



Maria Hines Chef/owner of Maria Hines Restaurants (Tilth, Golden Beetle, Agrodolce) Seattle, Washington mariahinesrestaurants. com



Winner of the 2009 James Beard Award for Best Chef, Northwest, Maria Hines has been turning heads since she took the helm at Seattle's Earth & Ocean in 2003. In 2005, she was named one of Food & Wine's 10 Best New Chefs, and she went on to open Tilth, in September 2006. It was named one of the top 10 best new restaurants in the country in 2008 by New York Times critic Frank Bruni.

Hines competed in *Top Chef Masters* in 2010 and later that year appeared on Food Network's *Iron Chef America*, where she won the "Battle of Pacific Cod." In early 2011, she opened Golden Beetle restaurant and bar, which offers Eastern Mediterranean cuisine and craft cocktails. She followed that up in 2012, with Agrodolce, a casual trattoria in Seattle's Fremont neighborhood with a focus on Southern Italian and Sicilian food. All three of Hines' restaurants have earned the highly esteemed organic certification from Oregon Tilth.

She has been a board member of PCC Farmland Trust since 2008 and is a founding member of Seattle Restaurant Week. Hines was a semifinalist for a James Beard award for Outstanding Chef in 2013. Most recently, she was inducted into the first American Chef Corps by the U.S. Department of State. \*\*

# **Butter-poached spot prawns** with couscous, avocado, and grapefruit

## SERVES 4

Technically a shrimp, spot prawns are hard-to-find shellfish with a sweet, lobster-like flesh. They are harvested along the West Coast and must be sold alive in well-chilled water. Look for them at well-stocked Asian markets or seafood specialty shops.

## Gastrique

1 cup sugar

2 cups grapefruit juice with pulp

## **Spot Prawns**

12 extra-large spot prawns, roe intact

#### Avocado Purée

2 ripe avocados, pitted and sliced 2 oz. (4 tbsp.) lime juice 1/4 cup olive oil Salt and pepper to taste

### Couscous

1 cup Israeli couscous

# **Grapefruit**

2 tbsp. olive oil

1 clove garlic, minced

1 tsp. minced shallots

1 grapefruit, peeled and segmented, membranes removed

Juice of half a lemon

1 tbsp. each finely chopped parsley, chives, and mint leaves

#### **Butter sauce**

1/4 cup dry white wine 3/4 cup heavy cream 1 bouquet garni\* 1/4 cup butter

Salt and pepper to taste

- **1. Place** sugar in a pan with just enough water to make it look like wet sand. Heat over medium heat until sugar begins to brown and is almost caramelized, about 5 minutes. Once sugar is melted, add grapefruit juice and reduce until thick like honey, 10 to 15 minutes. Set aside.
- **2. Peel** spot prawns, being careful to avoid the barbs on their tails. Reserve roe to make sauce. Discard shells (or save to make a seafood stock); set prawns aside.
- **3. Mix** avocados, lime juice, 3 cups cold water, and olive oil together in a blender until smooth. Make sure to add olive oil gradually. Purée should resemble yogurt in consistency. Season to taste and set aside.
- **4. Cook** Israeli couscous according to package directions.
- **5. Meanwhile,** warm 2 tbsp. olive oil in a skillet over medium-high heat. Add garlic and shallots to pan and sauté for 30 seconds. Add grapefruit just long enough to warm it, then add salt and pepper to taste and a squeeze of lemon juice.
- **6. Combine** sautéed grapefruit with cooked Israeli couscous. Stir in chopped parsley, chives and mint leaves: set aside.
- 7. Add white wine to a small saucepan and cook over medium-high heat until reduced by half. Add cream and bouquet garni. Bring mixture to a simmer, add butter, and whisk to combine. Add salt and pepper to taste and reserved prawn roe. Stir to combine. Reduce heat to medium-low. Add prawns and leave them to poach until flesh turns pink, about 4 minutes. Do not overcook prawns; they should not be too firm.

**8. Pool** avocado purée onto each of four plates. Spoon couscous-grapefruit mixture onto purée. On each plate, arrange three prawns atop couscous. Finish by spooning butter sauce in a circle around avocado purée, and then spooning a circle of grapefruit gastrique around butter sauce. \*\*

\*Bouquet garni is a bundle of aromatic herbs and spices tied together with string or tucked into a cheesecloth bag that is used to add flavor to soups and stews. It is removed before consuming. You can find the components of a bouquet garni in the fresh herbs section of your supermarket or you can make your own from homegrown herbs (thyme, parsley stem, and leek, wrapped and tied with bay leaves, white peppercorn, and coriander in cheesecloth.)

NOTES:			