



REEL TALK

March 2022



Surf Casting and Angling Club of WA (Inc.)

March 2022 : Reel Talk Contents

Cover	Mal at Kalbarri
	Contents
	Club Committee and Life Members
5	President's Report
5	2021 – 22 Field Days
6	Drycasting Report and Results
7	Looking Back to Kalbarri
10	Quabba Safari
11	Rotto Fishing
12	March Birthdays
12	February Field Day Report
14	Field Day Venues for 2022 – 2023
16	Prawn Recipes
19	Hints of storing, thawing, shelling prawns

Club Committee for 2021-22

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SCAC Life Members

George Holman, Ian Cook, Bob Henderson, Terry Fuller, Mal Head, Peter Osborne

Deceased life members:

Vic Davis, Doug Edward, Lloyd Dunn, Dudley Brown, Noel Knight, Les Shand, Ron Kildahl, Bob Klein, Jim Strong, Eric Parker



President's Report - March 2022

I have been preparing for our March field day in Bremer bay and then the trip to Thomas river east of Esperance, we have a good group going so it should be a great trip, I am looking forward to so serious fishing and camping once we get out east of Esperance, our trip 2 years ago was so good I can only hope we get something similar this year

I would like to encourage anyone that has not been to Rottnest to give it a try, for the May trip the club will be paying for the accommodation and bus so this will make it a very affordable trip, please contact me if you are thinking of going.

Victor Schilo is going to be stepping down in June so we need to replace him as Treasurer and Reel Talk editor, if you can help out, please contact me.

Martin Wearmouth; President

Field day venues for 2021/2022

Dates	Venue	Boundaries
5 - 7 March 2022 Long Weekend	Bremer Bay area and Open We plan to fish Bremer Bay area Lines down 6am Saturday Lines up 9am Monday	Open anywhere in WA
16 April – 18 April 2022 Easter Long weekend	Bluff Creek area and Open Lines down 6am Saturday Lines up 9am Monday	Open anywhere in WA
Local boundaries are from Lancelin in the North to Preston Beach in the South Lines Down on Standard weekends – Saturday 9.00am Lines up on Standard weekends – Sunday 9.00am Lines Down for long weekends and Rottnest – Saturday 6.00am Lines up for long weekends and Rottnest – Monday 9.00am Sign-on / Weigh-in times, possible fish together spots and locations to be decided at the general meeting prior to the Field Day		

Urgent NOTICE

Change of date for March General Meeting **Wednesday 16th**

Croatian Club in Wishart Street Gwelup

Meal at 7.00pm with meeting at 8.00pm

New proof of vaccination rules:

As of 1st February, **Unvaccinated West Australians** will be barred from a huge number of locations. **Proof Members have been vaccinated will be required to attend SCAC meetings at the Croatian Club.**

To avoid any embarrassment Please ensure that you have the necessary "Passport" with you.

DRY CASTING – 7^H February 2022

It's not very often everybody has a good or even a reasonable day, but last Monday was one of those days, apart from Klaus in his DHA event with a total of 63. Everybody did well, for example the lowest score in the SHA was 24 and the highest was 34 followed by 33 by Gary. In the DHA 154 was the best, followed by Bob with 150. In the distance events the wind picked up quite considerably as the morning went on which meant for longer casts, but sometimes little things happen to prevent things improving. I had by first cast with 56gr 151.62, not bad, but winding in I noticed a small tangle, so instead of taking a chance that nothing would happen I used my 4oz rod just to be safe but dropped 11m. Oh well sh..... happens. The longest cast in the art bate was 136.08m and in 112gr 166.21 was the best cast for the day.

The next dry casting day will be held on Monday 14th March.

DCO Ron Thomas

SURF CASTING & ANGLING CLUB														
Dry casting results - 7th February 2022														
	56gram					Artificial Bait					112gram			
	Cast	Cast	Total			Cast	Cast	Total			Cast	Cast	Total	
VETERANS	1	2		%		1	2		%		1	2		%
BOB HENDERSON	141.07	136.86	277.93	94.79		112.50	104.39	216.89	81.17		142.22	139.02	281.24	85.47
GARY GILDERSLEEVES	142.22	133.87	276.09	94.42		120.10	121.58	241.68	90.44		142.41	147.37	289.78	88.06
MAL HEAD	74.92	94.26	169.18	57.85		85.75	90.32	176.07	65.84		104.93	79.33	184.26	55.99
KLAUS SCHONWOLF	99.00	103.78	202.78	69.35		92.43	96.85	189.28	70.83		110.69	101.17	211.86	64.38
RON THOMAS	151.62	140.78	292.40	100.00		136.08	131.12	267.20	100.00		162.84	166.21	329.05	100.00

SURF CASTING & ANGLING CLUB																					
Dry casting results - 7th February 2022																					
	Double Handed Accuracy										Single Handed Accuracy							Total	Attendance	Total	
	Target number										Target distance								D/Casting	Points	
VETERANS	3	3	1	1	4	4	2	2	Total	%		1st	2nd	1st	2nd	Total	%		%		
BOB HENDERSON	21	21	20	16	13	18	24	18	151	98.05		7	8	5	4	24	70.58		430.06	10	440.06
GARY GILDERSLEEVES	17	16	23	16	11	18	22	20	143	92.85		7	9	8	9	33	97.05		462.82	10	472.82
MAL HEAD	11	23	15	15	23	6	18	18	129	83.76		10	9	2	9	30	88.23		351.67	10	361.67
KLAUS SCHONWOLF	1	0	8	20	0	0	15	19	63	40.90		6	9	9	0	24	70.58		316.04	10	326.04
RON THOMAS	21	20	21	19	19	18	18	18	154	100.00		10	8	7	9	34	100.00		500.00	10	510.00

		<u>VETERANS BEST CASTS FOR THE YEAR 2021 - 2022</u>													
LONGEST 56 GRAM								157.57			RON THOMAS				
LONGEST ARTIFICIAL BAIT								137.80			RON THOMAS				
LONGEST 112GRAM								166.21			RON THOMAS				
HIGHEST DOUBLE HANDED ACCURACY								166			GARY GILDERSLEEVE				
HIGHEST SINGLE HANDED ACCURACY								34			BOB HENDERSON & RON THOMAS				
		<u>SENIORS BEST CASTS FOR THE YEAR 2021 - 2022</u>													
LONGEST 56 GRAM								123.68			MARK HANSEN				
LONGEST ARTIFICIAL BAIT								109.01			MARK HANSEN				
LONGEST 112G								129.06			MARK HANSEN				
HIGHEST DOUBLE HANDED ACCURACY								163			MARK HANSEN				
HIGHEST SINGLE HANDED ACCURACY								29			MARK HANSEN				

Looking back on my fishing trips to Kalbarri

I was going through some of my fishing photos in my younger days back in early 2000 when I fished around Kalbarri and Geraldton areas. I would always bait cast with lures and Gardies about 25cm long with good results especially casting into white water. Using a Gardie you can usually get about half a dozen casts as it doesn't break up like a mulie.

When fishing at night I would use Mulies, Mullet and Tailor fillets with glow sticks when fishing for Mulloway. I am a firm believer in the glow stick and have had good results. Another good idea is to put your bait to thaw out in sea water. The bait does not go soggy and can be used the next day.

I did get a mention in the West Australia when I fished Flat Rocks in Geraldton. My first 3 casts resulted in a 5.5kg Mulloway, a Dufish and another Mulloway which surprised my fellow fishing mates who had been fishing for hours with no luck. I gave one of them my star light rig and within a few casts he landed a good size Mulloway. That's how I became hooked on glow sticks. Another good reason to use glow sticks is that you can see it easily when you are retrieving your rig.

Geraldton and Kalbarri were always my favourite fishing spots and have spent many happy fishing days up there on field days and family holidays. Usually go up around October – November.

Tight lines

Mal Head

Bright idea for surfcasters

THE Surfcasting and Angling Club spent the long weekend fishing the reef and beach area around Greenough and behind the S-Bend Caravan Park.

Tailor were scarce. Only a handful were caught and the swell and weed made things difficult. George Holman took the most impressive specimen at 1.25kg.

Mal Head was the star performer, with several mulloway and tailor. His catch also included an 8kg jewfish from the beach.

He was off to a flying start when he walked down between two anglers who had been fishing one area of beach for two hours.

Head's first cast was rewarded with a 5.5kg mulloway, which left the other anglers wondering what they were doing wrong.

The answer was closer than they realised. Head says his terminal rig is easier to find when retrieving and re-baiting if he fits it with a little light-stick, and is now in the habit of using the trick on his surf rigs all the time.

Tackle shops sell the 45mm-long lights which are attached to the line with clear plastic tube.

RON Sells and Harry Protoulis also had a brilliant day's bottom fishing on Monday, just west of Rottnest, but the only jewfish they found were undersize.

But exercise was provided by a quartet of samsons: two around 10kg, one at 20kg and the big brother of them all, a whopping 37kg gutted.

A trio of 5kg snapper, a 3kg grey-banded rock cod and a slightly smaller breaksea cod kept up the variety.

They also caught three knifejaws, at around 1.5kg each.

The skippy haven't disappeared yet either. The duo's bag included 15 fine specimens, ranging from less than a kilo to over three.

Fremantle tides

Predictions: Today: 3.57am 0.8m (H). 2.11pm 0.5m (L). 10.57pm 0.7m (H). 11.31pm 0.7m (L). Monday: 5.26am 0.8m (H). 2.12pm 0.5m (L). 8.53pm 0.7m (H). Tuesday: 12.51am 0.7m (L). 7.01am 0.8m (H). 2.10pm 0.5m (L). 8.33pm 0.8m (H). Wednesday: 2.07am 0.6m (L). 8.23am 0.8m (H). 2.26pm 0.6m (L). 8.42pm 0.8m (H). Thursday: 3.14am 0.5m (L). 9.37am 0.8m (H). 2.37pm 0.6m (L). 8.54pm 0.9m (H). Friday: 4.12am 0.4m (L). 10.41am 0.7m (H). 1.53pm 0.6m (L). 9.13pm 0.9m (H). Saturday: 5.13am 0.4m (L). 11.40am 0.6m (H). 1.59pm 0.6m (L). 9.37pm 1.0m (H).

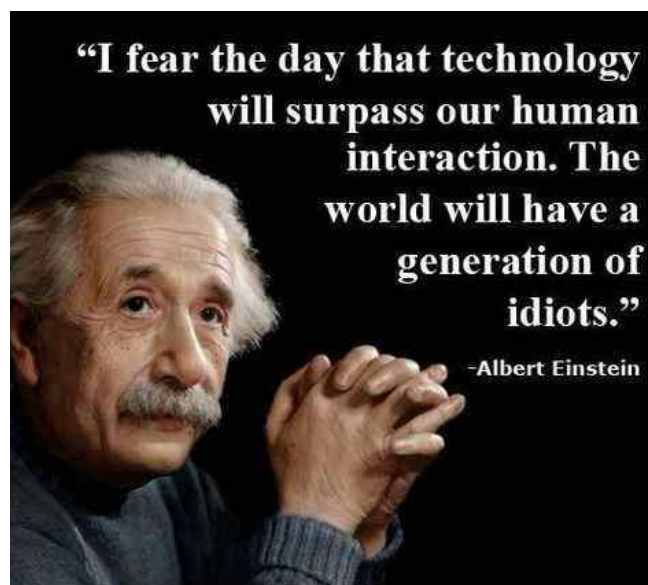




Fishing in Sri Lanka

**DON'T
TRUST EVERYTHING
YOU SEE.
EVEN SALT LOOKS
LIKE SUGAR.**

In life,
it's important to know
when to stop arguing
with people and simply
let them be wrong.



Surf Casters Quobba Station safari July 2022

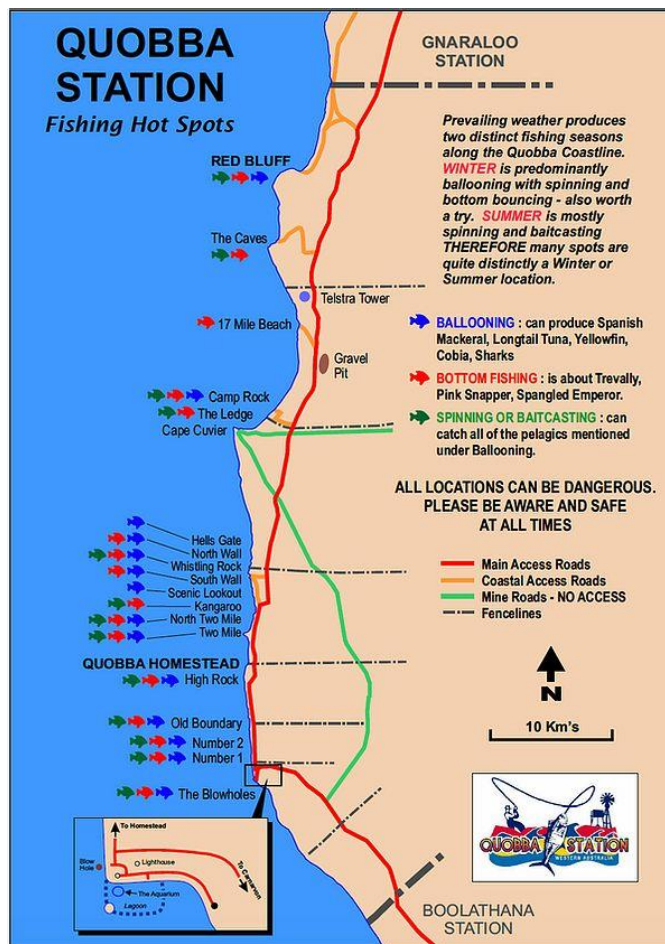
- Check In Date Saturday 16th July 2022
- Check Out Date Sunday 24th July 2022
- Number Of Nights 8

Staying at The Long Cottage – **Contact Martin if you are interested in going ASAP**

The Long Cottage sleeps 8 people, with one double bed, six singles. It consists of a self-contained kitchen covered verandah, shower and toilet facilities (donkey hot water system – you have to light a fire under 'donkey' to heat water for shower), 24-hour power to lights and fridge (10-hour power to power points and BBQ facilities). This cottage is ideal for larger groups or the budget minded family.

*Bed linen/towels/pillows NOT supplied.

**Fire wood collection is not allowed on the station so please bring your own supply for the Donkey hot water system, otherwise wood can be purchased at the office.

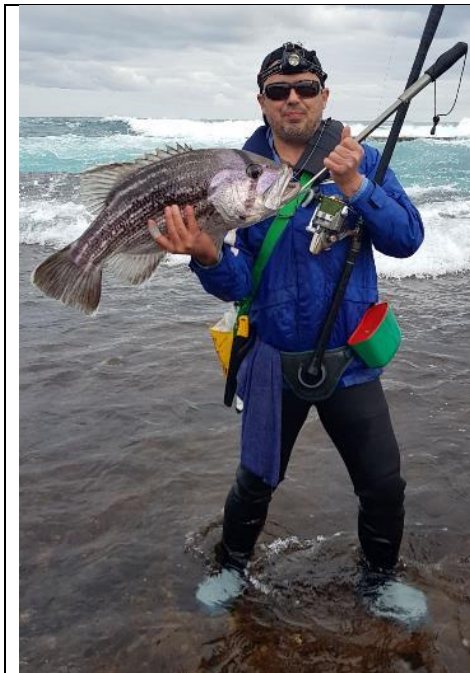


Surf Casters Rottnest 2022 fishing trips

The club has now booked the May and August 2022 Rottnest fishing trip accommodation, these trips can produce some fantastic fish so if you have not attended before please consider trying a trip with us. **Please contact Martin for more information and to secure your spot, numbers are limited to 12.**

Dates	Venue	Boundaries
28 -30 May 2022 New moon 30th Leave from Fremantle PM Friday 27/5/2022 Return to Fremantle PM Monday 30/5/2022	Rottnest Island and Open Lines down 6am Saturday Lines up 9am Monday	Rottnest and Open anywhere in WA
27 – 29 August 2022 New moon 27th Leave from Fremantle PM Friday 26/8/2022 Return to Fremantle PM Monday 29/8/2022	Rottnest Island and Open Lines down 6am Saturday Lines up 9am Monday	Rottnest and Open anywhere in WA

These are some fish for the last few years



Tino with a nice Dhu Fish



Sabby with a big Skipper



Sabby with a YTK



Peet with a YTK



Sandra with a Emperor



Martin with a Harlequin fish

The Club is fully subsidising the accomodation and bus so this is your opportunity to go and enjoy a great week-end of fishing

Birthdays are back..... March



John Curtis 1st;

Steve Harrison 1st;

Klaus Schonwolf 21st

Maureen Wignell 22nd;

Rita Pizzolante 25th;

Jason Zerella 30th

Surf Casters February 2022 field day

9 Surf Casters fished in the February field day:

Peet, Sandra, David, Morris and Norm fished at Preston Beach, and all managed a few fish.

Ron fished at Quinn's beach but could not fish long due to a lot of seaweed in the water.

Mark fished the north mole at noon Saturday, had 3 casts and caught three blowies, pull the pin early in disappointment.

Geoff fished at Floreat beach and had a good bag of tailor.

Gary fished at Hillary's but did not catch anything.

Top scores up to February		
Rank	Angler	Total points
1	Ron Thomas	1638.8
2	Martin Wearmouth	1629.0
3	Peet Wessels	1172.9
4	Mark Hansen	971.5
5	Sandra Wessels	773.5
6	Vince Tomazin	734.8
7	Gary Parkinson	446.1
8	Sabby Pizzolante	361.7
9	Tino Baiardo	355.8
10	Justin Rose	349.2
11	Chris Stickells	298.7
12	Alan Green	250.7
13	Shane Wignell	170.3
14	Robert Wilding	153.2
15	Brad Zaknich (visitor)	148.0
16	George Matrakis	138.6
17	Stuart Waterman	130.1
18	Theo Van Niekerk	109.2
19	David Wilding	99.0
20	Sarah Wignell	87.6
21	Oliver Wessels	75.5
22	David Wessels	66.0
23	Norm Vojdinoski	56.6
24	Helen Carnell	56.1
25	Ian Taggart	55.0
26	Dom (visitor)	52.3
27	Morris Kolman	49.6
28	Geoff Raftis	49.0
29	Steve Harrison	35.1

ANGLER		Species Tailor	Species Herring Australian	Species Stingray Eagle	Species Toadfish weeping, Blowie	Total weight	No. of Species	No. of fish	F.D. points	Attendance			Total points
										Field Day		General Meeting	
Peet Wessels	Number	7	6										
	Total weight	1.96	0.60			2.56	2	13	58.6	1		1	78.6
	Weight of best												
Sandra Wessels	Number	6	5										
	Total weight	1.68	0.50			2.18	2	11	52.8	1		1	72.8
	Weight of best												
David Wessels	Number			1									
	Total weight			4.50		4.50	1	1	56.0	1			66.0
	Weight of best												
Norm Vojdinovski	Number	7											
	Total weight	1.96				1.96	1	7	36.6	1		1	56.6
	Weight of best												
Morris Kolman	Number	2	1										
	Total weight	0.56	0.10			0.66	2	3	29.6	1		1	49.6
	Weight of best												
Geoff Rafitis	Number	5											
	Total weight	1.40				1.40	1	5	29.0	1		1	49.0
	Weight of best												
Mark Hansen	Number				3								
	Total weight				0.15	0.15	1	3	14.5	1		1	34.5
	Weight of best												
Ron Thomas	Number		1										
	Total weight		0.10			0.10	1	1	12.0	1		1	32.0
	Weight of best												
Gary Parkinson	Number												
	Total weight												
	Weight of best									1		1	20.0

Field day venues for 2022/2023

Dates	Venue	Boundaries
28 -30 May 2022 New moon 30th	Rottnest Island and Open Lines down 6am Saturday Lines up 9am Monday	Rottnest and Open anywhere in WA
11 - 12 June 2022 Full moon 14th	Open - Cape to Cape area Lines down 6am Saturday Lines up 9am Sunday	Open anywhere in WA
16 - 18 July 2022 Long weekend due to safari Full moon 14th	Open Lines down 6am Saturday Lines up 9am Monday	Open anywhere in WA
16 - 24 July 2022 Quobba Station safari	Quobba Station safari 2 fishing days to be chosen by traveling group once at the location	Quobba Station area
27 - 29 August 2022 New moon 27th	Rottnest Island and Open Lines down 6am Saturday Lines up 9am Monday	Rottnest and Open anywhere in WA
24 - 26 September 2022 Long Weekend New moon 26th	Open – Dongara area Lines down 6am Saturday Lines up 9am Monday	Open anywhere in WA
22 - 23 October 2022 New moon 25th	Yallingup to Preston Lines down 6am Saturday Lines up 9am Sunday	Yallingup to Preston and local as below at bottom of page
26 - 27 November 2022 New moon 24th	Lancelin to Jurien Bay Lines down 6am Saturday Lines up 9am Sunday	Lancelin to Jurien Bay and local as below at bottom of page
10 - 11 December 2022 Full moon 8th	Lancelin to Leeman Lines down 6am Saturday Lines up 9am Sunday	Lancelin to Leeman and local as below at bottom of page
21 – 22 January 2023 New moon 22nd	Open Lines down 6am Saturday Lines up 9am Sunday	Open anywhere in WA
4 - 5 February 2023 Full moon 6th	Lancelin to Jurien Bay Lines down 6am Saturday Lines up 9am Sunday	Lancelin to Jurien Bay and local as below at bottom of page
4 - 6 March 2023 Long Weekend Full moon 7th	Open – Reef Beach Lines down 6am Saturday Lines up 9am Monday	Open anywhere in WA
8 – 10 April 2023 Easter Long weekend Full moon 6th	Open - Bluff Creek area Lines down 6am Saturday Lines up 9am Monday	Open anywhere in WA
Local boundaries are from Lancelin in the North to Preston Beach in the South Lines Down on Standard weekends – Saturday 6.00am Lines up on Standard weekends – Sunday 9.00am Lines Down for long weekends and Rottnest – Saturday 6.00am Lines up for long weekends and Rottnest – Monday 9.00am Sign-on / Weigh-in times, possible fish together spots and locations to be decided at the general meeting prior to the Field Day.		

Open fishing competition 2021/22

The Open Competition is for fish caught between 1 May 2021 and 30 April 2022, other than on Club gazetted Field days, Entries for the Open competition close **30 days after capture**. See Competition Rules Section 4.

Section	For	Minimum weight	Entry
1	Most meritorious capture	None	To be awarded by Committee
2	Best Shark	4.5 kg	
3	Best Mulloway	4 kg	4.1kg / 73 cm. Peet Wessels, Preston Beach. 31/12/21.
4	Best Salmon	3.5kg	
5	Best Dhufish	4 kg	
6	Best Tailor	1 kg	1.38kg / 55 cm. Martin Wearmouth, Dongara South Beach. 29/1/22.
7	Best Samson fish	2 kg	
8	Best fish on single handed rod maximum 4kg line class (Bait)	Legal size	
9	Best Pink snapper	2 kg	3.4kg George Matrakis, Dirk Hartog Island 17/7/21
10	Best Tarwhine	0.5 kg	0.56kg Gary Parkinson, Dongara South Beach. 29/1/22.
11	Best Mackerel	4 kg	22.5 kg Martin Wearmouth, Dirk Hartog Island 22/7/21
12	Best Skipjack trevally (southern)	0.5 kg	
13	Best Trevally (northern)	2 kg	3kg Vince Tomazin, Dirk Hartog Island 23/7/21
14	Best Flathead	0.5 kg	
15	Best Black or Yellow finned Bream	0.5 kg	
16	Best scale fish other than sections 3-15	2 kg	3.5kg Spangled Emperor, Justin Rose, Dirk Hartog island 22/7/21
17	Best fish caught on fly rod.	Legal size	
18	Best fish caught using a soft plastic or hard body lure on a single handed rod (4kg line max.)	Legal size	0.46kg Rainbow Trout, Darcy Tomlinson, Warren River – Pemberton. 3/1/2022.
19	Best fish caught by Drone	Legal size	

CRISPY SALT AND PEPPER WHITING



Ingredients

1 teaspoon Sichuan pepper
1 teaspoon chilli flakes
1 tablespoon salt
 $\frac{3}{4}$ cup rice flour
2 egg whites
oil for deep-frying
400 g whiting fillets
1 small red chilli, finely sliced
2 shallots, finely sliced
For serving
lime wedges and coriander leaves

Method

Put pepper and chilli flakes into a mortar, pound with pestle until finely ground. Place into a medium bowl, add salt and flour, then mix to combine.

Place egg whites into a separate bowl and whisk until foamy.

Heat oil in a large saucepan over medium heat until temperature reaches 180 °C. Dip fish into the egg mixture, then dip in flour mixture, tossing to coat. Repeat with remaining fillets.

Deep fry in batches for 1 - 2 minutes or until golden brown. Remove fish using a slotted spoon and place on a wire rack to drain. Toss fillets with chilli and shallots, Serve with lime and coriander leaves.

Bloody Mary Mayonnaise Dipping Sauce

Ingredients

2 kilos cooked whole Australian prawns
2 cups whole egg mayonnaise
3 tablespoons tomato juice
2 teaspoons Tabasco sauce
1 teaspoon Worcestershire sauce
Fresh lemon and celery salt to serve

Method

Place the mayonnaise, tomato juice, Tabasco and Worcestershire sauce in a bowl and mix to combine.

Serve with fresh cooked Australian prawns, lemons and celery salt.

Makes 2 cups





SALT AND PEPPER PRAWNS

Ingredients

2 kilos small green prawns
1 cup cornflour
vegetable oil for deep-frying
salt and pepper mix
2 teaspoons white peppercorns
2 teaspoons Sichuan pepper
1 tablespoon sea salt flakes

Method

To make the salt and pepper mix, place the white pepper and Sichuan pepper in a mortar and pestle and grind to a powder. Add the salt and mix to combine then set aside. Preheat oil in a large saucepan or wok to 190 °C. Place the cornflour and half the salt and pepper mix in a bowl and mix to combine. Peel prawns leaving tail intact. Add to mix and toss to coat. Shake of any excess flour and cook in batches for 2-3 minutes or until golden and crisp. Drain on kitchen paper and serve with fresh lemon and extra salt and pepper mix.



A BUCKET OF PRAWNS WITH GREEN CHILLI MAYONNAISE

Ingredients:

24 large, cooked prawns
Green chilli mayo
2 long green chillies
1 tbsp peeled & chopped ginger
2 cloves garlic, roughly chopped
1 tbsp brown sugar
Zest & juice of one lime
1 cup coriander leaves
1 tbsp soy sauce
1 cup mayonnaise

Method

To make the mayonnaise:

Heat a small fry pan over high heat & cook chillies turning for 5-10 minutes or until charred.

Discard the stalks & roughly chop. Remove or retain the seeds as required.

Place chillies, ginger, garlic, sugar, lime zest & juice, coriander & soy into the bowl of a small food processor & process for 1 - 2 minutes or until finely chopped.

Stir through mayonnaise & serve with buckets of prawns on ice.



GARLIC PRAWN PASTA

Ingredients

24 medium green prawns
 400 g spaghetti
 80 g butter
 2 tablespoons olive oil
 4 cloves garlic, sliced
 2 teaspoons dried chilli flakes
 1 lemon, zested
 2 tablespoons lemon juice
 ¼ cup flat-leaf parsley leaves, chopped
 Sea salt and cracked black pepper

Method

Peel the prawns and cut them in half lengthways.

Cook the pasta in a large saucepan of boiling salted water for 8 - 10 minutes or until al dente.

Drain reserving ¼ cup pasta water and keep warm.

Heat the butter and oil in a large frying pan over medium heat.

Add the garlic, chilli and lemon zest.

Cook, stirring for 2 minutes or until golden.

Add the prawns and cook, stirring, for 2 - 3 minutes or until the prawns are tender.

Add the pasta, lemon juice, parsley and reserved pasta water.

Season with sea salt and freshly cracked black pepper and toss to combine.



Tomato Chilli Dipping Sauce

Ingredients

6 cloves garlic, roughly chopped
 2 long red chilli deseeded and roughly chopped
 ½ brown onion, roughly chopped
 1 tablespoon chilli powder
 2 teaspoons brown sugar
 1 teaspoon smoked paprika
 2 tablespoons olive oil
 2 tablespoons unsalted butter
 1 x 400 g can crushed tomatoes
 1 tablespoon lemon juice
 Salt and freshly ground black pepper

Method

Place the garlic, chilli, onion, chilli powder, sugar and paprika in a small food processor and process until finely chopped.

Heat oil and butter in a saucepan over medium heat. Add onion mixture and cook for 5-6 minutes stirring occasionally until tender.

Add the chopped tomatoes and cook for another 5-10 minutes or until thickened. Add lemon and season with salt and pepper. Allow to cool.

Makes 1 ½ cups

Take some time out and enjoy West Australian Prawns

Hints on Storing, Thawing and Shelling Prawns:

Storing Prawns

Use a small esky to transport them after purchase.

Enjoy your prawns as soon as possible.

Leave the prawns in their shells until just before using them and store them in an airtight container in the coldest part of the refrigerator.

Prawns, cooked or raw, can be kept refrigerated for up to 3 days.

Frozen prawns can be kept for up to 6 – 8 months if stored below -18 °C

Thawing Prawns:

Frozen prawns should never be thawed at room temperature. The best way is to use a colander with a shallow tray or bowl underneath. Cover and place in the refrigerator for several hours or overnight

Thawing at low temperature helps to maintain the quality.

Prawns may also be added to dishes without being thawed as the heat of the cooking will thaw them and any juice given off will add to the flavour. Once thawed, prawns should not be re-frozen as the quality deteriorates.

Shelling Prawns:

It is slightly easier to shell a cooked prawn than an uncooked prawn, but following these simple steps should make it fast and fun.

1. Remove the head.

Grab the body of the prawn just below where the head joins the first part of the body and twist the head off.

2. Remove The Main Shell.

Hold the body firmly and use your thumb and forefinger to grip the legs and shell around the body of the prawn removing one section at a time. Repeat until only 1 or 2 sections remain.

3. Pop The Tail.

Squeeze the tail section of the prawn and the rest of the prawn should pop out. (or leave the tail section in place for impressive presentation).

Nutrition:

A platter of prawns may seem indulgent, but prawns are just delicious, they're nutritious, so it's a good thing to dive in. Prawns are high in protein, low in fat and contain zero carbs.

They are also a good source of Omega 3 EPA + DHA. Omega 3 and 6 polyunsaturated fatty acids, better known as PUFA's or "good fats". They are important ingredients to our health that the body cannot make on its own – we have to find them in our food.

Remember he who peels the slowest, gets the least prawns.

