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!

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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

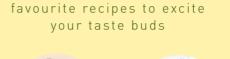
ITC Master Chef Prawns are Individually Quick Frozen (IQF) to -18°C within 15 hours of harvest while they are fresh. This locks in their freshness and locks out decay.



Soft, Juicy and Bigger in size

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

Try these delicious recipes that taste great and feel light



A selection of our masterchefs'

__ITC__ MASTER



Manisha Bhasin

ITC Maurya

Sr. Executive Chef



Rajdeep Kapoor

Executive Chef

ITC Sheraton



Yogen Dutta

ITC Gardenia

Executive Chef



Santosh Shetty Executive Chef ITC Grand Chola

Kasundi Steamed Prawns

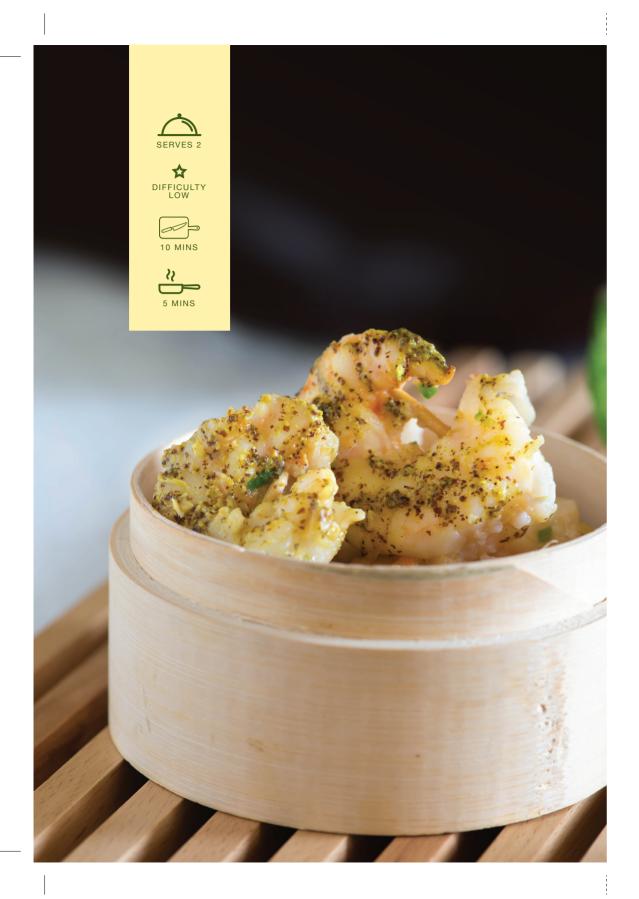
Poached Prawns With Tomato Salsa

Steamed Prawns With Herb Slaw

Rainbow Prawn Salad



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





INGREDIENTS

- ITC Master Chef
- Large Prawns
- Kasundi mustard
- Chopped green chillies ½ teaspoon

INSTRUCTIONS

1. In a mixing bowl, mix the Kasundi mustard, green chillies, ginger, corn flour and salt to make the marinade.

• Chopped ginger

Corn flour

Salt

1/2 teaspoon

2 pinches

To taste

- 2. Marinate the prawns with this marinade.
- 3. Boil water in a sauce pan and place a steamer basket or strainer on it.
- 4. Place the prawns in the basket/strainer and cover it with a lid.

200g

1 tablespoon

- 5. Steam for approximately 4 minutes.
- 6. Serve hot.







INGREDIENTS

- ITC Master Chef
- Medium Prawns
- Crushed ginger
- Spring onion greens
- Chopped tomato
- Chopped onion
- Crushed black pepper ½ teaspoon

- Chopped garlic 1 teaspoon
- Chopped coriander 1 teaspoon
- Chopped green chilli 1/2 teaspoon
- Olive oil
 1 tablespoon
- Tabasco sauce Few drops

Salt

To taste

- INSTRUCTIONS
- 1. Heat water in a sauce pan and bring it to boil.
- 2. Add salt, crushed ginger, spring onion greens and the prawns to the boiling water.
- 3. Turn down the heat and allow the contents to simmer just below boiling point for 3-4 minutes.
- 4. Once cooked, drain the hot water and quickly immerse the prawns in ice cold water.
- 5. To make the salsa, mix tomato, onion, black pepper, garlic, coriander, green chilli, tabasco, olive oil and salt together.
- 6. Drain the ice-water and serve the chilled prawns with salsa.

200g

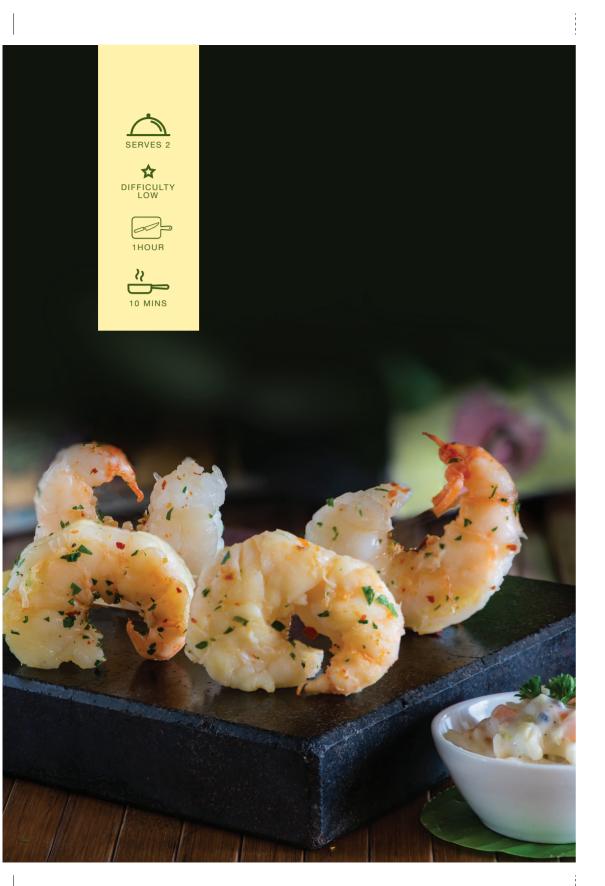
3 stalks

1 cup

1/4 cup

1 inch piece





3 STEAMED PRAWNS WITH HERB SLAW

INGREDIENTS

ITC Master Chef		 Shredded cabbage 	¼ cup
Super Large Prawns	200g	Shredded carrot	¼ cup
White pepper powder	1/2 teaspoon	 Shredded radish 	½ cup
Peeled and grated ginger	1/2 tablespoon	Parsley	10-12 leaves
Peeled and grated garlic	1/4 tablespoon	Lemon juice	1 lemon
Corn starch	1 teaspoon	Olive oil	1/2 tablespoon
Water	¼ cup	Salt	To taste

INSTRUCTIONS

- 1. Mix the salt, pepper, ginger, garlic, corn starch and water to make the marinade.
- 2. Marinate the prawns with this marinade, taking care that the prawns are evenly coated.
- 3. Keep them in the refrigerator for 1 hour to let the prawns soak in all the flavours.
- 4. In the meantime, prepare the coleslaw using the shredded vegetables, lemon juice, olive oil and $\frac{1}{2}$ a teaspoon of salt. Mix well.
- 5. Take the prawns out from the refrigerator. Put them in a steamer basket and steam for 4-6 minutes over low heat.
- 6. When cooked, place the warm prawns on the coleslaw, garnished with parsley leaves and serve.







INGREDIENTS

- ITC Master Chef Super Large Prawns
- 200g • Shredded iceberg lettuce 1 cup
- Diced avocado
- 1/4 cup Diced tomato 1/4 cup
- Diced cucumber 1/4 cup
- Diced yellow bell pepper 1/4 cup
- Green olives
- Black olives
- Basil leaves
- Vinaigrette dressing 1 teaspoon

4

4

6

INSTRUCTIONS

- 1. Poach the prawns in simmering water for 3-4 minutes and then quick chill in an ice bath.
- 2. Drain them properly and pat dry using a kitchen paper towel.
- 3. In a mixing bowl add all the ingredients including the prawns and toss with the vinaigrette dressing.
- 4. Serve cold.

