

ITC MASTER CHEF

ITC Master Chef believes that to bring the excitement of cooking back into the Indian Kitchen, one must start with the choicest ingredients. This time, we've brought to you a delicious spread of the world's favourite seafood - Prawns. Our prawns have a rich export legacy of over 45 years, and are currently consumed in over 40 countries. Relished by prawn-lovers globally, and trusted by master chefs at ITC hotels, our prawns are a guaranteed delight for everyone at the table. Available in four sizes, our new range of Freshly Frozen, Super Safe prawns are sure to unlock a world of possibilities in seafood.

Dive deeper into the world of ITC Master Chef Prawns! 

Download the ITC Master Chef app and enter a world of recipes, tips and trivia that's sure to start you off on an exciting culinary journey.

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THE ART OF
.....
COOKING
THE TASTIEST
PRAWNS
— ★ ★ ★ ★ —



Super Safe Prawns

243 different tests to ensure best quality and safety. Thanks to state of the art facilities, our prawns adhere to European, American, Japanese and Indian Hygiene standards.



Freshly Frozen Prawns

ITC Master Chef Prawns are Individually Quick Frozen (IQF) to -18°C within 15 hours of harvest while they are fresh. This locks in their freshness and locks out decay.



Soft, Juicy and Bigger in size

Our pink, plump prawns are not just lip smackingly good, but also bigger in size when compared to other frozen prawns available in the market.



* Complies with the Hygiene Requirements as per 'Executive Instructions for Approval and Monitoring of Fish & Fishery Products for Export'; Manufacturing units are HACCP Certified.

ITC MASTER CHEF

A selection of our masterchefs' favourite recipes to excite your taste buds



Manisha Bhasin
Sr. Executive Chef
ITC Maurya



Rajdeep Kapoor
Executive Chef
ITC Sheraton



Yogen Dutta
Executive Chef
ITC Gardenia



Santosh Shetty
Executive Chef
ITC Grand Chola

GLOBAL CUISINE

Unfold various global cultures right inside your kitchen and travel the world with these lip-smacking recipes

Sweet and Sour Prawns

Seafood Stew

Mediterranean Prawn Pilaf

Grilled Prawns with Steamed Vegetables



SERVES 2



DIFFICULTY
MEDIUM



1 HOUR



25 MINS

1

SWEET & SOUR PRAWNS

INGREDIENTS

• ITC Master Chef Large Prawns	200g	• Tomato ketchup	4 tablespoons
• White pepper	1/2 teaspoon	• Chopped white spring onion	1 tablespoon
• Chopped ginger	1 teaspoon	• Chopped green spring onion	2 teaspoons
• Chopped garlic	1 teaspoon	• Corn flour	1 teaspoon
• Vinegar	2 tablespoons	• Refined oil	4 teaspoons
• Honey	1 teaspoon	• Salt	To taste
• Tabasco	4 dashes		

INSTRUCTIONS

1. Apply salt and pepper to the prawns and keep aside for 10-15 minutes.
2. Mix the vinegar, honey, tabasco & tomato ketchup in a bowl.
3. In a separate bowl, mix the corn flour with 1 tablespoon of water and keep aside.
4. Heat oil, sauté the ginger, garlic and white spring onion till the onion and garlic turn translucent.
5. Add the prawns and stir fry until cooked.
6. Add 30 ml of water to the prawns and pour in the vinegar, honey, tabasco and ketchup mixture. Season with salt to taste.
7. Thicken the sauce with the dissolved corn flour.
8. Garnish with chopped green spring onions and serve.



SERVES 2



DIFFICULTY
MEDIUM



15 MINS



15 MINS



2

SEAFOOD STEW

INGREDIENTS

• ITC Master Chef		• Onion diced into	
• Jumbo+ Prawns	200g	• 1-inch cubes	½ cup
• Peeled garlic	6 cloves	• Zucchini diced	
• Bay leaf	2	• into 1-inch cubes	½ cup
• Black peppercorns	6	• Basil	5-6 leaves
• Peeled baby potato	6	• Butter	1 tablespoon
• Carrot diced into		• Cooking cream	1 tablespoon
• 1-inch cubes	½ a cup	• Salt	To taste
• Parsley	10-12 sprigs		

INSTRUCTIONS

1. Heat the butter in a thick bottomed sauce pan. Add in the bay leaves and peppercorns.
2. Add garlic and sauté till brown.
3. Add in the potatoes, carrot and onion and sauté the contents for a few minutes.
4. Add salt, pour in approximately 1½ cups of water and bring it to a simmer.
5. Once the potato is half cooked add in the zucchini and the cream. Lower the heat and allow to simmer for 2-3 minutes.
6. Add in the prawns and allow the contents to cook for 4-5 minutes on low heat.
7. Once the prawns are cooked and the sauce has slightly thickened, add in the fresh parsley and basil. Stir for a few seconds and serve hot.



SERVES 2



DIFFICULTY
HIGH



30 MINS



15 MINS

3

MEDITERRANEAN PRAWN PILAF

INGREDIENTS

• ITC Master Chef		• Almonds	1 teaspoon
• Medium Prawns	200g	• Dried apricots	4
• Basmati rice	1 cup	• Black olives	4
• Sliced onion	½ cup	• Mint leaves	10
• Sliced tomato	½ cup	• Oil	Enough to sauté
• Sliced garlic	1 teaspoon	• Pepper powder	¼ teaspoon
• Raisins (pre-soaked in water)	1 teaspoon	• Salt	To taste

INSTRUCTIONS

1. Soak the rice in cold water for 30 mins. Drain and keep the rice aside for cooking.
2. In a thick bottomed sauce pan, add the oil and sliced garlic. Sauté the garlic till it turns brown.
3. Add the sliced onion and tomato and sauté for a few more minutes.
4. Add in the olives, almonds, raisins, apricots and rice.
5. Add 2 cups of water and season with salt and pepper.
6. Bring the contents to a simmer while keeping the sauce pan covered.
7. Once approximately 80% of the water has been soaked up by the rice, add in the prawns, stir and cover the sauce pan with the lid.
8. Cook till all the water is completely absorbed. Check to see that the rice is fully cooked.
9. Garnish with mint leaves and serve hot.

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SERVES 2



DIFFICULTY
MEDIUM



1 HOUR



10 MINS

4

GRILLED PRAWNS WITH STEAMED VEGETABLES

INGREDIENTS

• ITC Master Chef		• Carrot cut into sticks	¼ cup
• Jumbo+ Prawns	200g	• Stringed green beans	¼ cup
• White pepper powder	½ teaspoon	• Broccoli florets	¼ cup
• Peeled and grated garlic	1 tablespoon	• Cauliflower florets	¼ cup
• Grated rind of lemon	1 lemon	• Butter	1 tablespoon
• Olive oil	2 tablespoons	• Salt	2 teaspoons
• Lemon juice	1 lemon		

INSTRUCTIONS

1. Mix the pepper powder, garlic, lemon rind and 1 teaspoon of salt with olive oil to make the marinade.
2. Marinate the prawns with this marinade. Keep them in the refrigerator for 1 hour to allow prawns to soak in flavours.
3. Heat a grill/pan, put in the prawns and cook each side over medium heat for 2-3 minutes.
4. Boil 500 ml water in the pan and add 1 teaspoon salt.
5. Add the carrots, cauliflowers, green beans and broccoli, in this order to the boiling water, keeping a gap of 30 seconds between each vegetable.
6. Once cooked, drain the water. Add butter and toss the vegetables.
7. Transfer the contents to a bowl and add the grilled prawns. Sprinkle with lemon juice and serve hot.

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