

## Provençal Salt Crusted Prawn with Béarnaise Sauce



This recipe for Provençal Salt Crusted Prawn with Béarnaise Sauce is from episode 3 of Fish the Dish starring Spencer Watts.

Serves:2

### Ingredients

#### Herb and Salt-Crusted Prawn

- 2 Tbsp equal parts Herbs de Provence (rosemary, oregano, tarragon, thyme)
- 5 Tbsp Kosher salt
- Oil
- 1 Tbsp Pepper
- 1 lb (12/16 count) Prawn (shell on)
- 1 Lemon, sliced into wedges

#### Béarnaise

- 4 large Egg yolks
- 4 Tbsp (60 ml) Red wine vinegar
- 2 Tbsp (30 ml) Lemon juice
- Salt to taste
- 1/2 tsp (2.5 ml) Pepper
- 1 cup (250 ml) Unsalted butter, melted
- 2 Tbsp (30 ml) Tarragon leaf

### Directions

1. Chop herbs de Provence and mix with kosher salt.
2. Make your Béarnaise sauce. Add 4 egg yolks, red wine vinegar, lemon juice, salt, and pepper to a

- blender. Drizzle in melted butter while blitzing. Scoop mixture into a bowl and add tarragon.
3. Place herbs and salt to hot cast-iron pan.
  4. Drizzle oil over the prawns (keep the shell on) , and sprinkle with pepper.
  5. Lay the prawns on top of herb-salt bed, pressing them lightly to get the salt to stick to the shell. Cook on medium high heat until pink. Flip and cook until done.
  6. Remove from the pan, giving it a light tap to shake off a bit of the salt. Serve with lemon wedges and béarnaise dipping sauce.

