

ITC
MASTER
CHEF



SUPER
SAFE
PRAWNS



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

CONVENIENCE

Quick, easy, hassle-free. You might feel guilty about how little it takes to delight your family and friends

Tawa Fry Prawns

Butter Garlic Prawns

Prawn Omelette

Stir Fried Prawns With Chives



TAWA FRY PRAWNS



INGREDIENTS

| | |
|-------------------------------|----------------------------|
| ITC Master Chef Jumbo+ Prawns | 200g |
| Red chili powder | ½ teaspoon |
| Turmeric powder | ¼ teaspoon |
| Yoghurt | ¼ cup |
| Oil | Enough for frying in a pan |
| Lemon juice | ½ a lemon |
| Salt | To taste |

INSTRUCTIONS

1. Mix the red chili, turmeric, yoghurt and salt to make a marinade.
2. Marinate the prawns with this marinade, taking care that the prawns are evenly coated. Keep aside for 20 minutes.
3. Heat oil in a non-stick pan over a medium flame.
4. Place the prawns in the oil one by one and cook each side for 2 minutes.
5. Sprinkle with lemon juice and serve.



BUTTER GARLIC PRAWNS



INGREDIENTS

| | |
|-----------------|------------|
| ITC Master Chef | |
| Large Prawns | 200g |
| Butter | 1 teaspoon |
| Chopped garlic | ½ teaspoon |
| Lemon juice | 1 lemon |
| Salt | To taste |

INSTRUCTIONS

1. Heat a frying pan on a medium flame.
2. Add butter, and then garlic. Sauté till the garlic turns golden brown.
3. Add in the prawns and sprinkle salt. Turn the heat down to low, and sauté the contents for 3-4 minutes.
4. Sprinkle with lemon juice and serve hot.



PRAWN OMELETTE



INGREDIENTS

(Make four omelettes)

ITC Master Chef
Medium Prawns 200g

Eggs 12

Chopped coriander 1 teaspoon

Chopped onion 2 teaspoons

Oil Enough for
frying in a pan

Salt To taste

INSTRUCTIONS

1. Whisk the eggs with onion, coriander and salt.
2. Heat oil in a frying pan and add in the prawns.
3. Once prawns are cooked, add the whisked eggs.
4. Pan fry to make an omelette. Serve hot.



STIR FRIED PRAWNS WITH CHIVES



SERVES 2



DIFFICULTY
LOW



1 HOUR



10 MINS

INGREDIENTS

| | |
|----------------------------------|----------------|
| ITC Master Chef Medium Prawns | 200g |
| Chopped chives | 2 tablespoons |
| Sliced garlic | 2 large cloves |
| White pepper powder | ½ teaspoon |
| Lemon juice | 2 lemon wedges |
| Butter | 2 tablespoons |
| White wine | 2 tablespoons |
| Salt | To taste |

INSTRUCTIONS

1. Marinate the prawns with salt and lemon juice and keep aside for 10-15 minutes.
2. Melt butter in a heated pan, add garlic and sauté lightly.
3. Once the garlic is translucent, add the marinated prawns and stir fry on a high flame.
4. Check seasoning, garnish with chopped chives and serve.

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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