

# Abalone Recipes

**ADVENTURE SPORTS**



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# *Abalone Appetizers*



## ***Stuffed Abalone Appetizers***

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### **Ingredients (serves 4)**

- 3 Tenderized Abalone Steaks
- 1/8 cup flour
- 1 egg
- dash of dry sherry
- 1/2 tube of Ritz Crackers
- 1 thin slice of honey-glazed Ham
- 3 tsps grated Mozzarella Cheese
- toothpicks

### **Preparation**

- Preheat oven to 350 degrees.
- Grind Ritz Crackers into fine crumbs.
- Place cracker crumbs and flour in separate shallow bowls.
- Blend eggs and sherry in shallow bowl.
- Slice ham length wise into 3 equal strips.
- Stuff the abalone
  - Coat 1 side of an abalone steak with flour.
  - Dip floured side of abalone steak in egg mixture.
  - Place abalone steak, egged side down, on cracker crumbs.
  - Lay ham strip on abalone steak.
  - Spread 1 teaspoon of cheese over ham.
  - Roll up abalone steak lengthwise.
  - Skewer rolled up abalone with 3 to 4 toothpicks.
  - Place in an ungreased baking pan.
  - Repeat from a. for each remaining abalone steak.

### **Cooking Instructions**

1. Bake abalone rolls in oven for 15 minutes.
2. Slice rolls into quarters.
3. Serve while hot and enjoy.

## ***Abalone skewers***

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### **Ingredients (serves up to 6)**

- 1 abalone (7 inch long), sliced into steaks parallel to foot into 0.5cm slices, well pounded.
- Teriyaki sauce or Hunan Hot chili oil (or both, for variety)

### **Preparation**

Slice each steak into strips about 1 inch wide and place in a glass or stainless steel bowl (or use two bowls and do some of each). Add enough Teriyaki sauce or chili oil to barely cover the abalone, cover the bowl and allow the mixture to marinate, chilled, for at least 2 hours (overnight is OK, if refrigerated).

Thread each strip on a thin bamboo skewer, broil in broiler or over coals at a picnic just long enough to heat through. Makes a nice hors d'oeuvre.

# *Abalone California*



## *Abalone Mexicana*

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### **Ingredients (Serves 2 to 4)**

- 1 pound abalone steaks
- 2 eggs
- 3/4 cup medium-coarse cracker crumbs
- 1/4 cup finely chopped green pepper
- 1/2 cup tomato sauce
- paprika
- salt to taste

### **Preparation**

- Marinate abalone steaks in mixture of beaten eggs and tomato sauce at least 30 minutes. Remove steaks from marinade, cover each side with cracker crumbs and sprinkle lightly with green chopped pepper. Sprinkle with paprika to taste. Fry in buttered, medium-hot skillet for not more than 1 minute per side. Salt to taste. Serve on a hot plate garnished with lemon or lime slices.

## *Abalone Pasta Toss*

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Takes about 1 hour 15 minutes to prepare if all ingredients are available and abalone is cleaned to point of cutting into steaks.

### **Ingredients (Serves 3 to 4)**

- 1 abalone, about 8 1/2 inches or equivalent smaller abalones
- milk to marinate
- 1/4 cup butter
- 1/4 cup oil
- 1 teaspoon dill
- 1-2 limes, slice into quarters to squeeze
- 6 cloves garlic, minced or crushed
- 1/4 cup capers
- 1/2 cup sun-dried tomatoes
- 1/4 cup coarsely grated parmesan cheese

- 12-14 mushrooms, sliced and sautéed
- 1 pound asparagus, cut into 1 1/2 inch pieces, steamed to tender crunch
- 1/2 pound linguine pasta, broken in half
- oil and dill mixture, just enough to coat pasta

### **Preparation**

After preparing abalone steaks, place in milk to marinate. This marinade can also be done over a period of the day. Clean and cut mushrooms and asparagus. Mince/crush garlic. sauté' mushrooms and steam asparagus and put in large bowl. This will be your serving dish, so make sure it will hold all ingredients. Keep warm in oven heated to about 150 degrees F. In skillet, sauté' milk-marinated abalone steaks in butter, oil and dill mixture. As the abalone cooks, squeeze lime over. Cook until you can gently cut with a fork. Start cooking linguine. Cut cooked abalone steaks into bite size pieces and add with garlic, capers, Parmesan cheese and sun-dried tomatoes to mushrooms and asparagus. When linguine is cooked al dente, drain. Coat pasta with oil/dill mixture before turning the ingredients into the bowl. Optional – do a final generous squeeze of lime over entire mixture. Suggested, but not essential, place bowl back in oven to warm.

## ***Abalone Casserole***

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### **Ingredients**

- 1 large or 2 small abalones or 4 to 6 c. leftover abalone
- 2 eggs
- 1 cup bread crumbs
- 1 cup green onion, chopped
- 1 small can Ortega green chilies washed and diced
- 1/2 pound cheddar cheese or a mixture of choice

### **Preparation**

Tenderize abalone slices, dip in beaten eggs, then into breadcrumbs. Fry abalone as usual. After frying, place layer of abalone in a buttered casserole dish. Then layer of chopped green onion, a layer of chili pepper and a layer of cheese. Repeat until dish is full. Top with breadcrumbs and dot with butter. Bake at 350 degrees for 20 to 30 minutes. I use leftover abalone it saves a lot of steps and a good use for the leftovers. Just layer as above.

## ***Sea Ranch Abalone ala Cholesterol***

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### **Ingredients (Serves 2-4)**

- 5-6 large garlic cloves, minced, not pressed (more or less, to taste)
- 4-5 dried red peppers, crushed.
- 3 tablespoon peanut oil.



- 1/4 pound salted butter.
- 1 bottle dry white wine.
- 1 small bunch Italian parsley

### **Preparation**

Heat the oil in a large fry pan almost to smoking. Quickly sauté the garlic and peppers until garlic just begins to brown. Remove and discard garlic and peppers, add abalone steaks to hot oil and fry 30-45 seconds on each side (steaks should be just barely browned). Remove abalone to warmed platter and set aside in warm oven. Add enough white wine to pan to deglaze it, stirring to loosen and dissolve browned bits. Add butter and parsley to thicken sauce. Add any juices from platter on which the abalone has rested as well.

Serve with white rice steamed with carrot coins (adds a nice color touch) with the sauce in a gravy boat to be added at the diner's pleasure.

The rest of the white wine should be consumed with the meal.

## ***Avocado Abalone***

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### **Ingredients (serves 2-4)**

- 2 small cans green chili peppers
- 1/2 pound Monterey jack cheese (a mild, creamy, semi-soft cheese. Substitute as you will)
- 1 pound tenderized abalone steaks, 1/4 inch thick
- 1 beaten egg
- 1 whole avocado
- 1/2 cup cracker or bread crumbs

### **Preparation**

Dip steaks in beaten egg, then shake in a bag with the crumbs. Finely slice the peppers, cheese and avocado. Lay ingredients on abalone steak, roll the steak tightly and secure with a wooden toothpick. Bake in uncovered casserole dish 15 minutes at 350 degrees F.

## ***Abalone Mexicana (2)***

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A variation of the Avocado Abalone

### **Preparation (serves 2-4)**

Stuff and roll the steaks as above, then quick-fry in butter until golden brown. Place steaks in a casserole dish and add a small can of tomato paste, one freshly minced clove of garlic, 1/4 onion, finely chopped. (I'd substitute a small can of Herdez Salsa Roja for the tomato paste, along with more garlic, but it's not my recipe). Cover with 1/2 cup grated Monterey jack cheese and bake at 375 degrees F until cheese has melted.

## ***Fire-Baked Abalone***

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### **Ingredients**

- 4 whole abalones in the shell.
- 1/2 cup soy sauce

### **Preparation**

Build a large wood fire on the beach in a rock-lined pit or in a barbecue. Wait until the fire has burned down to bright hot coals, then throw in whole abalones in shells. Test shells periodically with a poker when they crumble away from the meat, remove them from the fire. This usually takes 45 minutes to an hour. Cut away charred portions, then slice remainder into bite-sized chunks. Dip into soy sauce and eat on the spot.

## ***Abalone in Oyster Sauce***

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### **Ingredients**

- 2 tablespoons oil
- 1-2 tablespoons chopped garlic
- 2 teaspoons chopped ginger
- 2 tablespoons Chinese oyster sauce
- 2 teaspoons fish sauce
- 2 tablespoons water
- 1/2 pound abalone, pounded and cut into narrow strips 1 1/2" long
- 1 pound asparagus, cut into 2" lengths
- 1/4 cup cilantro
- 1 teaspoon cornstarch dissolved in 1 tablespoon water

### **Preparation**

sauté the garlic and ginger in oil in wok or heavy skillet until nearly cooked. Add oyster sauce, fish sauce and water. Bring to a boil. Add the abalone and asparagus. Cook over high heat for about 3 minutes or until the asparagus is tender. One minute before the dish is done, add the cilantro and stir the ingredients thoroughly. Pour in the cornstarch mixture. When the sauce thickens, remove skillet from heat. Serve over rice.

## ***Abalone Cioppino***

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### **Ingredients (Serves 6)**

- 1 large onion, sliced
- 1 bunch green onions, sliced
- 1 green bell pepper

- 2 whole cloves garlic
- 1/3 cup olive oil
- 1/3 cup parsley, chopped
- 16 ounce can stewed tomatoes, diced
- 8 ounce can tomato puree
- 2 cups white or red wine
- 1 cup fish stock or water
- half bay leaf
- 3 teaspoon salt
- 1/4 teaspoon pepper
- 1/8 teaspoon thyme
- 1 pound white fish, cubed
- 4 abalone steaks, sliced
- 1 dozen clams or mussels
- 1 pound prawns or crab

### **Preparation**

In a Dutch oven, sauté the onion, green onion, bell pepper and garlic in oil about 5 minutes. Add parsley, tomato puree, stewed tomatoes, wine, fish stock or water, and seasonings. Cover and simmer one hour. Remove garlic. Scrub clams or mussels and arrange them in the bottom of a large pan. Clean prawns and crack crab and place on top of clams. Add cubed fish and sliced abalone. Pour on hot soup stock and simmer until clamshells open. 20-30 minutes. Serve in large soup bowls or soup plates. Serve with sourdough French bread and green salad.



# *Abalone Steaks*



## ***Breaded Abalone Steaks***

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### **Ingredients (serves 2)**

- 1 abalone
- 1/4 cup flour
- 2 eggs
- dash of dry sherry
- 2 tubes of Ritz Crackers
- 1 teaspoon freshly ground black pepper
- dash of white pepper
- olive oil
- roll of paper towels

### **Preparation**

- Grind Ritz Crackers with black and white pepper into fine crumbs.
- Place cracker crumbs and flour in separate shallow bowls.
- Blend eggs and sherry in shallow bowl.
- Layer 4 or 5 paper towels on a serving dish.

### **Prepare Abalone Steaks**

- Slice abalone into thin (1/8" to 1/4") steaks.
- Bread the abalone steaks:
  - a. Coat both sides of one abalone steak with flour.
  - b. Dip the floured abalone steak in egg mixture.
  - c. Coat the egg dipped abalone steak with cracker crumbs.
  - d. Put aside and repeat the process from a. for the remaining steaks.
- Chill the breaded steaks.

An old Weiner schnitzel preparation trick works with this breaded abalone recipe. After breading the steaks, let them chill in the refrigerator for an hour or two. This step helps prevent the breading from falling off the steaks during cooking.

### **Cooking Instructions**

1. Heat a dry frying pan on medium high heat.
2. Wait until the frying pan is hot.

3. Add olive oil until there is approximately 1/2 cup in the pan.
4. Wait until the oil is hot.
5. Add 2 to 3 abalone steaks to the hot oil.
6. Cook on one side approximately 30 seconds.
7. Turn abalone steaks gently.
8. Cook for another 20 seconds.
9. Remove abalone steaks to the serving dish.
10. Cover abalone steaks with 2 or 3 paper towels.
11. Repeat from step 2 for the remaining abalone steaks.
12. Serve hot and enjoy.

## ***Mushroom Sauce Abalone***

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### **Ingredients (serves 2)**

- 1 abalone
- 1/4 cup flour
- 3/4 cup fine dry bread crumbs
- 2 eggs yokes lightly beaten
- 1/4 cup olive oil
- 1 garlic clove, minced
- salt
- black pepper
- white pepper
- 1 cup sliced mushrooms
- 2 tablespoons of butter
- 1 tablespoon lemon juice
- 1 teaspoon grated lemon peel
- 1 cup Half and Half
- 1 tablespoon cornstarch
- 1 tablespoon cold water
- 2 tablespoons of white wine or vermouth
- 1/4 cup grated romano cheese
- roll of paper towels

### **Preparation**

- Place breadcrumbs and flour in separate shallow bowls.
- In another shallow bowl, blend eggs and wine/vermouth.
- Layer 4 or 5 paper towels on a plate.

## **Prepare Abalone Steaks**

- Slice abalone into thin (1/8" to 1/4") steaks.
- Bread the abalone steaks.
  - Coat both sides of one abalone steak with flour.
  - Dip the floured abalone steak in egg mixture.
  - Coat the egg dipped abalone steak with cracker crumbs.
  - Put aside and repeat the process from a. for the remaining steaks.

## **Cooking Instructions**

- Cook the abalone steaks
  - Heat a dry frying pan on medium high heat.
  - Wait until the frying pan is hot.
  - Add olive oil to the pan.
  - Wait until the oil is hot.
  - Add 2 to 3 abalone steaks to the hot oil.
  - Cook on one side approximately 30 seconds.
  - Sprinkle steaks with some of the garlic.
  - Turn abalone steaks gently.
  - Cook for another 20 seconds.
  - Remove abalone steaks to the serving dish.
  - Cover abalone steaks with 2 or 3 paper towels.
  - Repeat from step 2 for the remaining abalone steaks.
- Transfer the abalone steaks to casserole dish
- sauté the mushrooms
  - Add butter and mushrooms to the frying pan.
  - Sprinkle with lemon juice and lemon peel.
  - sauté for 1 minute until just glazed.
  - Spoon over abalone.
- Pour Half and Half into frying pan and bring to a boil.
- Stir in cornstarch paste and cook until thickened.
- Stir in wine and season to taste with salt and pepper.
- Sprinkle with cheese.
- Place under broiler until cheese is lightly browned.

## ***Abalone Steaks with Eggplant and Mushroom***

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### **Ingredients (serves 2 to 4)**

- 4 large abalone steaks
- flour
- salt and pepper
- butter or olive oil
- 1 cup sliced mushrooms

- juice of one lemon
- 1 tablespoon capers
- 1 tablespoon minced parsley
- 1 lemon, sliced
- paprika

### **Preparation**

1. Sprinkle steaks with salt and pepper, dredge with flour
2. Heat 2 tablespoons oil or butter in skillet over moderate heat and sauté abalone steaks briefly. Remove and keep warm.
3. Dredge mushrooms and eggplant in flour, sauté until golden brown in 3 tablespoons oil or butter.
4. Arrange abalone on platter, cover with mushrooms and eggplant, and pour juice remaining in pan over all.
5. Sprinkle with lemon juice, capers, and parsley and garnish with lemon slices dipped in paprika.

## ***Abalone ala Cholesterol***

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### **Ingredients (serves 2-4)**

- 5-6 large garlic cloves, minced, not pressed (more or less, to taste)
- 4-5 dried red peppers, crushed.
- 3 tablespoon peanut oil.
- 1/4 pound salted butter.
- 1 bottle dry white wine.
- 1 small bunch Italian parsley

### **Preparation**

Heat the oil in a large fry pan almost to smoking. Quickly sauté the garlic and peppers until garlic just begins to brown. Remove and discard garlic and peppers, add abalone steaks to hot oil and fry 30-45 seconds on each side (steaks should be just barely browned). Remove abalone to warmed platter and set aside in warm oven. Add enough white wine to pan to deglaze it, stirring to loosen and dissolve browned bits. Add butter and parsley to thicken sauce. Add any juices from platter on which the abalone has rested as well.

Serve with white rice steamed with carrot coins (adds a nice color touch) with the sauce in a gravy boat to be added at the diner's pleasure.

The rest of the white wine should be consumed with the meal.



## ***Abalone with Korean Barbecue Sauce***

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### **Ingredients (serves 2-4)**

- 2-4 abalone steak
- 3 scallions
- 4-6 cloves garlic
- 2 cups soy sauce
- 3 tablespoons sesame oil
- 1/4 cup sesame seed, toasted/crushed
- 1/4 cup brown sugar
- 1/4 cup sherry or sake
- 1/4 cup beef stock (*optional*)
- 1/8 teaspoon black pepper (*optional*)
- 1/4 teaspoon cayenne pepper (*optional*)

### **Preparation**

1. Slice the Abalone steaks thick or thin depending on your taste.
2. Chop the scallions and crush the garlic. Combine these ingredients with the remaining seasonings in a bowl. The marinade will keep overnight.
3. Add the meat to the marinade and mix well until all sides of the abalone steaks are coated. Do not marinate abalone more than 5 minutes as the soy sauce will make them taste too salty. (However beef may be marinated for a few hours.)
4. The abalone steaks should be grilled immediately.  
Serve with rice and kimchi.



# *Abalone Saute*



## *Abalone Saute*

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### **Ingredients**

- Slices Abalone
- 1 egg, beaten
- 1/2 c. cream
- Fine cracker crumbs
- 1/2 c. butter

### **Preparation**

1-pound Abalone serves 2-3. Pound slices of Abalone very, very thin. Mix egg and cream. Dip slices of Abalone in egg mixture, dredge in crumbs. sauté in bubbling hot butter about 1 minute per side. Longer cooking toughens Abalone. Serve with cottage fired potatoes.

## *Sauteed Abalone with Beurre Blanc Sauce*

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*Traditional Style*

### **Ingredients**

- 12 abalone (prepared meat)
- 2 ounces butter (1/2 stick)
- 1 egg
- 1/2 cup flour
- 1 lemon

### **Preparation**

1. Melt butter to be used in cooking (clarify if desired).
2. Scramble egg in a shallow bowl.
3. Spread flour on a plate
4. Dip prepared abalone meat in the egg. Lay abalone in the flour and coat both sides.
5. Cook abalone in a sauté (fry) pan with the melted butter on medium heat for approximately 45 seconds per side. The coating of the abalone should be golden

brown. Caution Do not overcook. The abalone meat will become very firm if overcooked. Serve on a plate with lemon wedge. Top with beurre blanc sauce.

## ***Beurre Blanc Sauce***

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This recipe will make about 1 cup. Prepare sauce before cooking the abalone.

### **Ingredients**

- 2 large shallots, finely chopped
- 2 tablespoons white wine vinegar
- 3 tablespoons dry white wine
- 2 tablespoons whipping cream
- 1 cup softened butter, cut into 16 cubes
- Salt and white pepper to taste.

### **Preparation**

1. In a small, heavy-bottomed saucepan, combine shallots, vinegar and wine. Bring to a boil, reduce heat to medium, and simmer mixture, uncovered, until liquid is reduced to about 2 tablespoons.
2. Whisk in cream and reduce heat to low. Simmer mixture, whisking occasionally, until liquid is reduced to about 3 tablespoons.
3. Add one cube of butter, whisking constantly. When butter is nearly blended in, add another cube, stirring constantly. When butter is nearly blended in, add another cube, still whisking. Continue adding one cube at a time, whisking constantly. The sauce should be pleasantly warm and should thicken. If it becomes too hot and drips of melted butter appear, remove the saucepan immediately from heat and whisk sauce well; add 3 to 4 cubes of butter off heat, whisking constantly. When temperature of sauce drops again to warm, return to low heat and continue adding butter cubes. Whisk continuously until desired thickness is achieved.
4. Strain sauce if desired. Taste and add salt and pepper, if needed. Serve sauce as soon as possible. It can be kept warm in saucepan if set on a rack above a pan of warm water, but it must be whisked frequently to prevent separation and the temperature must be kept constant. It can also be kept warm in a thermos.

## ***Sauteed Abalone Medallions***

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### **Ingredients (Serves 4)**

- 16 - 1 oz. abalone steaks
- 2 beaten eggs
- 1 package Ritz crackers
- 1/4 teaspoon garlic powder
- 1/4 cup flour

- pepper to taste
- drawn butter

### **Preparation**

Finely crush Ritz crackers. Mix crackers with flour, garlic powder and pepper and put in shallow pan. Lightly pat steaks dry with a paper towel. Dip steaks in egg and then Ritz cracker mixture to coat both sides. Pour enough drawn butter into a pre-heated skillet to cover bottom. Place enough abalone in pan to cover the bottom of the pan. Cook for 30 seconds on each side. Serve immediately.

## ***Abalone Almondine***

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### **Ingredients**

- 4 abalone steaks
- 1 cup milk
- 1/2 cup flour
- salt and pepper
- 1/2 cup corn meal
- 3/4 cup butter
- juice of 1 lemon
- 1/4 cup finely chopped fresh parsley
- 1/2 cup slivered almonds

### **Preparation**

Pour milk in a large shallow bowl. In another shallow bowl combine flour seasoned with salt and pepper, and corn meal. Melt 1/2 cup butter over moderate heat in a heavy 12"- 14" skillet. While the butter is melting, dip each abalone steak first into the milk, then the flour mixture, so that each piece is well coated. When the butter in the skillet has stopped foaming, quickly sauté each steak on each side no more than 15-20 seconds per side. (Overcooking will cause the abalone to be tough.) As each steak is sautéed, remove from the skillet and place on a warm platter. When all the steaks are sautéed, sprinkle with lemon juice and parsley. Place platter in a warm oven.

In a heavy skillet, melt 1/4 cup butter and sauté the almonds over moderate heat for 4-6 minutes or until they are golden brown, stirring constantly. Remove the platter from the oven, pour the almonds and butter over the abalone, and serve at once.

## ***Sauteed Abalone Cutlets***

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### **Ingredients (Serves 2-4)**

- 3/4 cup dry unseasoned breadcrumbs
- 1 large garlic clove, minced

- 1 tablespoon minced parsley
- freshly ground pepper, to taste
- 1/2 teaspoon salt
- 1/3 cup all purpose flour
- 2 eggs, lightly beaten
- 4 abalone steaks
- 1/2 cup vegetable oil
- 1 tablespoon butter
- lemon wedges

### **Preparation**

In a bowl combine breadcrumbs, garlic, parsley, and a generous amount of pepper and all but a pinch of salt. Let stand for 30 minutes. Measure flour into another bowl. In a third bowl, combine remaining pinch of salt and eggs; cover and refrigerate until needed.

Meanwhile, between sheets of waxed paper, lightly pound the abalone slices until they are slightly flattened. Dip each slice of abalone into flour, coating thoroughly and shaking off excess. Then dip each slice into beaten egg, letting excess egg drip off. Dip each slice into breadcrumbs. Shake off excess crumbs.

In a 10"-12" heavy skillet over medium-high heat, heat oil; add butter. When it is melted, add as many coated abalone slices as possible without letting them touch. sauté about 20 seconds on each side. Drain slices and serve immediately with lemon wedges.

# *Abalone Oriental*



## *Pepper Lime Abalone Stir Fry*

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### **Ingredients (serves 6)**

- 1 fat Abalone
- Kernels from 3 ears of Corn or 2 cups of frozen Corn
- Cooking Sauce
  - 1/3 cup chicken bouillon
  - 2 tablespoons lime juice or juice from 3 limes
  - 2 cloves of garlic, chopped
  - A portion of Jalapeno or Santa Rosa pepper, chopped
  - 1 tsp. cumin
  - 1 tsp. sugar
  - 1 tsp. cornstarch
- 2 tbs Oil

### **Preparation**

- Slice abalone into steaks and then into slicing into 1" squares.
- If using fresh corn, remove kernels from cobs.
- Mix cooking sauce ingredients and put aside.
- Prepare some rice.

### **Cooking Instructions**

- Heat a wok on high heat.
- When the wok is hot, add oil.
- When the oil is hot, add the abalone.
- Stir-fry for 1-2 minutes
- Add corn.
- Stir-fry for 1-2 minutes
- Stir cooking sauce and add.
- Heat until cooking sauce thickens.
- Serve with or over rice.

## ***Stir Fried Abalone with Cucumber***

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### **Ingredients (Serves 2-4)**

- 1 abalone (7 inches long), sliced into steaks parallel to foot into 0.5cm slices, well pounded.
- 1 large cucumber
- 2 tablespoon dry sherry
- 1 tablespoon soy Sauce
- 2 teaspoon sugar
- 1 teaspoon salt (*optional*)
- 3 tablespoon peanut oil

### **Preparation**

Score surface of each steak at 1/4 inch (about 0.5cm) intervals about 3/4 through. Cut across scoring to make strips about 1 inch (2.5cm) wide. Peel cucumber and halve it lengthwise. Remove and discard seeds. Cut each half lengthwise again, then cut into 2 inch (5cm) lengths. Score each piece 1/2 way through at 1/8 inch (0.25cm) intervals.

Combine sherry, soy sauce, sugar and salt.

Heat oil in very hot wok, stir-fry cucumber for 2 minutes. Add abalone pieces, stir-fry for 1 minute.

DON'T OVERCOOK!

Pour sauce over cucumber and abalone in wok, cook only long enough to heat through. Serve immediately over steamed white rice.

## ***Abalone Meuniere Mandarin***

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### **Ingredients**

- 5 (7 1/2-ounce) cans abalone
- 8 ounces shrimp
- 4 ounces fat pork
- 4 ounces water chestnuts, minced
- 1 teaspoon Chives
- Ginger water, to taste (see note)
- Salt
- 1 ounce corn flour
- 4 ounces chive and ginger oil (see note)
- 2 ounces flour
- 3 eggs, beaten
- 5/8 ounce shaoxing wine



- 6 ounces chicken stock

### **Preparation**

Trim the abalone, removing rough parts, and cut into flat rounds. Chop shrimp and fat pork to a paste consistency; stir in the water chestnuts, chives and ginger water. Season with salt. Create the abalone “sandwiches” by spreading an abalone round with shrimp paste, then topping with another round. Dredge “sandwiches” in maize flour and set aside. Heat chive and ginger oil in a wok over medium heat, swirling the oil to coat all sides of the wok. Dip the abalone “sandwiches” in the flour, then in eggs. Fry in the hot oil until abalone is tender and golden. Add Shaoxing wine, chicken stock, salt. Bring to a simmer, adjust the seasonings and simmer for 3 to 4 minutes. Serve immediately.

NOTE: Chive and ginger oil is oil in which chives and ginger have been cooked. To make at home, heat 4 ounces oil in a wok set over medium heat. Toss in 1 or 2 tablespoons fresh-snipped chives and 3 slices fresh ginger. Stir-fry until fragrant, then proceed with recipe. (Remove ginger slices before serving.)

Ginger water is available in Chinese markets.

## ***Sweet and Sour Abalone***

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### **Ingredients (Serves 6-8)**

- 3 eggs
- 1 cup corn flour
- 1 teaspoon baking powder
- 1 teaspoon black pepper
- 1 teaspoon salt
- 1 to 2 cups vegetable or peanut oil (for cooking)

### **Preparation**

Beat the eggs and set aside. In a separate dish mix the flour, baking powder, pepper and salt – set aside.

Cut tenderized abalone strips into 1-inch squares. Dip slices into the beaten egg and then into the flour mixture. Cook in hot oil (1 to 2 cups) and cook until golden brown. Cook the abalone strips a second time in the same oil to make them crispy.

Pile the cooked abalone on a large plate, pour the sweet and sour sauce over the top and serve with rice.

## ***Sweet and Sour Sauce***

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### **Ingredients (serves 6-8)**

- 1/2 cup sliced carrots
- 1 onion
- 1 bell pepper
- 1/4 cup water chestnuts
- 1/4 cup bamboo shoots
- 1/2 cup of pineapple chunks
- 1 1/2 tablespoons cornstarch
- 1/2 cup water
- 1/2 cup red wine vinegar
- 1/2 cup brown sugar
- 1 cup of pineapple juice
- 2 tablespoons soy sauce
- 1/2 teaspoon red food coloring (*optional*)
- 1/2 teaspoon of chili sauce (*optional*)
- 2 tablespoons of tomato puree (*optional*)

### **Preparation of the Vegetables**

Stir fry the carrots, onion and bell pepper until tender. Remove from heat and add the chestnuts, bamboo shoots and pineapple. Set aside – this will be added to the sweet and sour sauce later.

### **Preparation of the Sweet and Sour Sauce**

Dissolve the cornstarch in the 1/2 cup water. Add the remainder of ingredients and stir. Heat in a small pan over medium-high heat until sauce boils and thickens. Remove from heat and mix in the vegetables. Adjust the amount of vinegar, sugar and pineapple juice to taste.

# *Abalone Soups*



## *Abalone Chowder*

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### **Ingredients**

- 2 abalone, cleaned and pounded
- 2 pounds fish (any white fish)
- 6-7 medium new/red potatoes, chopped
- 1 leek
- 1/2 head white cabbage, chopped
- 3-4 carrots, chopped
- 1 to 2 quarts half and half
- 1/2 to 1 gallon 2% milk
- 1 pound mushrooms, sliced
- 5-6 cloves garlic, chopped

### **Preparation**

- sauté abalone in garlic and butter, and chop into bite sized chunks.
- sauté mushrooms in butter.
- Put aside half of fish and abalone and throw everything else into a large pot.
- Add half and half and enough 2% milk to cover 3/4 of the stuff.
- Add pepper. Simmer until the potatoes are nearly done, stirring often.
- Add remaining fish and abalone, simmer until potatoes are completely done.

## *Abalone Chowder (2)*

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### **Ingredients**

- 1 lb. sliced abalone, pounded
- 2 c. water
- 6 slices bacon
- 1 log. chopped onion
- 6 chopped celery sticks
- 4 c. cubed potatoes
- 4 c. milk

- 1/2 cube butter
- 1 tsp. salt
- 1 tsp. pepper
- 1 tsp. cornstarch

### **Preparation**

Dice abalone, add to potatoes and let simmer in pot with water. Fry bacon until crisp, drain and set aside. In the bacon fat, cook onion, celery until nearly done. Pieces should be slightly crunchy. Drain and add vegetable and butter to abalone. Simmer very slowly, adding a cup of milk every 5 minutes. Salt and pepper to taste. Add cornstarch if thicker chowder is desired. Allow pot to simmer for an additional 15 minutes. Add corn if desired.

## ***Abalone Chowder (3)***

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### **Ingredients**

- 4 slices bacon, diced
- 6 abalones, pounded and cut into small cubes
- 1 large potato, peeled and diced
- 1 medium onion, finely chopped
- 1 garlic clove, crushed
- 1 and 1/2 cups hot water
- 3 cups hot milk
- 1 tablespoon butter
- salt and pepper to taste

### **Preparation**

Lightly brown the bacon and pour off all but about 2 tablespoons of the drippings. Add the abalone, potato, onion and garlic. sauté until golden brown. Add the hot water, cover the pan and simmer until the potato is tender. Add the hot milk and butter. Salt and pepper to taste.

# *Abalone Salads*



## *Abalone and Chanterelle Salad*

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### **Ingredients (Serves 2-4)**

- 1/4 pound chanterelles
- 1 teaspoon minced shallots
- 1 tablespoon olive oil
- 1 tablespoon balsamic vinegar
- 1 clove garlic, crushed
- 2 tablespoons olive oil
- Salt and pepper
- 1 cup cherry tomatoes
- Chicken or fish stock
- 1 abalone, 4-5 ounces, shucked, cleaned and sliced 1/8" thick

### **Preparation**

Preheat oven to 450 degrees F. Clean and slice mushrooms. Toss with olive oil, garlic, salt and pepper. Spread on baking sheet; roast until tender. Pour stock into a skillet to a depth of 1/2"; bring to simmer. Add abalone. Reduce heat; poach until tender, 30 to 45 seconds. Remove from liquid; let cool. Combine shallots with a pinch of salt and pepper and crush. Whisk in vinegar and oil. Adjust seasoning. Add abalone, mushrooms and tomatoes; toss to coat.

## *Monterey Bay Abalone Salad with Tomato, Beans and Truffle*

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### **Ingredients**

- 1/2 fresh Abalone, cleaned
- Butter, Lemon and Chopped Parsley for cooking
- 16 oz pound of Greens
- 8 oz French beans, blanched
- 8 oz Roma tomato, peeled, deseeded and diced
- 2 ea Bosc pears, peeled, cut into small dice
- 1 bun Baby chives, cut 1 inch in length

- 1 oz White Truffle Oil
- 1 oz Balsamic Vinegar (good quality)

### **Preparation**

- Prepare all of the produce as listed, when ready, prepare to cook the Abalone.
- Heat a medium sauté pan, add 2 oz butter, when butter starts to color, add the abalone. Cook for 1 minute on each side, finish with chopped parsley and lemon juice.
- Mix the diced pear, tomato, French beans and cut chives, season with a drizzle of the oil and vinegar and a twist of pepper and salt.
- Arrange the ingredients around the plate.
- Using the same oil and vinegar, dress the greens, arrange in the center placing the abalone on top. Pour a little of the butter from the pan over and enjoy!

## ***Abalone Salad***

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### **Ingredients (Serves 4)**

- 2 sm head red leaf lettuce
- 1 bunch arugula
- 1 small head radicchio
- 12 fresh shiitake mushrooms
- 24 chinese pea pods
- 1/4 fresh abalone
- 2 limes, or more (juice only)
- 1 1-in. fresh gingerroot - peeled and grated
- 1 freshly ground pepper
- 1 tablespoon rice vinegar
- 2 tablespoon dark soy sauce
- 4 tablespoon extra-virgin olive oil
- 1 salt, pepper
- 1 lime or lemon wedges

### **Preparation**

Rinse and dry lettuce, arugula and radicchio. Discard mushroom stems and slice tops in thin vertical slices. Rinse and dry peas. Remove abalone from shells, using handle of heavy spoon to break muscle attachments. Reserve shells. Clean abalone well, discarding undesirable parts. Clean shells thoroughly, dry and set aside. Using meat slicer, slice abalone muscle crosswise into tissue-thin pieces. If abalone can't be sliced tissue-thin, slice thin as possible and pound each slice on flat surface with mallet or flat end of cleaver until tender and almost transparent but not shredded. Combine juice of 1 lime, 1 tablespoon grated ginger and grind or two of fresh pepper in bowl. Add abalone slices and toss to coat well. Marinate 15 to 20 minutes, stirring occasionally. Combine remaining lime juice, remaining ginger, vinegar, soy sauce and 3 tablespoons olive oil in small bowl. Tear lettuce,

arugula and radicchio into coarse pieces and place in large bowl. Toss with dressing oil. Arrange greens in abalone shells or on serving plates. Set aside. Heat remaining 1 tablespoon olive oil in skillet or saute pan, add mushrooms and peas and season to taste with salt and pepper. Stir-fry briefly, just until peas turn bright green. Remove from heat and toss to mix well. Pile hot mixture on top of greens in abalone shells. Top with abalone slices. Garnish with lime or lemon wedges, if desired.

## ***Abalone Salad with Mango & Lemon Grass***

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### **Ingredients (Serves 6)**

- 6 - 8 abalone steaks
- Dressing
  - 1/2 tablespoon vegetable oil
  - 3 tablespoon lime juice
  - 2 tablespoon fish sauce
  - 1 tablespoon Thai sweet chili sauce
  - 1 clove garlic, peeled and crushed
  - 1 teaspoon grated fresh ginger
  - 1 stalk lemon grass, finely chopped
- Salad
  - A variety of lettuce leaves
  - 1/4 cup mint leaves, torn to pieces
  - 2 ripe mangos, peeled and sliced into thick strips
  - 1 pineapple, peeled and cubed

### **Preparation**

Mix all ingredients for the dressing. Place the abalone in the dressing and marinate for 1 hour. Place the lettuce and mint leaves in a salad bowl and add mangos and pineapple. Remove the abalone from the dressing and cook over hot coals on a barbeque for 1 minute. Bring the reserved dressing to a simmer. Slice the grilled abalone into thin strips. Just before serving, sprinkle the abalone strips and hot dressing over the salad.

## ***Abalone and Chanterelle Salad***

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### **Ingredients (Serves 2)**

- 1/4 lb chanterelles
- 1 teaspoon minced shallots
- 1 tablespoon olive oil
- 1 tablespoon balsamic vinegar
- 1 clove garlic, crushed
- 2 olive oil

- Salt and pepper
- 1 cup cherry tomatoes
- Chicken or fish stock
- 2 - 4 abalone steaks

### **Preparation**

Preheat oven to 450°F. Clean and slice mushrooms. Toss with olive oil, garlic, salt and pepper. Spread on baking sheet; roast until tender.

Pour stock into a skillet to a depth of 1/2" and bring to simmer. Add abalone. Reduce heat and poach quickly for 10 seconds. Remove from liquid and let cool. Combine shallots with a pinch of salt and pepper and crush. Whisk in vinegar and oil. Adjust seasoning. Add abalone, mushrooms and tomatoes; toss to coat.



# *Abalone Pickled*



## *Pickled Abalone*

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### **Ingredients (serves 6)**

- 1 bottle Pickapeppa (Jamaican pepper sauce)
- 1/2 cup white wine vinegar (rice or cider vinegar works too)
- Juice of 4-6 limes (*bottled works too*)
- 1 sliced medium onion
- 1/2 sliced sweet pepper
- 3-4 smashed cloves of garlic (*more if you like*)
- Tabasco to taste (or fresh, diced hot peppers)
- 1 cleaned 8.5 inch abalone

### **Preparation**

- Remove the foot from the shell and slice off the sole, mantle and black skin.
- Wrap the abalone in a towel and pound until the muscle begins to relax. The muscle just needs to be a bit limp not pounded to mush.
- Thinly slice the abalone with the grain (the opposite of slicing for steaks). Do not pound!

### **Cooking Instructions**

- Combine all ingredients
- Refrigerate for 3 to 48 hours. It's better after 24 hours, but the impatient among us may consume it earlier.

## *Ceviche*

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### **Ingredients (Serves 4)**

- 1/2 pound finely sliced abalone
- Lime juice to cover, approximately 1/4 cup
- 1 or 2 fresh Serrano, Fresno or other hot chilies, seeded and chopped
- 2 tablespoons chopped cilantro
- 1 tomato, peeled, seeded and chopped
- Salt to taste
- Thin slices of red onion or scallion for garnish

## **Preparation**

In a small stainless or glass bowl, combine abalone, chilies and cilantro. Cover with limejuice and toss to cover pieces evenly. Cover and refrigerate at least 1 hour. Fifteen minutes before serving, add tomato and salt to taste. Garnish with onion or scallion slices. Can also be served on a bed of greens or in avocado halves.

# *Abalone Other Ways*



## ***Abalone Thermadore***

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Abalone Thermadore is better than Lobster Thermadore, but remember that you must pound them!

### **Ingredients**

- 1 lb. abalone, pounded and diced
- 1 cup boiling water
- 1/2 cream
- 1/2 teaspoon paprika
- Pinch of celery salt
- 1 shake of Tabasco sauce
- 2 tablespoon cornstarch
- 3 tablespoon butter
- 1 & 1/2 cups white bread, shredded
- Salt & pepper to taste

### **Preparation**

Preheat the broiler. Place diced abalone in the boiling water and remove from heat after 1 minute. Let cool slightly and add cream, paprika, celery salt, and Tabasco. Simmer 5 minutes. Spoon out some of the mixture and add to the cornstarch to make a smooth paste. Add this back to the mixture and simmer another 5 minutes. Melt the butter and add to the shredded bread stirring until the butter is absorbed. Place the abalone mixture into a shallow pan (or divide into individual Pyrex dishes) and put the bread on top. Place under the broiler until the bread is browned. Salt & pepper to taste.



# *Complete Ingredient List*



Complete Ingredient List
abalone
almonds, slivered
asparagus
avocado
bacon
baking powder
bamboo shoots
bay leaf
breadcrumbs
bread, white
butter
cabbage, white
capers
carrots
celery
chanterelles
cheese, cheddar or a mixture of choice
cheese, grated mozzarella
cheese, monterey jack
cheese, parmesan - coarsely grated
cheese, romano, grated
chicken bouillon
chicken broth

Complete Ingredient List
chilies, ortega green
chili sauce
chives
cilantro
clams or mussels
corn, kernels
cornstarch
cracker crumbs
cream
cucumber
cumin
dill
eggs
fish (any white fish)
fish sauce
flour, corn
flour, white
food coloring, red
garlic
garlic powder
ginger
ginger water, to taste (see note)
half and half
ham, honey-glazed, thin sliced
hunan hot chili oil
jalapeno or santa rosa pepper, chopped
juice, lemon
juice, lime

Complete Ingredient List
juice, pineapple
leek
lemon peel, grated
lettuce
linguine pasta
milk
mushrooms
olive oil
onion
onion, red
onions, green - fresh
oyster sauce
paprika
parsley
peanut oil
pepper, black - ground
pepper, green - fresh
pepper, green bell - fresh
pepper, sweet - fresh
pepper, white - ground
peppers, red, dried, crushed.
pickappeppa (jamaican pepper sauce)
pineapple chunks
pork fat
potatoes, red
prawns or crab
ritz crackers
salt

Complete Ingredient List
salt, celery
scallion
serrano, fresno or other hot chilies, seeded and chopped
sesame oil
shallots
sherry, dry
shrimp
soy sauce
sugar, white
sugar, brown
tabasco to taste (or fresh, diced hot peppers)
teriyaki sauce
thyme
tomato
tomato puree
tomato sauce
tomatoes, cherry
tomatoes, stewed, diced
tomatoes, sun-dried
toothpicks
vegetable oil
vermouth
vinegar, balsamic
vinegar, red wine
vinegar, white wine
water chestnuts
whipping cream
wine, red



Complete Ingredient List
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wine, shaoxing
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wine, white
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