

SPENCER GULF  
**KING**  
PRAWNS



Wild caught.  
Certified sustainable.



Superior Taste, Healthy Choice  
Sustainable Prawns

**FREE  
RECIPES**

# Wild Caught. Certified Sustainable.

For superior quality and full taste, Spencer Gulf King Prawns (*Melicertus latisulcatus*) are renowned throughout the world as the premium species of prawn. Spencer Gulf King Prawns are wild caught straight from the cold clean waters of the Spencer Gulf, full of natural flavour.

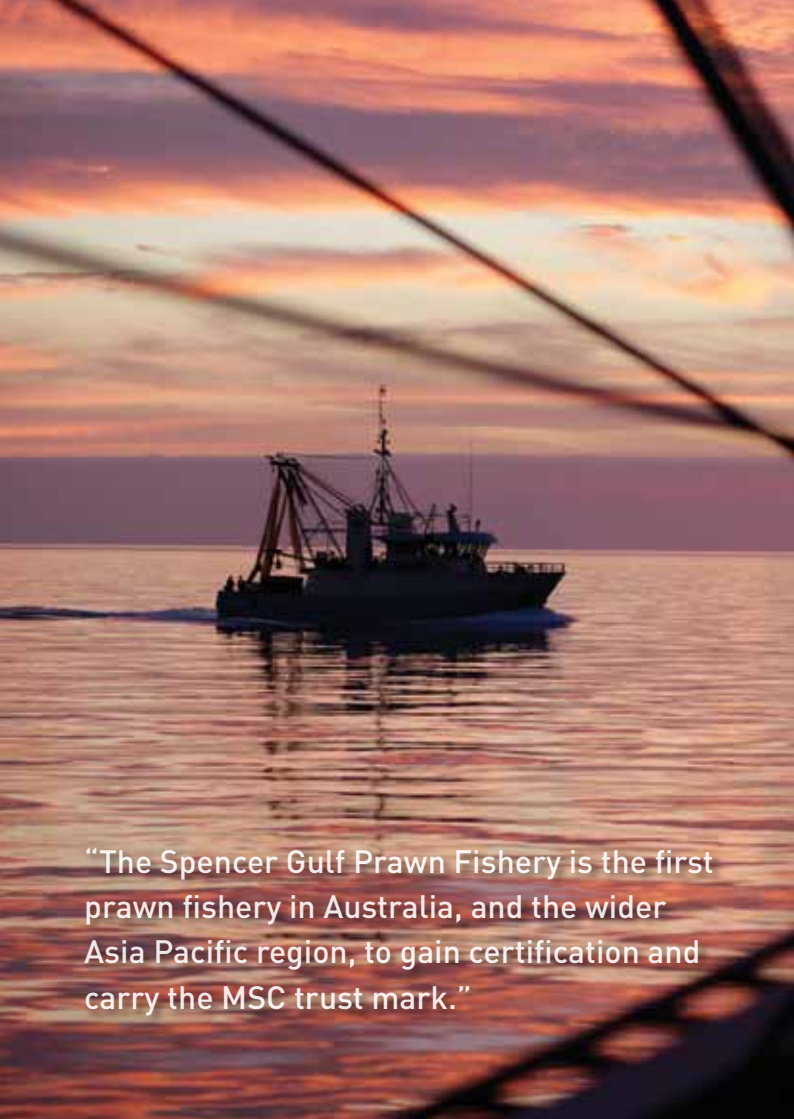
The Spencer Gulf prawn fishery leads the way in environmentally sustainable fishing practices, which is now being role-modelled worldwide. Recently this was acknowledged through being awarded Marine Stewardship Council Certification. Spencer Gulf King Prawns are an Australian product, caught and packed in Australia. The highest level of quality control is maintained, ensuring presentation, flavour, and product life is preserved.





**“The Spencer Gulf King Prawn is the most delicious wild caught prawn available, and now we have MSC certification to prove our fishery is managed and sustainable.” - Barry Evans**

Shaun (left) & Barry Evans, two generations of fishermen.



“The Spencer Gulf Prawn Fishery is the first prawn fishery in Australia, and the wider Asia Pacific region, to gain certification and carry the MSC trust mark.”

# *Sustainable Fishery*

The Spencer Gulf King Prawn fishery has long recognised the importance of fishing to the highest sustainable standards and has become the first prawn fishery in the Asia Pacific region to be certified sustainable by the internationally recognised Marine Stewardship Council. The fishery is mandated to maintain ecological sustainable stock levels and minimise impacts on the ecosystem.

The Spencer Gulf King Prawn fishery has 39 licensed prawn fishers, who fish on average 55 nights per annum. The fishery only operates in approximately 15% of the Spencer Gulf, only fishing in waters deeper than 10m. The fishery has introduced self-imposed permanent closures to protect sensitive sea floors, biodiversity and juvenile prawns, leaving much of the Gulf untouched. This ensures a healthy ecosystem and natural regeneration of the prawns.



*This seafood has met the MSC's  
global standard for sustainability.*

**[www.msc.org](http://www.msc.org)**

# Harvesting Method

This fishery is unique as it operates under a system referred to as Real Time Management. The fishery surveys (with Government observers) the Spencer Gulf three times a year. They only open the areas where there are appropriately sized prawns recorded. It is recognised that prawns move, so if smaller prawns move into the open fishing grounds while fishing the Committee at Sea (comprised of fishermen) will close that area to fishing within hours (in partnership with the Government) to protect the stock.

Prawn fishing is undertaken using the demersal otter trawl technique. This consists of towing a funnel-shaped net leading into a bag (or cod end). Otter boards (or doors) are used to keep the trawl nets open horizontally whilst being towed. During fishing the prawns jump up from the soft mud sediment into the net, leaving some prawns behind.

The fishing operations are carried out, only at night, over the dark of the moon in the months of November, December, March, April, May and June.





“When tasting the prawn it should be firm in texture and immediately sweet, with long clean finish and no strong aftertaste.”



## *World Class Handling*

The Spencer Gulf Prawn fishery is a world leader in the way the catch is handled, including short trawl shots to reduce damage to prawns, the use of 'hoppers' for efficient sorting of the catch and rapid return of by-catch to improve survivability and sustainability, 'graders' to sort the prawns into marketable size categories and snap freezing facilities that enable full processing on-board.

After each trawl the catch is emptied onto a sorting table where the prawns are graded and either cooked or packed raw (green). Spencer Gulf King Prawns are snap frozen within hours of being caught, sealing in the flavours.

## Nutritional Value

Recent CSIRO research has proven that seafood is the best source of Omega-3, which is important in our diets.

## Fresh Vs Frozen

Don't be afraid to buy frozen prawns. The integrity and quality of prawns snap frozen within an hour of being caught will always be superior to prawns that have endured days of variable handling in a fresh state.

## Handling & Storage

Frozen prawns can be thawed quickly by removing from the package and immersing in cold salty water. When thawed, prawns should be placed inside a sealed container and refrigerated until required. Do not freeze prawns that have been thawed for your convenience or defrosted as it will greatly reduce their quality.

## Shelf Life

Fresh refrigerated prawns should be used within 3 days. Spencer Gulf king prawns are stored in commercial freezers, keeping their flavours sealed in at -25°C providing many months of opportunity for consumption. You can keep frozen prawns for at least a month after purchase.





## *How to choose a healthy Spencer Gulf King Prawn*

The raw whole Spencer Gulf King Prawn is light peach in colour with a translucent electric sheen distinctly characteristic blue tail. The raw meat is a light translucent grey / white colour. The cooked meat has a light peach orange skin with a bright white flesh.

As a guide to buying prawns, firstly see it has all of its legs, feelers and eyes intact. The tail should have a firm spring when curled. Smell the prawn – it should have a crisp, clean ocean aroma, with absolutely no signs of ammonia or old fish.

*This booklet has been printed on Spicers Monza Recycled paper stock which is Certified Carbon Neutral by The Carbon Reduction Institute.*

CERTIFIED  
**CO<sub>2</sub>**  
NEUTRAL



RECYCLED CONTENT



SPENCER GULF  
**KING**  
PRAWNS



Wild caught.  
Certified sustainable.

For further information please visit:

[www.spencergulfkingprawns.com.au](http://www.spencergulfkingprawns.com.au)

**P:** PO Box 8, Port Lincoln

South Australia 5606

**T::** +61 08 8682 1859

**F:** +61 08 8682 6253

**E:** [admin@prawnassociation.com.au](mailto:admin@prawnassociation.com.au)



SPENCER GULF  
**KING**  
PRAWNS



Wild caught.  
Certified sustainable.

For further information please visit:

[www.spencerkingprawns.com.au](http://www.spencerkingprawns.com.au)

**P:** PO Box 8, Port Lincoln

South Australia 5606

**T:** +61 08 8682 1859

**F:** +61 08 8682 6253

**E:** [admin@prawnassociation.com.au](mailto:admin@prawnassociation.com.au)







*This booklet has been printed on Spicers Monza Recycled paper stock  
which is Certified Carbon Neutral by The Carbon Reduction Institute.*

RECYCLED CONTENT



CERTIFIED  
CO<sub>2</sub>  
NEUTRAL

# Linguini with Fresh Seafood, Parsley & Herbs

Serves 4

500g packet linguini!

250g peeled & de-veined green

Spencer Gulf King Prawns

500g mussels

450g calamari – cleaned &

scored on the inside, cut into

cubes

1 brown onion – finely diced

4 cloves garlic – finely minced

2 large red chillies – deseeded  
& sliced  
400ml white wine  
6 tomatoes – deseeded & diced  
4mm square  
80g butter  
1 bunch parsley – finely chopped  
Basil  
Extra virgin olive oil  
Sea salt  
Cracked black pepper

## Method:

Take about 6 litres of water to boil with about 4 tablespoons of salt in it. Once boiled, separate the pasta into the water, making sure the water is always "moving" to avoid the pasta from sticking together. Whilst that is going, heat up a large pan with a tight fitting lid (or pot), large enough to fit 4 serves of cooked pasta on medium high heat. Once the pan is hot, add the mussels & closely followed by the white wine. Put the lid on & allow the mussels to steam open. Once opened, strain the mussels reserving the liquid. Allow to cool slightly & pick the mussels meat out if you prefer. Heat up the same pan & add olive oil. Once really hot, add oil then calamari & sauté really quickly, followed by the prawns. Slightly brown on high heat & then set aside.

Heat the same pan up for the third time on medium heat & add oil, onions, garlic & chilli. Sauté until the onions clear the ingredients are aromatic. Add the tomatoes & toss through, followed by all the seafood. Add reserved mussel liquid & butter & bring to a slight boil. By this time the pasta should be al dente or it has a little bite/resistance to it, but no crunch. Strain pasta & add to the sauce. Toss through until evenly coated & season with black pepper & sea salt. Add the chopped parsley & ripped basil. Divide into four serves & drizzle extra virgin olive oil.



*A filling dish for the cooler  
winter evenings*



# Prawn & Mushroom Risotto

Serves 4

2 litres of chicken stock (or water) warmed up to near boiling	1kg peeled & de-veined green Spencer Gulf King Prawns
1/2 bunch tarragon	1 bunch leeks – washed & finely sliced
1 cup white wine	2 brown onions peeled & finely diced
1/4 cup parmesan cheese	200g button mushrooms – finely sliced
80g feta	200g butter
1 orange	1 cup cream
Mixed micro herbs	

## Method:

Heat up large pot on medium high heat & add the butter to melt. Once the butter is melted, add the onions & leeks & sauté for 10 minutes or until the onions are nicely “creamed” & translucent, continually stirring. Add the mushrooms & cook for a further 10 minutes. Add the rice & cook until the rice is translucent. Deglaze with white wine & cook until evaporated. Add the chicken stock a little at a time, allow it to cook into the rice before adding the next bit of stock, continue this process until the rice is cooked through. Check for readiness by biting into a kernel.

Once the rice is cooked, add the prawns & cook until they are cooked through. Add the cream & take off the heat. Stir cream through. Finish with chopped tarragon.

Plate up the risotto & garnish with crumbed pieces of feta & using a micro plane, grate orange zest evenly on top & garnish with assorted micro herbs.

# Grilled Prawns

*with Vermicelli Rice Noodles, Asian Herb Salad and Vietnamese Dressing*

**Serves 4**

800g peeled & de-veined green  
Spencer Gulf King Prawns

1 carrot – peel, using peeler,

peel long, thick strips

1 cucumber – quarter, deseed  
length ways & slice on angle

250g bag bean sprouts

5tbs palm sugar

1/4 cup fish sauce

1/4 cup water

3 large red chillies

4 garlic cloves

500g packet of rice vermicelli

noodles

1 bunch coriander – pick leaves

1 bunch mint – pick leaves

1 bunch laksa mint – pick  
leaves

3 spring onion – finely sliced &  
placed into ice water

Sea salt

White pepper

## Method:

Blanch the noodles in boiling hot water for 1 minute, take off the heat & allow to sit for 5 minutes. Strain with running cold water to cool it down rapidly. Set aside until needed. For the dressing, place the palm sugar in a pot with the water & slowly bring up the heat, just to dissolve the sugar & set aside to cool down. Pound the chilli & garlic in a mortar & pestle to a fine paste. Add the chilli / garlic paste to the palm sugar solution. Add the fish sauce to the dressing to taste. You may need a little more fish sauce or sugar depending on the balance.

For the prawns, heat up a large heavy bottom pan. Add oil. Season the prawns with salt & pepper & seal the prawns on one side for 1 minute then turn to the other side & cook for a further one minute. Leave slightly under cooked. Mix the prawns with the cooked noodles & use half the dressing to moisten the noodles. Mix the carrot, cucumber, bean sprouts to the noodles along with the rest of the dressing. Place the salad into a bowl & garnish with the mixed herbs & the spring onions which would have curled up from sitting in the ice.





*A surprisingly simple and  
tasty recipe for summer*





# Prawn Salad

*With Fresh Peas, Grilled Asparagus, Blood Orange, Balsamic Onions and Rocket, Almond Dressing*

Serves 4	2 red onions
800g peeled & de-veined green Spencer Gulf King Prawns	60ml balsamic
1 bunch asparagus	100g fresh rocket leaf
200g fresh peas	6tbsp Harding's Almond Paste
4 blood oranges	Extra Virgin Olive Oil
	Sea salt
	Pepper

## Method:

Preheat oven at 180 degrees Celsius. Peel the red onions & cut into wedges. Toss in equal quantities of balsamic & olive oil. Season in salt & pepper & roast for 10 minutes, stirring at 5 minute mark. Set aside to cool in the juices.

Peel the oranges & cut the segments out, set aside. Bend one asparagus spear until it snaps. This will tell you where to cut the rest of the bunch, discard the woody end & toss the spears in olive oil salt & pepper.

Grill the asparagus until it starts to blacken slightly, then set aside. Take the fresh peas out of the pods & blanch in hot water for 30 seconds then refresh in cold running water, set aside.

Make a dressing with the almond paste & about ¼ cup of olive oil, salt & pepper. Whisk until emulsified & toss the prawns in the cooked prawns, grilled asparagus, peas, roasted onions & rocket into the same bowl & dress with the almond dressing. Garnish with peeled orange segments.

*These Spencer Gulf King Prawn recipes are  
brought to you by Chef Dennis Leslie from  
The Brasserie at Hilton Adelaide.*



*Chef Dennis Leslie*



FREE  
RECIPES

# Spencer Gulf King Prawns Serving Suggestions



Wild caught.  
Certified sustainable.



SPENCER GULF  
KING  
PRAWNS