

Seafood and Vegetables in Foil Recipe

Ingredients:

4 fillets of firm white fish
1/2 teaspoon salt
1 tablespoon sake
8 large raw prawns
4 large dried Shiitake mushrooms
12 ginkgo nuts

Method:

Wash fish well, dry it, sprinkle lightly with salt and sake and let it marinate for 10 minutes. Remove prawn heads and cut along the back of the shell with a sharp knife so that the vein can be removed without shelling the prawns. Soak dried mushrooms in very hot water for 30 minutes, then cut off and discard stems and slice the caps finely. Take pieces of foil about 10 inches square and lightly oil one side. Put a fish fillet, 2 prawns, a mushroom and 3 ginkgo nuts on each square of foil. Fold foil to form a parcel and bake in a moderate oven, 170 degrees Celsius, for 20 minutes or cook over coals on a barbecue or under a griller. Serve hot in the foil parcel.

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