

ITC
MASTER
CHEF



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 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

HEALTHY

Try these delicious recipes that taste great and feel light

Kasundi Steamed Prawns

Poached Prawns With Tomato Salsa

Steamed Prawns With Herb Slaw

Rainbow Prawn Salad



SERVES 2



DIFFICULTY
LOW



10 MINS



5 MINS

1

KASUNDI STEAMED PRAWNS

INGREDIENTS

- | | | | |
|--------------------------|--------------|------------------|------------|
| • ITC Master Chef | | • Chopped ginger | ½ teaspoon |
| • Large Prawns | 200g | • Corn flour | 2 pinches |
| • Kasundi mustard | 1 tablespoon | • Salt | To taste |
| • Chopped green chillies | ½ teaspoon | | |

INSTRUCTIONS

1. In a mixing bowl, mix the Kasundi mustard, green chillies, ginger, corn flour and salt to make the marinade.
2. Marinate the prawns with this marinade.
3. Boil water in a sauce pan and place a steamer basket or strainer on it.
4. Place the prawns in the basket/strainer and cover it with a lid.
5. Steam for approximately 4 minutes.
6. Serve hot.



SERVES 2



DIFFICULTY
MEDIUM



25 MINS



5 MINS

2

POACHED PRAWNS WITH TOMATO SALSA

INGREDIENTS

- ITC Master Chef Medium Prawns 200g
- Crushed ginger 1 inch piece
- Spring onion greens 3 stalks
- Chopped tomato 1 cup
- Chopped onion ¼ cup
- Crushed black pepper ½ teaspoon
- Chopped garlic 1 teaspoon
- Chopped coriander 1 teaspoon
- Chopped green chilli ½ teaspoon
- Olive oil 1 tablespoon
- Tabasco sauce Few drops
- Salt To taste

INSTRUCTIONS

1. Heat water in a sauce pan and bring it to boil.
2. Add salt, crushed ginger, spring onion greens and the prawns to the boiling water.
3. Turn down the heat and allow the contents to simmer just below boiling point for 3-4 minutes.
4. Once cooked, drain the hot water and quickly immerse the prawns in ice cold water.
5. To make the salsa, mix tomato, onion, black pepper, garlic, coriander, green chilli, tabasco, olive oil and salt together.
6. Drain the ice-water and serve the chilled prawns with salsa.



SERVES 2



DIFFICULTY
LOW



1 HOUR



10 MINS



3

STEAMED PRAWNS WITH HERB SLAW

INGREDIENTS

- | | | | |
|--------------------------------------|--------------|--------------------|--------------|
| • ITC Master Chef Super Large Prawns | 200g | • Shredded cabbage | ¼ cup |
| • White pepper powder | ½ teaspoon | • Shredded carrot | ¼ cup |
| • Peeled and grated ginger | ½ tablespoon | • Shredded radish | ½ cup |
| • Peeled and grated garlic | ¼ tablespoon | • Parsley | 10-12 leaves |
| • Corn starch | 1 teaspoon | • Lemon juice | 1 lemon |
| • Water | ¼ cup | • Olive oil | ½ tablespoon |
| | | • Salt | To taste |

INSTRUCTIONS

1. Mix the salt, pepper, ginger, garlic, corn starch and water to make the marinade.
2. Marinate the prawns with this marinade, taking care that the prawns are evenly coated.
3. Keep them in the refrigerator for 1 hour to let the prawns soak in all the flavours.
4. In the meantime, prepare the coleslaw using the shredded vegetables, lemon juice, olive oil and ½ a teaspoon of salt. Mix well.
5. Take the prawns out from the refrigerator. Put them in a steamer basket and steam for 4-6 minutes over low heat.
6. When cooked, place the warm prawns on the coleslaw, garnished with parsley leaves and serve.



SERVES 2



DIFFICULTY
MEDIUM



25 MINS



0 MINS



4

RAINBOW PRAWN SALAD

INGREDIENTS

- ITC Master Chef Super Large Prawns 200g
- Shredded iceberg lettuce 1 cup
- Diced avocado ¼ cup
- Diced tomato ¼ cup
- Diced cucumber ¼ cup
- Diced yellow bell pepper ¼ cup
- Green olives 4
- Black olives 4
- Basil leaves 6
- Vinaigrette dressing 1 teaspoon

INSTRUCTIONS

1. Poach the prawns in simmering water for 3-4 minutes and then quick chill in an ice bath.
2. Drain them properly and pat dry using a kitchen paper towel.
3. In a mixing bowl add all the ingredients including the prawns and toss with the vinaigrette dressing.
4. Serve cold.

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.

Follow us on :

www.itcmasterchef.com |   ITC Master Chef