

SIRROMET



A FIVE STAR WINERY



SPLIT LOCAL MORETON BAY BUGS

Serves: 4 Preparation: 45 mins Cooking: 10 mins

Ingredients

- 8 large green bugs split and washed
- 1/2 cup GF flour
- 1/2 cup fine rice flour
- 1/4 teaspoon bicarb soda
- 2 egg whites whipped to firm peaks
- 1 bunch shallots, sliced
- 1/2 cup cashews, crushed
- 2 tbsp peanut oil
- 2 tbsp coriander, chopped
- 1 tbsp lemongrass, finely sliced
- 1 red chilli, finely sliced
- 2 cloves garlic, crushed
- 1 tbsp minced ginger
- 100 grams dark palm sugar
- 1 cup Chinese rice wine
- 1/3 cup soy
- 400ml water
- 2 tbsp tomato paste
- 1 tbsp cornflour mixed in 1/3 cup water

SIRROMET



A FIVE STAR WINERY



SPLIT LOCAL MORETON BAY BUGS

Serves: 4 Preparation: 45 mins Cooking: 10 mins

Method - Sauce

1. Sauté coriander, lemongrass, chilli, garlic and ginger in peanut oil until soft.
2. Add palm sugar, rice wine, soy and water. Add tomato paste.
3. Bring to the boil, simmer for 10 minutes.
4. Thicken with cornflour and water mix. Set aside.

Method

1. Heat deep fryer to 170°C
2. Place cut side of bug in flour, shake off excess
3. Dip cut side in batter mix and place in fryer. Cook 4 at a time.
Remove and drain. Continue until all are browned
4. Refry bugs. Drain well. Place on large shared platter. Pour over sauce.
5. Garnish with sliced shallots and crushed cashews.

Wine match

2012 Vineyard Selection Pinot Gris

Shop Now >>