

Vegetable wok with ñora peppers and prawns

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The growing and drying of the Guardamar ñora or bell pepper is a tradition stretching back over a century and a half, and today demonstrates the gastronomic and artisanal knowledge of Guardamar del Segura in all its glory.

Ingredients:

1 courgette
1 carrot
1 spring onion
1 leek
50 g. of mushrooms
Butter
Fine salt
Ground cumin

For the king prawns:

200 g of Guardamar king prawns
Extra virgin olive oil
1 peeled garlic clove
1 sprig of thyme
1 pinch of black peppercorns

Elaboration:

Brunoise the vegetables and sauté until golden over a high heat. Wash the ñora peppers and soak for an hour, then remove the pulp and set aside. Wash the king prawns, place into a sealable plastic bag and add salt, pepper, thyme, garlic and ñora pepper pulp, seal the bag and place in a bain-marie at 60 ° C for twelve minutes. Fill a round mould with the vegetables, ñora pepper pulp and king prawns and place in a salamander stove or under the grill for two minutes.

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