

Simple
ABALONE

RECIPES



TW@CEANS
ABALONE



HOW TO PREPARE ABALONE?

No matter what type of cook you are, knowing how to correctly prepare an abalone can mean the difference between a good dish and an incredible dish.

HERE'S HOW WE DO IT.

STEP 1:

Defrost frozen whole abalone in refrigerator overnight (preferred 24-36 hours), or place live abalone in an ice slurry for 15 minutes. Never force thaw in a microwave or warm water.

STEP 2:

Shuck - Face the sharp thin edge of the abalone towards you. Using a tablespoon, place the spoon against the muscle in the middle of the shell where it is attached, scoop out the flesh, the meat should just pop.

Be careful not to cut yourself on the shell.

Hold the shell down with the spoon and pull the meat back towards you and separate from the gut membrane.

You may need a knife to cut the membrane.

STEP 3:

Wash the abalone shell in hot water ready to use as a serving dish!

Gently wipe off the sticky residue from the abalone meat with a paper towel to remove any excess moisture. If slicing, place the abalone (foot down) on a soft cloth or paper towel to prevent sliding when slicing.

Slice abalone meat horizontally or vertically into 2mm slices.



Credit: SBS Australia

ABALONE | SNOW PEA TENDRILS | BUTTER SAUCE

By Peter Kuruvita

PRODUCT

Two Oceans Abalone frozen whole in shell or live abalone

INGREDIENTS

1 medium abalone
2 garlic cloves, finely chopped
50ml olive oil
1tsp coarsely ground black pepper
1tsp chopped parsley

100g snow pea tendrils, ends trimmed
50g butter
juice of 1/2 lemon
salt, to taste

METHOD

1. Shuck the abalone from the shell (or purchase a frozen shucked abalone and let it defrost in the fridge overnight). Hold the shell down with the spoon and pull the meat back and separate from the gut membrane. Clean the abalone meat then slice horizontal or vertical into thin slices and set aside.
2. Combine the garlic and olive oil in a small bowl.
3. Heat a heavy-based frying pan over high heat. Add the garlic oil and when the oil is hot but before the garlic burns, working quickly, add the abalone and stir to coat in the oil. As soon as the abalone starts to curl, add the pepper, parsley and snow pea tendrils and toss to combine. Add the butter and lemon juice, remove the pan from the heat and shake until the butter and juice are melted and emulsified. Season with salt and serve in the cleaned abalone shells or on plates.

"Abalone is a great conductor of other flavours. If you have a larger abalone, this is a great way to deal with them. You'll need a very sharp knife and a very hot pan - the secret is to be really quick."

PETER KURUVITA, COASTAL KITCHEN



PANKO CRUMBED ABALONE | SAMIRA'S JALAPEÑO SAUCE

By Samira Damirova from Sam's Foodie Goods

PRODUCT

Two Oceans Abalone
4 piece retail or
vacuum pack

INGREDIENTS

4 abalone, (200-250g)
thinly sliced
1 egg
Plain flour
1/2 cup Panko bread
crumbs
(Japanese bread
crumbs)
Olive oil

JALAPEÑO SAUCE

6-8 (200g) jalapeño
peppers (If you can't
get your hands on
jalapeños, use serrano
peppers or any other
green chilli peppers
with a thick flesh).
1/2 bunch (50g) fresh
coriander
1/2 cup cashew nuts
3 tbsp white wine
vinegar (or rice vinegar)
1 tsp sugar
1 tsp salt

METHOD

1. Thinly slice the abalone meat. Prepare a bowl of flour. Add abalone to flour and coat.
2. Whisk egg. Add bread crumbs, salt and pepper to a bowl.
3. Add floured abalone pieces to egg and coat with bread crumbs.
4. Heat oil in frypan. Cook abalone for 1 minute on each side or until golden.

FOR THE SAUCE

1. Wash and pat dry the jalapeños. Remove the seeds.
2. Roughly chop the coriander including the stems.
3. Place all ingredients into a food processor and whizz until smooth. Taste your sauce, if necessary add more salt or sugar.

PAN SEARED ABALONE

By Samira Damirova from Sam's Foodie Goods

PRODUCT

Two Oceans Abalone
2 piece retail or
vacuum pack

INGREDIENTS

2 abalone, thinly sliced
1 tbsp grated ginger
1/2 red chilli,
finely diced
1-2 garlic cloves,
finely diced
1 tbsp oil
1-2 tbsp lime juice

FOR GARNISH

A small handful of
coriander leaves
1/2 red chilli,
thinly sliced
Freshly cracked black
pepper (2-3 rounds)

METHOD

1. Defrost abalone in refrigerator overnight.
Slice abalone thinly horizontally or vertically into 2mm slices.
2. Mix ginger, chilli, garlic and abalone in a bowl, cover and set aside to marinate for 30 minutes.
3. Over a high heat, heat oil in a pan, then add abalone mix and cook stirring for 1-2 minutes.
4. Serve immediately drizzled with lime juice, cracked black pepper and garnished with deep fried enoki mushrooms, coriander leaves and red chilli slices.



ROASTED ABALONE | GARLIC BUTTER | TRUFFLE

PRODUCT

Two Oceans Abalone
2 piece retail or
vacuum pack

INGREDIENTS

2 medium abalone
1 tbsp butter
1/2 clove garlic
Truffle shavings

METHOD

1. Preheat oven (on grill/fan) function to 200 degrees C.
2. Finely chop garlic and push into butter.
3. Open abalone packet and drain excess juice. Gently wipe off sticky residue from the abalone meat with paper towel to remove excess moisture.
4. Gently cross scour the foot, lip and top of abalone in 6-8mm lines. Place abalone foot down on grilling rack sitting on a baking dish. Roast for 10 minutes. Melt garlic butter.
5. Remove abalone from oven, baste the left over abalone juice from baking dish over the abalone.
6. Serve in dish, baste abalone with garlic butter. Shave truffle over abalone, garnish and serve warm.



PAN FRIED ABALONE WITH LEMON AND PEPPER

PRODUCT

Two Oceans Abalone
frozen whole in shell
or live abalone

INGREDIENTS

1 medium abalone
2 tbsp grape seed
or other high
temperature oil

Cracked pepper
2 tbsp lemon (juice)
1/4 lemon slice into
segments

METHOD

1. Defrost frozen whole abalone in fridge overnight or place live abalone in an ice slurry for 15 minutes. Remove abalone meat from shell. Remove stomach from shell. Wash abalone shell in hot water ready to use as a serving dish. Gently wipe off the sticky residue from the abalone meat with a paper towel to remove excess moisture.
2. Place the abalone (foot down) on a paper towel to prevent sliding when slicing. Thinly slice abalone horizontally or vertically into 2mm slices.
3. Heat oil in fry pan to very hot, add sliced abalone and toss through oil.
4. Add cracked pepper and squeeze 1/4 lemon over abalone. Toss again through oil – remove abalone after 1 minute.
5. Add lemon segments to garnish.



ABALONE | LIVER CREAM SAUCE | PASTA OR RISOTTO

PRODUCT

Two Oceans Abalone
frozen whole in shell
or live abalone

INGREDIENTS

1 abalone liver and
abalone juice from a
whole frozen abalone in
shell or live abalone

1 clove garlic
3 tbsp butter
250ml cream
pasta or Arborio rice
stock for cooking risotto

METHOD

1. Gently remove abalone stomach away from shell . Place the stomach on a cutting board, wipe dry with a paper towel. The largest end of the stomach shall have a green coloured section (female abalone) or a white section (male abalone), this is the abalone gonads or liver. Gently trim this section away from the stomach with a sharp knife. Place the liver on paper towel and gently push out excess fluid (dark colour). Save any abalone juice/blood.
2. Thinly chop garlic.
3. Add 1 tbsp butter into fry pan on medium heat. Add chopped garlic.
4. Add abalone stomach and any juice/blood to the garlic butter and mix well the stomach into the butter.
5. Slowly add cream while mixing and breaking down the liver into the sauce. Once cream begins to bubble add 2 tbsp of butter and mix through the sauce. Remove from heat and push sauce through fine strainer.
6. Add sauce to your favourite cooked pasta or risotto.



ABALONE SASHIMI | ROSÉ JELLY | WILD SCAMPI CAVIAR

By Umar Nguyen aka Fishgirl

PRODUCT

Two Oceans Abalone
frozen whole in shell
or live abalone

INGREDIENTS

1 abalone
125ml rosé wine
31g gelatine powder

50ml boiling water
5g wild scampi caviar
1 clean abalone shell

METHOD

1. Boil 50ml water, add gelatine powder mix with whisk, once gelatine powder is dissolved, add all the rosé wine in. Mix in bowl until combined.
2. Line the base of baking tray with grease proof paper. Pour in Rosé wine. Place in fridge until set.
3. Meanwhile, if using live abalone, place in ice slurry to relax the meat for 15-20 minutes. Using a tablespoon, place the spoon against the muscle at the top of the shell where it is attached, scoop out the flesh, the meat should just pop. Hold the shell down with the spoon and pull the meat back and separate from the gut membrane. You may need a knife to cut the membrane. Using a paper towel dry the abalone meat. Slice thinly, horizontally (to obtain rose flower shape abalone slice) into 2mm slices.
4. Once rosé jelly is set. Remove from baking tray, using knife and finely chop jelly.

SERVING SUGGESTION:

Place rock salt in centre of plate, place abalone shell on top. Using teaspoon, place rosé jelly. Layer finely sliced abalone into shell. Top with scampi caviar. Or using teaspoon, place rosé jelly. Using 1 slice of abalone, roll into shape of rose and place in centre. Finish with wild scampi caviar on top of abalone rosé.



SAKE BRAISED ABALONE | ABALONE SHOOTER

By chef Mikihiro Nagai of Miki's Open Kitchen

PRODUCT

Two Oceans Abalone
whole frozen in shell
or live abalone

INGREDIENTS

6 medium abalone
(serves 6)
1 litre sake

1 daikon raddish
Wasabi
Olive oil
Fish eggs

METHOD

1. Shuck abalone from the shell, remove the gut membrane and clean the meat.
2. Put 1 litre of water and 1 litre of sake into a large pot, and bring to the boil. Then place abalone in the water and simmer for 4 hours. Leave to cool in the pot until the water and abalone are at room temperature – 2 hours.
3. Slice abalone thinly, top with a sprinkling of fish roe, thinly sliced daikon raddish and serve with wasabi and olive oil.
4. With the remaining liquid serve it as a small shooter cup.



STEAMED ABALONE | GAI LAN

PRODUCT

Two Oceans Abalone
2 piece retail or
vacuum pack

INGREDIENTS

2 medium abalone
8 slithers of fresh ginger
6 slithers orange rind

1 bunch Chinese
broccoli (gai lan)
or broccoli
Oyster sauce
or soy sauce

METHOD

1. Defrost frozen abalone in refrigerator overnight.
2. Wash and trim gai lan ready to be blanched.
3. Pour 1 litre of water into a pot to boil. Use a pot suitable for a steaming basket to be placed on top.
4. Open pack and pour remaining liquid into the pot of water. Gently wipe off sticky residue from the abalone with paper towel to remove excess moisture.
5. Place 4 pieces of slithered, peeled ginger and 3 pieces of orange rind onto the top of each abalone, place in bamboo steamer.
6. Once water boiling, place bamboo steamer on pot, cover with lid for 6 minutes.
7. Remove steam basket and place gai lan into boiling water and turn off heat.
8. Place abalone meat onto chopping board, rub ginger and orange rind into the top of abalone, place underneath the abalone before slicing.
9. Slice abalone meat vertically in 3mm – 4mm slices (not too thin).
10. Heat oyster or soy sauce in pan or microwave.
11. Drain gai lan before place on chopping board. Slice into 30mm sections.
12. Serve gai lan on a dish all sections aligned, dress with heated oyster or soy sauce. Lay sliced abalone over gai lan and garnish with sliced ginger and orange rind.



ABALONE STEAM BOAT | CHILLI SOY SAUCE

PRODUCT

Two Oceans Abalone
frozen whole in shell
or live abalone

INGREDIENTS

1 medium abalone
Soy sauce
Fresh chilli
Coriander

METHOD

1. Defrost frozen whole abalone in refrigerator overnight, or place live abalone in ice slurry for 15 minutes. Remove abalone meat from shell. Remove stomach from shell. Wash abalone shell in hot water ready to use as a serving dish. Gently wipe off the sticky residue from the meat with paper towel to remove excess moisture.
2. Place the abalone (foot down) on a soft cloth or paper towel to prevent sliding when slicing. Slice meat horizontally into thin, 2mm slices.
3. Pour 1 litre of water into pot and place on heat to boil.
4. Place 4-6 slices of abalone into bamboo basket or small stainless steel colander, one at a time.
5. Remove after 2 -3 seconds when slice begins to curl.
6. Place blanched slices into abalone shell, garnish with sliced chilli and coriander.

CHILLI SOY SAUCE

1. Slice chilli and add to soy sauce in a dipping bowl.
2. Serve immediately whilst warm with dipping sauce.

ALTERNATIVELY: Place blanched abalone slices on ice or in fridge until cold then serve in a salad.



Photo: Samira Danilkova

ABALONE | HONEY | MANDARIN

PRODUCT

Two Oceans Abalone
1 piece retail or
vacuum pack

INGREDIENTS

1 medium abalone
1 tbsp honey
1/3 cup fresh squeezed
mandarin juice
Thinly sliced capsicum
(red)

1 cup thinly sliced
baby spinach or kale
3 mandarin segments
(sliced in half)
Enokitake mushrooms

METHOD

1. Preheat oven (on grill/fan) function to 200 degrees C.
2. Add honey to mandarin juice in a cup and heat to blend.
3. Open abalone pack, drain excess juice into cup with honey and mandarin. Gently wipe off the sticky residue from the abalone meat with paper towel to remove excess moisture. Gently cross scour the foot, lip and top of abalone meat in 6-8mm lines.
4. Place abalone foot down on grilling rack sitting on a baking dish.
5. Baste top and edges of abalone with prepared glaze. Place in oven under grill, close door. Re-baste every 2 minutes. Repeat 4-5 times until caramelisation of the top and edges of abalone.
6. Prepare bed of salad/garnish with ingredients and serve.

TIP: Last baste use glazing that has spilled into baking dish to achieve nice caramelisation.

ALTERNATE: Slice into 10mm cubes and mix through salad, serve cold.



**TWO OCEANS
ABALONE
1 PIECE**

150g - 250g.

Retail pack. Wild, ocean grown greenlip abalone frozen whole in shell.



**TWO OCEANS
ABALONE
2 PIECE**

Approx. 100g.

Retail pack. Wild, ocean grown, greenlip abalone frozen meat.



**TWO OCEANS
ABALONE
4-7 PIECE**

Approx. 1kg.

Food service and retail tray. Wild, ocean grown, greenlip abalone frozen whole in shell.



**TWO OCEANS
ABALONE
READY TO EAT 2 PIECE**

100g - 150g.

Wild, ocean grown, cooked (retort) greenlip abalone meat pouch. Option with consommé or sauce.



**TWO OCEANS
ABALONE
READY TO EAT 2 PIECE
COOKED ABALONE
MEAT IN GIFT PACK**

100g-150g.

Ready to eat 2 piece cooked (retort) greenlip abalone meat pouch. Option with consommé or sauce, including polished abalone shell.



**TWO OCEANS
ABALONE
2 PIECE UP TO 18
PIECE ABALONE MEAT
VACUUM PACK.**

100g - 1kg. Wild, ocean grown, greenlip abalone frozen meat.



Photo: Russell Ord.



TW@CEANS
ABALONE



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