



## Roland Villard

### Le Pre Catelan restaurant

At his restaurant overlooking Rio's Copacabana Beach, Roland Villard employs classic French techniques to bring out the rich and unusual qualities of local Brazilian produce. Born in France, Roland is the only chef in Latin America to be a member of the Academie Francaise Culinaire. Roland has received many accolades in his adopted country, including Chef of Year in 2008 by three of Brazil's most influential magazines.

## PRAWN WITH MOQUECA BLINIS

(Serves 8)



Preparation time: 30 minutes

Cooking time: 45 minutes

30ml (2tbsp) palm or vegetable oil  
1 head garlic, peeled and chopped  
1 sweet red pepper, deseeded and chopped  
1 green pepper, deseeded and chopped  
1 sweet yellow pepper, deseeded and chopped  
2 onions, chopped  
300ml coconut milk  
30ml (2tbsp) tomato purée  
10ml (2tsp) shrimp paste  
350g fresh white bread crumbs  
200g plain flour  
45ml (3tbsp) freshly chopped coriander  
8 medium eggs, separated  
5ml (1tsp) baking powder  
75ml (3tbsp) olive oil  
24 raw Tiger prawns, shelled

### Ingredients for the tomato salsa:

1kg tomatoes  
50ml (2tbsp) olive oil  
1 clove garlic, chopped  
1 onion, chopped

### Ingredients for the sauce:

500g Brazil nuts  
500ml milk

Heat the palm or vegetable oil in a large frying pan and sauté the garlic, sweet peppers and onion for 4-5 minutes stirring occasionally until softened. Add the shrimp paste and tomato purée to the sautéed vegetables and cook on a low heat for 2-3 minutes. Stir in the coconut milk and simmer for 3-4 minutes. Stir the breadcrumbs into the vegetables. Remove from the heat and allow to cool slightly. Stir in the flour, coriander, egg yolks and baking powder. Season with salt and freshly ground black pepper. In a large bowl, whisk the egg whites until they are firm and form stiff peaks. Stir some of the egg whites into the mixture to loosen it slightly, then gently fold in the remaining egg whites. Let this rest for 1 hour. Preheat the oven to 180°C, 350°F, gas mark 4. Pour the mixture into a lightly greased 20-23cm round, loose-bottomed spring release cake tin and cook for 35-40 minutes until risen and golden. Remove from the tin and allow to cool slightly. Meanwhile make the tomato salsa: cut the tomatoes in half and remove the seeds. Cut the flesh into small cubes. Heat the olive oil in a pan and add the onion and garlic, sauté for 3-4 minutes, then stir in the tomatoes. Simmer for 15 minutes. Blend the Brazil nuts with the milk in a food processor. Sieve the mixture to separate the liquid from the pulp. Heat the liquid and season with salt and freshly ground black pepper, add the pulp and stir until it loosens. Heat the olive oil in a frying pan and cook the prawns until they have turned pink. To serve slice the blini and arrange 3 pieces on each plate. Place a little tomato beside each one and place 3 prawns on top. Add the Brazil nut cream and serve.