WILL MEYRICK

MALAYSIA / PENANG UNLOCKED

PENANG PRAWN MEE

Penang prawn mee is a clear, strong prawn broth made with pork bones, Chinese sausage and fried prawns, served over noodles. It has no coconut milk. The whole dish rests on the prawn stock.



SERVES	PREP	COOK	TOTAL	DIFFICULTY	SPICE
4	30 min	1 h	1 h 30 min	Medium	Mild

INGREDIENTS

FOR THE PRAWN STOCK

- 500 g whole prawns, shell and heads on
- 300 g pork bones
- 2 Chinese sausages (lap cheong), sliced
- 2 tbsp dried prawns, rinsed
- 3 shallots, sliced
- 4 garlic cloves, crushed
- 2 tbsp neutral oil
- 2 l water
- 1/2 tsp white pepper
- Salt and sugar, to taste

FOR THE BOWLS

- 400 g yellow egg noodles, or thin rice vermicelli
- 100 g bean sprouts
- 2 eggs, hard-boiled and halved
- Fried shallots, to serve

METHOD

PREPARE THE PRAWNS

1. Peel the prawns, keeping the heads and shells. Set the prawn meat aside in the fridge.

FRY THE BASE

2. Heat the oil in a large pot over medium-high heat. Fry the shallots, garlic and dried prawns for 2 minutes. Add the prawn heads and shells and fry for 4 to 5 minutes, pressing them, until the pot smells toasty and the oil is orange.

MAKE THE STOCK

3 Add the pork bones, Chinese sausage and the water. Bring to a boil, then simmer gently for 40 minutes, skimming the top. Strain the stock and return it to the pot. Season with white pepper, salt and a pinch of sugar.

COOK THE PRAWNS

4 Drop the prawn meat into the simmering stock for 1 to 2 minutes, until pink and just cooked. Lift them out.

ASSEMBLE

5 Blanch the noodles and bean sprouts in boiling water for 20 to 30 seconds and divide between four bowls. Top with prawns, slices of the sausage and half a boiled egg. Ladle over the hot stock and scatter with fried shallots.

USEFUL SHORTCUTS FOR HOME COOKS

Press the prawn heads hard while frying, as that is where the flavour of the stock comes from.

The stock can be made a day ahead and gets better.

Serve with a spoon of chilli paste on the side if you like heat.

In episode 6 of Penang Unlocked, Will and Maxie visit Green House, known for its late-night bowls of hot prawn broth. It has taken a mission to get there. The stall opens from about 4 in the afternoon until late, so it is a place for after a few drinks or when you need a good noodle soup.The system is...