



OK these were actually Argentinian Prawns not our native Langoustines, but they worked equally well. We seem to fail at anything simple even ?Scampy? and chips has two possibilities ? Battered or Breaded. So we did both!

Breaded Coating.

Ingredients:-

Buttermilk
Gluten free Flour
Gluten free Bread, wuzzed into crumbs
Garlic Salt
Onion Salt
Turmeric

Method:-

- (1) Remove the shells from the Prawns.
- (2) Soak in Buttermilk for an hour.
- (3) Mix the Bread crumbs, Garlic & Onion Salt and Turmeric.
- (4) Dredge each Prawn in Flour, dip in Buttermilk and then dredge in the Bread crumbs.
- (5) Fry in small batches.
- (6) Drain on kitchen paper and serve.

Battered Coating.

Ingredients:-

Soda Water

Gluten free Flour

1 Egg

Garlic Salt

Onion Salt

Turmeric

Method:-

- (1) Remove the shells from the Prawns.
- (2) Soak in Buttermilk for an hour.
- (3) Make a thick batter with Flour, Soda Water, the Egg, Garlic & Onion Salt and Turmeric.
- (4) Dredge the Prawns in Flour and dunk in the Butter.
- (5) Fry in small batches.
- (6) Drain on kitchen paper and serve.

Normally these would have broken our budget but intermittently our local supermarket have a 50% ?Fish Friday? offer so I scooped up two packs of giant Prawns and a pack of Squid rings for £5. We don?t possess any yellow 1980?s plastic baskets (I wonder if they are still a thing?!) so we just served up in bowls?...