

## PRIVATE RECIPE



### Michael's Succulent Avocado with Scallops and Prawns

- 3 ripe medium avocados
- 24 scallops
- 24 medium prawns
- ½ cup buckwheat honey
- 2 T sesame oil
- 2 T soya sauce
- ¼ tsp minced garlic
- 1 tsp butter or margarine

Cut avocados lengthwise in half and remove centre pit. Use sharp paring knife to make ¼" diagonal cuts across each avocado half, but only until the knife touches the shell. Do not cut through the shell.

Over low to medium heat, blend the honey, sesame oil, and soya sauce, stirring continuously for 3 to 4 minutes. Don't let it get too hot or it will scorch.

Sauté the prawns and scallops with the minced garlic for 2 to 3 minutes.

Place each avocado half face-up on an appetizer plate, then drizzle the mixture of honey, sesame oil, and soya sauce back and forth over each. Place 4 cooked scallops in the centre hole of each avocado half. Place 1 prawn at each side of the avocado, encircling the scallops.

Serves 6 as a predinner appetizer or use as a side dish with steaks and a Caesar salad.  
Bon appetit!

**Michael Kravetz** is a Notary in Langley, BC.



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