



## Prawn Soup with fennel salad

### Soup:

500g / 1 lb 2 oz prawns  
(preferably raw, for the stock)  
1/2 carrot, finely chopped  
1/2 yellow onion, finely chopped  
1 clove garlic, finely chopped  
1 slice lemon  
1 sprig parsley  
200 ml / 7fl oz cream  
2 tbsp tinned tomatoes

### FENNEL SALAD

1 fennel bulb  
1 lemon

### 1. Soup:

Wash and peel the prawns, reserving the prawns for the salad. Make shellfish stock by frying the shells in oil in a very hot casserole. After 3 minutes add all the vegetables and the tomatoes. Cook for a further 2 minutes. Add sufficient cold water to cover the prawns. Bring to the boil and simmer for 20 minutes, then strain. Reduce a little and add the cream. Season with salt and pepper. Froth up before serving.

### 2. Fennel salad:

Cut the fennel in thin slices and mix with the prawns. Flavour with a little good quality olive oil, lemon juice, salt and pepper. Put the fennel salad in warm bowls and pour the soup over it.

3. The prawns can also be lightly fried in a very hot pan with a little oil. Put the prawns in for 20 seconds, transfer to a tray and serve. It is important not to fry the prawns any longer than that as, if you do, they will often go soft.



*From Childhood To The Bocuse d'Or*  
by Geir Skeie