days that are not only refusing to report their catches, but also are not signing on, or telling anyone that they will be participating. This is against the Competition Rules and Rules of the Club. The concept of 'no competition' goes directly against the Rules of the Club.

I know that not everyone is interested in Dry Casting but at least we are getting some members that are willing to do the work and yes, I know we are casting on a week day which does not help.

The Committee that we do have is doing its best to keep the club together, but we can only do so much. I said earlier that I will be blunt, and I will. We have lost a few members over the last year or so for different reasons, and I hope this will cease. Participation must increase on club outings and events and the committee positions that are vacant must be filled.

If these things do not occur, I will have no hesitation in moving that we consider winding the club up.

Ron Thomas; President

NOVEMBER GENERAL MEETING

Wednesday 8 November 2023

Address: Croatian Club in Wishart Street, Gwelup

Doors open no earlier than 6:45pm

Meal at 7.00pm with meeting at 8.00pm

Please RSVP to secretary for catering purposes by **NOON SUNDAY 5 NOVEMBER**



November birthdays

Brian Burgess	November 8
David Trainer	November 13
John Crompton	November 17
Dale Coates	November 27
Terry Fuller	November 29
Martin Wearmouth	November 30

FISHING CALENDAR

Competition year June 2023 – May 2024

Field day dates have **mostly** been set as the weekend immediately following each General Meeting
Long weekends have been noted

DATE	VENUE	BOUNDARIES
November 11 – 12	Tim's Thicket / Preston Beach and local Full moon – November 27	Local boundaries will be determined at the general meeting before the field day
December 16 – 17	Open anywhere in WA New moon – December 13	Open – no boundaries. Please fish together for safety
January 13 – 14 Australia Day LWE Friday 26	Wilbinga / Guilderton and local Full moon – January 26	Local boundaries will be determined at the general meeting before the field day
February 17 – 18	Cervantes / Hill River and local New moon – February 10	Local boundaries will be determined at the general meeting before the field day
March 2 – 4 Labour Day LWE	Reef Beach and open New moon – March 10	Open – no boundaries. Please fish together for safety
March 30 – April 1 Easter LWE Anzac Day April 25	Bluff Creek and open Full moon – April 25	Open – no boundaries. Please fish together for safety

Standard weekends

Lines down Saturday 0600
Lines up Sunday 0900

Long weekends and Rottnest

Lines down Saturday 0600
Lines up Monday 0900

Suggested local boundaries

The south side of Mandurah Cut to South Mole
North Mole to Two Rocks Marina
Cottesloe Groyne to Quinns Rocks
Yanchep to Lancelin
Swan and Canning River upstream from railway bridge
Ledge to Wedge Island
Seabird to Lancelin
Penguin Island to Mullaloo Point
South side of Mandurah Cut to north side of Bunbury
Cut

Moore River mouth to Three Mile Reef
North Mole to Two Rocks Marina
Preston Beach to Mandurah Cut
North side of Peel Estuary to North Mole
Yanchep to Ledge
Cervantes to Jurien (LWE)
Floreat Groyne to Yanchep
Swan and Canning River including the inside (harbour
side) of the North & South Moles
Seabird

NEW MEMBERSHIP APPLICATION

John Gorry of Ballajura attended the October meeting and has applied for membership, sponsored by Chris Stickells.
Please provide any feedback you have on this application to a committee member before the next general meeting on
November 8.

DRY CASTING

Once again, our Dry Casting session for October was cancelled. However, we need a new Assistant Dry Casting Officer, and there are other positions still open as well, so if you're interested in taking on one of those positions please let one of our executive committee know.

Helen Carnell; Editor – on behalf of Ron Thomas; Dry Casting Officer

Dry casting is held once a month at:

Perth Polo Club
Meadow St
Guildford WA 6055

Please contact the club secretary,
John Curtis, if you are interested in
joining in



FIELD DAY Results

As submitted to John Curtis

Bob Henderson fished Chidley Point and caught several tailor and a bream but did not weigh in.

Mark Hansen fished Chidley Point with Bob and caught 7 undersize tailor on lures and did not weigh in.

Chris Stickells and John Curtis signed on but did not fish due to other commitments.

Top scores up to October

Rank	Angler	Total points
1	Peet Wessels	659.50
2	David Wessels	652.00
3	Sandra Wessels	587.50
4	Sabby Pizzolante	482.50
5	Mark Hansen	465.80
6	Martin Wearmouth	376.50
7	Vince Tomazin	374.00

8	Ron Thomas	296.26
9	Malcolm Harris	276.50
10	Oliver Wessels	133.50
11	Brad Zaknich	90.00

Peet Wessels; Recorder

Photos



George Matrakis with a Mulloway caught during the September field day

SHARK BAN MADNESS

Frank Prokop

Article provided by John Curtis

The latest decision to ban the use of all wire traces on fishing gear within 800 metres of the shore from south of Mandurah to Two Rocks (the entire Perth metropolitan coast) has continued a run of poor decisions that beggar belief.

When I was last over East earlier this year for a lures expo I was asked constantly – “How could WA fisheries management go from first to worst in such a tragic way.”

In my opinion, the answer is two-fold. Firstly, poor leadership in the Fisheries Department saw all stakeholders lose faith in their ability to fairly manage the resource.

This left the department with no allies when Labor Premier Mark McGowan created mega departments and lumped fisheries in with Agriculture. And as happened everywhere, this fatally flawed experiment has been foisted upon fishing – Agriculture dismantled activities, cut budgets and generally asset stripped what was once probably the best Fisheries Department in the southern hemisphere. Meanwhile research fundamentalism and using selective data to support a control agenda while ignoring any and all social or economic factors created an environment where a recovery in demersal fish stocks (that really just needed a nudge) was turned into a nine-month closure proposal and the fisheries equivalent of a Texas Death match.

This was coupled, in my opinion, with two disappointing Ministers. Dave Kelly was eventually demoted and sent out of Cabinet altogether. He was replaced by the now infamous Don Punch – a Minister who has now done what I thought impossible – turned Dave Kelly into the second least popular fisheries Minister in living memory.

This latest debacle is just the latest in a string of extraordinary decisions that most five year olds would think as of using a sledgehammer to break a walnut. The ‘Punch’ line of this sick joke is, “This reform is simple, effective, easy to understand and most importantly puts community safety first.” Of course – making tailor anglers miserable to pander to paranoid local governments’ IS simple and if making yourself even more of a derisive character is your goal – it’s effective too.

Ok cue the canned laughter. The Minister is promising that by banning wire traces when fishing for tailor and mackerel within 800 metres of shore he’s made Perth safe from shark attacks?

Where does this leave our glorious leader not if, but when another attack happens? He promised that evil recreational fishers would bear 100% of the management impact from his decision. And the absolute truth is that there is EXACTLY the same minuscule risk of being attacked by a shark AFTER this draconian measure is introduced as it is RIGHT NOW!!

To put some context, there are a very small number of social media heroes who think it’s cool to catch big sharks near swimming beaches. Karen’s and serial pests have complained and almost all recreational fishers believe that these few are greatly impacting the ‘social licence’ of recreational fishing. But note this is about 30 or so of 800,000 anglers in this state, the latter majority of whom support some action to control those same “look here” social media types, who do us all a disservice by paying lip service to “best practice” and common-sense.

The Minister believes that catching a shark changes its behaviour. Most research says this is not the case and if any behavioural change occurs at all, such interactions may in fact cause sharks to leave the area. But rather than work with recreational fishing groups to tag these sharks and track their movements, the Minister has yet again gone into full on attack mode.

More than a decade’s worth of research by the University of Sydney has revealed how politicians manipulate highly emotional incidents like shark bites to influence public sentiment and protect their own interests. And to say nothing about the increasing phenomenon of greenies getting into the water to pat a shark on the head for social media. Research shows that even whale sharks exhibit stress behaviour that might affect reproduction with repeated interactions... But Karen’s (and others) want to dive with whale sharks so its ok.

Recfishwest and prominent WA angler Scott Coghlan proposed the eminently suitable compromise to ban all wire traces longer than 30 cm – affecting those targeting large sharks but allowing ordinary anglers to fish for species with teeth that don't attack humans, with gear readily available and in common use. This was apparently rejected because it was too hard for Fisheries Officers to measure? REALLY?

I'm expected while standing in an awash intertidal zone to measure a Roe's abalone in a rock crevasse within a mm before removing it but a Fisheries Officer can't measure 30 cm (remember the old school ruler)? A number of fish size limits (including tailor in WA) share this confounding measure. These are the same Fisheries Officers who know exactly how far 800 metres from shore is and now require you to pull up your line so they can make sure you only have ONE hook if possibly fishing for demersal species as demanded by our Department...

The Minister concludes by urging anglers to go to their tackle store for advice on alternatives to wire trace. ONE of the problems with this is that a number of tackle stores went belly up after the Minister's previous intervention. These days in WA – expecting the worst is generally not enough.

EROSION MITIGATION MODULES MADE USING RECYCLED OYSTER SHELLS

Chris Stickells

Reef Design Lab, a studio in Melbourne, are running a trial of erosion mitigation modules in Port Phillip Bay. The modules are made by mixing concrete and recycled shells gathered from seafood wholesalers to create their structures. The hope is that they will control erosion while creating homes for sea life. These modules have holes for animals to hide in as well as overhangs for stingrays and their like, under which they can hide from predators.

So far the modules have attracted sponges, small fish, and corals as well as shellfish. This trial is in its early stages and I look forward to the data as it comes.

A link below to a more detailed article and audio of it is available from the following website:

<https://www.dezeen.com/2023/10/04/reef-design-lab-crafts-erosion-mitigation-units-recycled-oyster-shells/?fbclid=IwAR1RKUHDZJYYLMVeMxWCf3x->



SOCIAL ORGANISER'S REPORT

Hello everyone!

For the first time in a few years now, the club has a social organiser – one of our favourite South Africans, the beloved Sandra Wessels. She is getting stuck straight into organising events that are separate to our fishing field days; the first of these events is a special Christmas meeting, held on the regular scheduled Wednesday, so save the date! Of course, it wouldn't be a Christmas function without a Secret Santa, but there's a catch – no old fishing gear allowed as presents! The proposed value for these Secret Santa gifts is \$10 - \$20, so think about what you might like to spend to join in before the November meeting and give your feedback during the meeting when raised.

Helen Carnell; Editor - on behalf of Sandra Wessels; Social Organiser

Master The Art of Filleting and Make The Most Of Your Catch

John Curtis

A plate stacked with deboned full-flesh fillets ready for the pan or grill is the goal of many fishers. And to help upskill the nation's recreational fishers, two enterprising Western Australians, Conway Challis and his brother-in-law Rick Knight, have created an extensive online library of filleting tutorials.

The pair has created Fillet Fish Australia (www.filletfish.com.au) to show people how to fillet Australian species quickly and efficiently and with minimal or no waste. Challis and Knight both grew up in professional fishing families and have worked extensively as professional filleters for WA seafood processors. Challis is still involved in the seafood industry, running his own seafood business, and Knight is now a software developer.

Their video tutorials are free to view and range from beginner to advanced techniques and styles. The pair say their objective is to make filleting an enjoyable, more productive finale to a day's fishing. They want to improve people's understanding of how to do it well, and the importance of 'recovery rates'.

Weighing up recovery rates

Recovery rate refers to the weight of fillets as a percentage of the weight of the original whole fish. For example, their website explains that if you were to fillet 50 kilograms of whole snapper you would end up with 18 kilograms of fillets; the recovery rate is 36 per cent. The formula is 'weight out' (after processing) divided by 'weight in' (before processing), multiplied by 100; for example, $18/50 \times 100 = 36$ per cent. For professional fishers and processors, even a two per cent difference in the recovery rate per fish can be the difference between a marginal or profitable business.

The Fillet Fish Australia website features a chart listing the optimum recovery rates for different species and a calculator for estimating how many servings a whole fish of a particular species and size should produce, if filleted properly.

Challis and Knight say the key factors affecting recovery rates are:

- the condition of the seafood;
- the sharpness of the knife; and
- the skill of the filleter.

Maximize value

Challis is keen to point out that recovery rates are not the full picture; the rest of the fish still has use and value. "While Aussies tend to prefer fillets, a lot of cultures cook the whole fish, especially if it is baked. The wings are good to

barbecue, and the heads and frame can be boiled to make fish stock, fed to pets or used as bait to catch other seafood such as crabs." Challis says he sells the pieces he removes in filleting to a restaurant supplier for use in Asian cooking.

In addition to the filleting videos, the Fillet Fish Australia website has short articles covering knives, safety, optional styles and techniques for people's different needs and preferences. It discusses the advantages of catching, or buying, whole fish and filleting them yourself - especially if you can make use of the rest of the fish - as well as how to pack and store fillets. The filleting styles covered by the tutorials are widely used in the seafood industry as they are suited to a range of species, have good recovery rates and are safe for the user.

Sharing skills

For Challis, the website has been a labour of love born from his observations of poor and wasteful filleting practices and the wide skills gap between the average fisher and professionals in the seafood processing sector, which he sees as unnecessary.

"I'd look in boat ramp bins at the end of a day and see so many usable pieces of fish and think what a shame that people have spent all that money on boats and gear, learning knots and other boating skills, but not learnt how to properly treat their catch."

This sparked the idea for Challis and Knight. "We could both see the need and were thinking about a website for quite a while before finally doing something," says Challis. He explains how they were initially put off by the seemingly large number of online filleting videos. "But they were mostly amateurs who didn't really know what they were doing; just videoing what they do and sometimes passing on bad techniques."

"So, a few years ago, after seeing what was out there and realizing something better was needed, especially for local species, we bought a good quality video camera and teamed up. I did the filleting and Rick did the videoing and website development."

Local content

"So far we've made 103 videos, concentrating on WA species, but the website analytics show that our audience is worldwide," says Challis. "We cover filleting, skinning and pin boning, and all the skills you need to produce completely boneless fillets."

In the videos, he discusses the importance of knowing a species' bone structure, and the appropriate techniques and specificity of knife cuts for that species. "Because we cover all of the most popular West Australian and Australian species, you can watch a video for the actual fish you have caught."



The value of the Fillet Fish Australia tutorials is becoming increasingly recognized by bodies such as Recfishwest. It comes at a time when reducing food waste has become a global concern and a key component of making food industries more sustainable.

Recreational fishing is one of the greatest Australian outdoor activities - estimated to be worth \$2.56 billion to the economy – but the value of the actual seafood caught could be increased considerably if more amateur anglers take the challenge to improve their filleting skills.

RECIPES – PRAWN BONANZA

Provided by John Curtis

EASY PRAWN RAVIOLI WITH CITRUS DRESSING

Prep time 15 minutes; Cook time 5 minutes; Serves 4 people.

Ingredients:

¼ cup lemon juice
1 lemon, zest finely grated
100ml extra virgin olive oil
Salt flakes and freshly ground black pepper, to taste
48 egg wonton wrappers
1 egg white, lightly beaten
50g butter
8 green prawns, peeled and deveined with tails intact
2 cloves garlic, crushed

Prawn Mousse

500g green prawns, peeled and deveined
1 egg white
Salt flakes and freshly ground white pepper, to taste
½ cup cream
1 tablespoon finely snipped chives



Method:

To make prawn mousse:

Step 1 Process prawns in a food processor for 10 seconds.

Step 2 Add egg white, salt, pepper and cream and process for a further 10 seconds or so, until it resembles thickly whipped cream.

Step 3 Stir through chives, cover and chill until required.

To make ravioli:

Step 4 Whisk lemon juice, zest, oil, salt and pepper together in a large bowl and set aside.

Step 5 Place 24 wonton wrapper on a work bench and place a heaped teaspoon of prawn mousse in the centre of each one.

Step 6 Brush exposed wrapper well with egg white, place a second wrapper on top and press firmly to seal well, extracting as much air as possible.

Step 7 Using a ravioli cutter, cut into squares, close to the filling but leaving enough wrapper to seal the filling in.

Step 8 Bring a large saucepan of salted water to the boil and cook ravioli for 4 minutes.

Step 9 Meanwhile, melt butter in a frying pan, add garlic, salt and prawns and cook for a few minutes, until prawns are opaque and just cooked through.

Step 10 Drain ravioli, add to the bowl with the lemon mixture and toss gently.

Serve 3 ravioli per person topped with a prawn and drizzled with the garlic butter from cooking the prawns.

Alternatives:

Bugs, Crab meat, Marron, Rock Lobsters.

Notes:

While certainly not traditional, egg wonton wrappers can be used to make a quick entrée when you don't have the time or inclination to make your own fresh pasta.

*I can't believe I got fired from the calendar factory.
All I did was take a day off.*

PRAWN AND ZUCCHINI FRITTERS

Prep Time 20 minutes; Cook 5 minutes; Serves 4 people.



Ingredients

500g zucchinis coarsely grated
1 tsp fine salt
 $\frac{3}{4}$ cup almond flour
 $\frac{1}{2}$ red onion, chopped
12 cooked Australian prawns, peeled and deveined, chopped, plus 8 extra prawns as topper
 $\frac{1}{4}$ cup chopped dill, plus extra to serve
 $\frac{1}{4}$ cup chopped basil, plus extra to serve
salt and cracked black pepper
 $\frac{1}{4}$ cup vegetable oil
thick yoghurt, extra herbs and lemon wedges to serve

Method

- Step 1** Place the grated zucchini in the middle of a clean cloth then wring out any excess liquid and discard.
- Step 2** Combine the grated zucchini with salt, eggs, flour, onion, chopped prawns, herbs, salt and pepper.
- Step 3** Heat a large non-stick frying pan over medium-low heat and spoon in a heaped $\frac{1}{4}$ cup of zucchini prawn mixture for each fritter, flattening into even rounds with the back of a spoon. Cook on each side for 2-3 minutes until golden.
- Step 4** Repeat with oil and remaining mixture, spacing fritters evenly apart in the pan.
- Serve** With yoghurt, the whole prawns, extra herbs and lemon.

PRAWN LEMON AND SPINACH LINGUINE

Prep time 10 minutes; Cook time 15 minutes; Serves 4 people.

Ingredients

1 tablespoon olive oil
250g peas, frozen
4 cloves garlic, peeled and minced
300g linguine
150g spinach
250g creme fraiche, reduced fat
50g parmesan
1 large lemon, juice and zest
300g king prawns, cooked, peeled, deveined
 $\frac{1}{2}$ bunch parsley, chopped



Method

- Step 1** Bring a pan of water to the boil and cook the linguine for 7 minutes; add the peas and cook for 2 more minutes. Drain, reserving 4 tablespoons of starchy water, and set aside.
- Step 2** Add a drizzle of oil to the pan and return the linguine and peas, reducing the heat to low.
- Step 3** Stir in the garlic and spinach and cook for 2-3 minutes, until wilted.
- Step 4** Add the creme fraiche, parmesan, lemon zest and juice and the starchy water.
- Step 5** Stir in the prawns and half of the parsley and cook for 1 minute to heat through.
- Serve** With the rest of the parsley on top and a drizzle of olive oil.

BBQ SESAME CITRUS PRAWNS

Prep Time 10 minutes; Cook Time 20 minutes.



Ingredients

12 large green prawns, peeled, tails on
2 tbsp honey
1 tbsp soy sauce
1 tbsp sesame oil
2 tsp fish sauce
1 lime, plus extra wedges to serve
200 g snow peas, finely sliced lengthways
2 cups iceberg lettuce, finely shredded
1 pink grapefruit, segmented, juice reserved
2 long green chillies, finely sliced
Flaked salt and black pepper to taste
1 long green chilli, thinly sliced
Pea shoots and black sesame to serve

Method

- Step 1** Skewer the prawns. Combine the honey, soy, sesame, fish sauce in a bowl then brush over the prawns.
- Step 2** Preheat a BBQ or grill over medium-high heat. When hot, add prawns and grill for 3-4 minutes until just cooked through to your liking. Set aside on a large plate or tray and keep warm, juicing a lime over the top.
- Step 3** Arrange salad of shredded snow peas, lettuce and grapefruit segments on a large platter with fresh chilli.
- Step 4** In a small bowl or jug mix remaining sesame oil and sugar, reserved grapefruit juice and season with salt and pepper.
- Serve** Place prawns on top of salad and serve with pea shoots, a sprinkle of black sesame seeds and remaining lime cut into wedges.

PRAWNS WITH GREEN CHILLI MAYONNAISE

Prep Time 5 Mins; Cook Time 10 Mins

Ingredients

Green chilli mayo

2 long green chillies
1 tbsp peeled & chopped ginger
2 cloves garlic, roughly chopped
1 tbsp brown sugar
zest & juice of one lime
1 cup coriander leaves

1 tbsp soy sauce or tamari
1 cup mayonnaise

Other

24 large cooked prawns



Method

- Step 1** Heat a small fry pan over high heat and cook chillies turning for 5 - 10 minutes or until charred.
- Step 2** Discard the stalks and roughly chop.
- Step 3** Place chillies, ginger, garlic, sugar, lime zest and juice, coriander and soy into the bowl of a small food processor and process for 1-2 minutes or until finely chopped.
- Step 4** Stir through mayonnaise.
- Serve** With buckets of prawns on ice.

MINI PRAWN TACOS

Serving Size: 2 – 4 people



Ingredients:

500g green prawns, peeled and deveined
1 baby cos lettuce
1 pineapple, diced
1 red onion, diced
50g pickled jalapenos, roughly chopped
100g Mayonnaise
1tsp Smoked Paprika
1 packet of 4 seeds wraps
½ bunch coriander stems, chopped
Classic Extra Virgin Olive Oil, to coat prawns plus extra

Method:

- Step 1** In a bowl, mix prawns, paprika, salt and EVOO to evenly coat the prawns.
- Step 2** To create the salsa, combine pineapple, red onion, jalapenos, a drizzle of EVOO and coriander stems.
- Step 3** In a hot pan with EVOO, add prawns and cook on both sides of the prawn for a few minutes until cooked or the flesh is no longer translucent.
- Step 4** In another dry hot pan, toast the wraps for 10 seconds each side.
- Serve** To assemble the tacos; in a wrap, place a cos lettuce leaf, salsa and the prawns. Drizzle with mayonnaise and top with coriander leaves.

PRAWN LEMON AND ZUCCHINI FETTUCCINE

Prep 10 minutes; Cook time 10 minutes, Serves 4.

Ingredients

1 tbsp olive oil
400g prawns, peeled and deveined, raw
2 medium zucchini, peeled into ribbons
200g crème fraîche
2 medium lemons, juice and zest
2 cloves garlic, peeled and minced
400g fettuccine



Method

- Step 1** Bring a pot of water to the boil and cook the fettuccine according to pack instructions and drain, reserving 200ml of starchy water.
- Step 2** Heat the oil in a large pan on medium heat and cook the zucchinis for 2 minutes.
- Step 3** Stir in the garlic and cook for 1 minute.
- Step 4** Add the prawns to the pan and cook for 3-4 minutes until cooked through.
- Step 5** Stir in the pasta.
- Step 6** Remove from the heat, add the crème fraîche, lemon juice and zest and enough pasta water to loosen.
- Serve** With a sprig of parsley, a wedge of lemon, and a garden salad.

SWEET AND SOUR PRAWNS WITH STAR ANISE AND MAPLE SYRUP

Prep 10 minutes; Cook time 10 minutes; Serves 4.



Ingredients

2 tbsp sunflower or vegetable oil
3 garlic cloves, sliced
4 cm piece ginger, sliced
2 star anise
1 cinnamon quill
500g peeled and cleaned prawns, tails intact
3 blood oranges, 2 juiced, 1 sliced
¼ cup fish sauce
150ml maple syrup
2 tbsp rice wine vinegar
2 tsp cornflour
Shredded spring onion and red vein sorrel to garnish

Method

Step 1 Heat the oil in a deep frypan over medium high heat.

Step 2 Add the garlic, ginger, star anise and cinnamon and cook for 1 minute until fragrant.

Step 3 Add the prawns and cook for a further minute then add the orange juice and slices, fish sauce and maple.

Step 4 Combine the vinegar and cornflour then add to the pan.

Step 5 Stir to combine then bring to a simmer and cook for 2 - 3 minutes until thickened and prawns are cooked through.

Serve Topped with spring onion and red vein sorrel.

My wife told me to stop
impersonating a flamingo. I had to
put my foot down



"Climate change has allowed him to do his fishing
inside the house."



"Take ten paces, turn and cast."

When life gives you melons, you might
be dyslexic