

SIEMENS

Prawn Balchao

Yield	Type	Contains	Function	Temperature	Time	Tray Level
4 servings	Savory	Seafood	Top & Bottom Heat	180 degrees Celsius	25 – 30 min	3

Ingredients

- Prawns (medium, cleaned, and deveined) – 500 gms
- Onions (finely chopped) – 2
- Tomatoes (chopped) – 2
- Ginger-Garlic Paste – 1 tbsp
- Red Chili Powder – 1 tbsp
- Turmeric Powder – ½ tsp
- Sugar – 1 tsp
- Salt – to taste
- Oil – 3 tbsp
- Vinegar – 2 tbsp
- Mustard Seeds – 1 tsp
- Curry Leaves – a few
- Cloves – 4

Procedure

1. Spread cloves, cinnamon, peppercorns, and cumin seeds on oven tray.
2. Dry above ingredients in the oven by selecting the dehydrating function at 90 °C for 30 minutes.
3. Grind with vinegar, red chili powder, turmeric, and sugar. Keep aside.
4. Heat oil in a pan. Add mustard seeds and allow them to splutter. Add curry leaves.
5. Sauté chopped onions until golden brown. Add the ginger-garlic paste and cook for a minute.
6. Add chopped tomatoes and cook until soft.
7. Mix in the prepared spice-vinegar paste and add the prawns and salt.
8. Transfer the mix to a baking dish.
9. Bake in a preheated oven at 180°C on the middle rack for 15–20 minutes to enhance flavor melding. Serve hot with rice or bread.