

PRAWN PASTRIES (SERVES 6)

Delicate morsels of prawn inside a lightly fried golden crust – these scrumptious appetisers will keep you, or your guests, coming back for more. If lemon juice is a migraine trigger for you, you might consider using finely chopped lemon grass instead.

This recipe is **FREE** of the following migraine triggers:

- Caffeine
- Chocolate
- Red wine
- Aged cheese
- MSG & Nitrates
- Aspartame
- Nuts

INGREDIENTS:

FILLING

- 2 tbsp olive oil
- 1 onion, chopped
- 2 cloves garlic, chopped
- 225 g raw prawns, peeled and chopped into 3
- 250 ml (9 fl oz) water
- 4 eggs
- 250 ml (9 fl oz) milk
- 2 tbsp plain flour
- 2 tbsp cornflour
- salt and pepper
- lemon juice, to taste
- 2 tbsp chopped parsley
- pinch nutmeg

DOUGH

- 500 m (18 fl oz) water
- 500 ml (18 fl oz) milk
- 150 g (5 oz) vegetable fat
- 50 g (2 oz) butter
- pinch salt
- pepper
- 300 g (10 oz) plain flour
- 100 g (4 oz) self-raising flour
- 100g (4 oz) cornflour
- 50 g (2 oz) fine breadcrumbs

COOKING INSTRUCTIONS: FILLING

Heat the olive oil in a saucepan over a moderate heat. Add the onion and garlic and fry until the onions are golden. Add the prawns and cook for 1 minute. Add the water, stirring until the mixture comes to a boil.

Meanwhile, mix two of the eggs, the milk, flour and cornflour in a bowl. Add to the mixture in the saucepan. Add salt and pepper to taste, lemon juice, parsley and nutmeg and bring to the boil. Remove from the heat and leave the mixture to cool.

COOKING INSTRUCTIONS: DOUGH

Pour the water and milk into a large saucepan. Add the vegetable fat, butter, salt and pepper to taste. Bring the mixture to the boil. Add both flours and cornflour and mix gradually to a paste. Remove from the heat.

Roll out the dough on a lightly floured surface to 3 mm (1/8 inch) thick. Cut into 7.5 cm (3 inch) circles using a round pastry cutter. Place 1 tablespoon of filling in the centre of each circle, fold over to form half-moon shapes and press to seal the dough.

Beat the two remaining eggs and brush all over the pastries, then toss in the breadcrumbs.

Deep fry in oil heated to 190°C (375°F) until golden. Let cool and serve on a platter lined with lettuce leaves.

MAKE AHEAD

The prawn filling can be prepared up to 2 days ahead and stored in the fridge. The pastries can be assembled a day ahead, chilled and cooked just before serving.

Per serving

Kcals	742
g fat	38
g protein	18
g carbohydrate	82

For more healthy recipes designed to beat migraines see Michele Sharp's book 'Eat Smart Beat Migraine: More Than 100 Healthy Recipes for Migraine Sufferers'.

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