



AUSTRALIAN  
**GOURMET**  
TRAVELLER

INSTITUTE

**Harvey Norman®**

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2017



## SOUTH EAST ASIAN SNACKING *with*

# BEN BERTEI

RICK SHORES

*Beer-battered Morton Bay bug taco with  
sriracha mayo and lime leaf*

Prep time 30 mins, cook 15 mins  
(plus resting, cooling),

Makes 8

- 100 gm (2/3 cup) self-raising flour,  
plus 50gm extra for dusting
- 180 ml (¾ cup) lager
- 3 tsp fish sauce, plus extra to  
taste
- 1½ tbsp (30ml) sriracha chilli sauce  
(see note)
- 100 ml Japanese mayonnaise
- 1 large or 2 small uncooked  
Morton Bay bugs (about  
300gm total)
- 400 ml coconut cream (see note)
- 2 tsp togarashi, plus extra to  
serve (see note)
- 10 kaffir lime leaves, finely  
chopped
- Vegetable oil, for deep-frying
- 8 yellow wonton wrappers
- 1 heart baby cos lettuce, finely  
sliced
- Young coriander sprigs to serve

**1** In a bowl, whisk flour and beer together until smooth, season with about 3 tsp fish sauce, or to taste. Cover and chill for 30 minutes.

**2** In a bowl, combine sriracha and half the mayonnaise, season with ½ tsp fish sauce, or to taste, cover and chill.

**3** Remove bug meat from shells by cutting shell across belly and pressing sides away from flesh. Trim meat into eight 1cm-square by 4cm-long batons, cover and chill. Roughly chop remaining bug meat. In a small saucepan bring coconut cream to a gentle simmer. Reduce heat to low and very gently poach roughly chopped bug offcuts in coconut cream until just cooked (1-2 minutes). Drain, discarding coconut cream, and set aside to cool (5-10 minutes). Combine with remaining mayonnaise, togarashi, chopped lime leaves, and sea salt to taste, cover and chill until ready to serving.

**4** Heat oil to 170C in a deep-fryer or wok. For the wonton skins, use a pastry cutter or glass to cut as large

circles as possible (about 8cm diameter). Form taco shells by using a square-ended wooded spoon, push centre of wonton into oil (wonton skin wraps around spoon to form a shell) and hold until set (30-40 seconds) and continue frying until just golden (about 30 seconds more). Drain on paper towel and repeat with remaining wonton wrappers.

**5** Roll bug batons in extra flour, lightly coat in batter, deep-fry until golden brown (3-4 minutes). Remove with a slotted spoon and drain on paper towel.

**6** To assemble, divide baby cos among wonton taco shells, spoon in poached bug meat. Add beer-battered bug pieces, drizzle with sriracha mayo and scatter with coriander.

**Note** Ben uses Huy Fong brand sriracha sauce and Kara brand coconut cream, available at Asian food stores. Togarashi is available at Herbies Spices (herbies.com.au), or Asian food stores.

### MY NOTES