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Squamish Nation

COVID-19 Care Packages

**Prawns, Chicken, Pasta, Alfredo Sauce,
Napkins & Disinfectant Spray**

*Provided for Members collaboratively through
Member Services and Squamish Nation Council*

**Prawns were harvested May 9-19, 2020 in Howe Sound
For our Food, Social & Ceremonial Use
(Processed and frozen in sea water immediately on boat)**

On-Reserve Delivery:

Locations: Squamish Valley
North Vancouver
Date: Wednesday, May 27, 2020
Time: 11:00 am – 4:30 pm

**IMPORTANT: FOR EVERYONE'S HEALTH AND SAFETY,
PLEASE STAY IN YOUR HOMES DURING DELIVERY.
We will drop off the packages on your doorstep.**

Off-Reserve Pickup:

Locations: NV Fish Freezer (12 Bewicke Avenue)
Totem Hall
Date: Monday, June 1, 2020
Time: 10:00 am – 4:00 pm

Off-reserve delivery is not available.
Off-reserve members who are unable to pickup call
604-980-4553



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Basic Prawns with garlic butter:

Ingredients

- 1 tbsp [olive oil](#)
- 50g/2oz [butter](#)
- 12 large raw [prawns](#)
- 2 [garlic](#) cloves, crushed
- salt and freshly ground [black pepper](#)
- small handful [parsley](#), chopped

Method

1. In a wok or a large pan heat the oil and butter. Add the prawns and garlic and stir well.
2. Stir-fry until the prawns are pink and cooked through (about 4–5 minutes).
3. Season with salt and freshly ground black pepper and scatter the chopped parsley over. Serve at once

How to cook prawns

1. Frying prawns: To fry simply heat oil in a pan until smoking hot. Add peeled prawns and cook until pink (if using pre-cooked a couple of minutes will be enough to heat through).
2. Boiling prawns: If you prefer to boil raw peeled prawns (before adding to a prawn cocktail for example) drop into boiling water with salt and juice of a lemon and cook for 3-4 minutes until pink then drain well.
3. Grilling prawns: Large raw shell-on prawns can be grilled either on a griddle, under a hot grill or on the BBQ in the summer. Just toss in oil and seasoning then cook for about 3 minutes per side until they turn from silvery grey to bright pink. You can tell prawns are cooked when they turn pink, curl up and feel firm when squeezed.

When properly cooked, the exterior should be pink with red tails and the flesh is slightly opaque and a little “white” in color. Here's where it gets confusing because a “little white” may vary from cook to cook. **If** it is bright white in color, there's a good chance the **shrimp are overcooked**

The key is to remove them from the heat right **when** the flesh is uniformly pink, with no brown or greyish-brown spots. Perfectly cooked **prawn will** generally curl into a loose "C" shape, while **overcooked shrimp** tend to curl into a tight "C". Tightly curled **shrimp** are a sure sign of toughness.