

ITC
MASTER
CHEF

The background of the book cover is a rustic wooden surface. At the top, there are several prawns, some whole and some cut, along with a pile of green cardamom pods. To the right, a green leaf is visible. On the left, there are some brown, textured items, possibly nuts or seeds. At the bottom, there are various spices, including black and white peppercorns and small brown seeds. The book cover itself is a light beige color with a decorative, ornate border around the text.

THE
ART OF
COOKING
THE TASTIEST
PRAWNS



Super Safe Prawns

243 different tests to ensure best quality and safety. Thanks to state of the art facilities, our prawns adhere to European, American, Japanese and Indian Hygiene standards.



Freshly Frozen Prawns

ITC Master Chef Prawns are Individually Quick Frozen (IQF) to -18°C within 15 hours of harvest while they are fresh. This locks in their freshness and locks out decay.



Soft, Juicy and Bigger in size

Our pink, plump prawns are not just lip smackingly good, but also bigger in size when compared to other frozen prawns available in the market.



* Complies with the Hygiene Requirements as per 'Executive Instructions for Approval and Monitoring of Fish & Fishery Products for Export'; Manufacturing units are HACCP Certified.

ITC MASTER CHEF

A selection of our masterchefs' favourite recipes to excite your taste buds



Manisha Bhasin
Sr. Executive Chef
ITC Maurya



Rajdeep Kapoor
Executive Chef
ITC Sheraton



Yogen Dutta
Executive Chef
ITC Gardenia



Santosh Shetty
Executive Chef
ITC Grand Chola

APPETIZERS

Some of the best curtain raisers for main course, these dishes also double up as quick snacks for anytime eating

Rawa Fried Prawns

Prawn Til Tikka

Prawn Tikki Kebab

Lemon Grass Skewered Prawns

RAWA FRIED PRAWNS



INGREDIENTS

ITC Master Chef Large Prawns	200g
Lemon juice	½ a lemon
Red chilli powder	½ teaspoon
Turmeric powder	¼ teaspoon
Ginger garlic paste	½ teaspoon
Gram flour	1 tablespoon
Semolina	1 cup
Oil	Sufficient to deep fry
Salt	To taste

INSTRUCTIONS

1. Mix the lemon juice, ginger garlic paste, salt, red chilli powder and turmeric powder to make the marinade.
2. Marinate prawns with this marinade for an hour, taking care that the prawns are evenly coated.
3. Make a thick batter by adding water to semolina and gram flour. Coat the prawns with this batter.
4. Spread some dry semolina on a separate plate.
5. Heat the oil in a wok over medium heat.
6. Once the oil is hot, take each prawn, coat it on all sides with the dry semolina and place it in the hot oil.
7. Fry prawns for approximately 2-3 minutes till they are crispy.
8. Remove from oil and serve hot.



PRAWN TIL TIKKA



SERVES 2



DIFFICULTY
MEDIUM



15 MINS



5 MINS

INGREDIENTS

ITC Master Chef Jumbo+ Prawns	200g
Lemon juice	½ teaspoon
Ginger garlic paste	½ teaspoon
White pepper powder	¼ teaspoon
Egg	1
Maida	¼ teaspoon
Sesame seed	1 cup
Oil	Sufficient to deep fry
Salt	To taste

INSTRUCTIONS

1. Mix the lemon juice, ginger garlic paste, white pepper powder, salt and egg to make a marinade.
2. Marinate prawns with this marinade, taking care that the prawns are evenly coated. Set aside for 10 minutes.
3. Mix water with maida to form a batter. To ensure that your prawns turn out light & crispy, keep the batter mixture thin. A light batter coats the food evenly while keeping it moist and tender.
4. Skewer each prawn onto a wooden satay skewer and dip it in the maida batter.
5. Put sesame seeds on a plate and coat the skewered prawns on all sides with them.
6. Heat oil in a wok and fry the skewered prawns in medium hot oil for approximately 3-4 minutes.
7. Serve hot.

PRAWN TIKKI KEBAB



INGREDIENTS

ITC Master Chef Jumbo+ Prawns	200g
Fennel seeds	¼ teaspoon
Black peppercorns	¼ teaspoon
Ajwain seeds	A pinch
Chopped ginger	¼ teaspoon
Chopped coriander	¼ teaspoon
Chopped green chili	¼ teaspoon
Boiled, mashed potato	1 tablespoon
Corn flour	½ teaspoon
Oil	Enough for frying in a pan
Lemon juice	½ lemon
Chaat masala	¼ teaspoon
Salt	To taste

INSTRUCTIONS

1. Dry the raw prawns using a paper towel.
2. Chop the prawns until they have granular paste like consistency.
3. Roast the fennel, black pepper and ajwain seeds in a pan and then crush them using a rolling pin to form a powder.
4. In a mixing bowl, add the chopped prawn paste, the powdered roasted seeds, chopped ginger, coriander, green chili, mashed potato and mix them well.
5. Add in the corn flour and shape the content into a tikki.
6. Heat oil in a frying pan over medium heat.
7. Place the prawn tikkis in the pan one by one and cook each side for approximately 2 minutes.
8. Sprinkle with lemon juice and chaat masala. Serve hot.

LEMON GRASS SKEWERED PRAWNS



INGREDIENTS

ITC Master Chef Jumbo+ Prawns	200g
Lemon grass stalks (5 inch long)	10 pcs
Lemon leaf	2
Peeled galangal	1-inch piece
Peeled garlic	5 cloves
Peeled onion	1 (small)
Fresh red chili	1 (small)
Light soy sauce	½ teaspoon
Sesame oil	4 drops
Oil	1 tablespoon
Salt	To taste

INSTRUCTIONS

1. Blend the lemon leaf, galangal, garlic, onion, red chili, soy sauce, sesame oil, oil and salt at high speed in a blender to make a fine paste. This is your marinade.
2. Marinate the prawns with this marinade, and leave them for 15-20 minutes.
3. Skewer each prawn individually through the centre with the lemongrass stalks.
4. Heat a frying pan over medium heat and sprinkle few drops of oil. Place the skewered prawns in the pan one by one.
5. Cook on each side for 2-3 minutes. Serve hot.

ITC MASTER CHEF

ITC Master Chef believes that to bring the excitement of cooking back into the Indian Kitchen, one must start with the choicest ingredients. This time, we've brought to you a delicious spread of the world's favourite seafood - Prawns. Our prawns have a rich export legacy of over 45 years, and are currently consumed in over 40 countries. Relished by prawn-lovers globally, and trusted by master chefs at ITC hotels, our prawns are a guaranteed delight for everyone at the table. Available in four sizes, our new range of Freshly Frozen, Super Safe prawns are sure to unlock a world of possibilities in seafood.



Dive deeper into the world of

ITC Master Chef Prawns!



Download the ITC Master Chef app and enter a world of recipes, tips and trivia that's sure to start you off on an exciting culinary journey.

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