

Creamy polenta with prawns

Total time 40 mins 10 mins preparation time 30 mins cooking time

INGREDIENTS

4 portion(s)

For the prawns:

400 g	raw large prawns, shelled
	and deveined
1 tbsp	Kikkoman Naturally
	Brewed Soy Sauce
	hot sauce, to taste
1	clove garlic, finely
	chopped
2	spring onions, finely
	sliced (reserve the green
	parts)
1 tbsp	ketchup
For the creamy polenta:	
75 ml	milk
250 ml	chicken stock
40 g	polenta
10 g	butter
10 g	mascarpone
10 g	mature cheddar, grated
60 g	sweetcorn kernels
	White pepper
For the rich chicken gravy:	
250 ml	good-quality chicken
	stock
1	star anise
1 tsp	Kikkoman Naturally
	Brewed Soy Sauce
1 tbsp	double cream
Garnish:	
	Nigella seeds
1	fresh lime

PREPARATION

Step 1

For the prawns, combine all the ingredients and marinate for 4 hours in the refrigerator with the green spring onion in another bowl.

Step 2

To make the polenta, bring the milk and stock to a boil, then tip in the polenta, stirring constantly. Cook for 5 minutes, until the mixture thickens and becomes quite smooth. Add the butter and cheeses and cook for another 10 minutes, until the polenta is soft and not too gritty; if it gets too thick, add a little hot water. Add the sweetcorn and cook for 5 more minutes. The mixture should be quite loose and should have a pourable consistency. Add more milk as needed to achieve the right consistency. Season with pepper to taste and keep warm.

Step 3

For the gravy, bring the stock to the boil with the star anise. Reduce to about 80ml (it should be very thick) then stir in the soy sauce and cream.

Step 4

To serve, fry the prawns for 3-4 minutes, until just cooked. Squeeze on fresh lime juice as they finish cooking. Divide the polenta between bowls, top with the prawns and drizzle over a spoonful of gravy. Sprinkle with a pinch of nigella seeds and the green spring onion.