

**Miele**

# Pressure Steamed Abalone

By Shannon Bennett

**35 minutes**

Preparation time

**1 hour, 45 minutes**

Cooking time

**6 servings**

Serves



## INGREDIENTS

### To Assemble

250g rockmelon  
Juice of ½ lemon  
75ml grapeseed oil  
Murray River Sea Salt  
20g dill, chopped  
3 portions abalone  
250ml warm dressing  
1 cup panko breadcrumbs  
2 eggs, lightly beaten  
½ cup rice flour  
100ml vegetable oil  
Asian greens to garnish, such as shiso and wasabi leaf

### Abalone

500ml Chinese cooking wine  
500ml light mushroom soy sauce  
200ml oyster sauce  
1 onion, roughly chopped  
3 cloves garlic, crushed  
50g ginger, peeled and sliced  
2 star anise  
1 cinnamon quill  
20g coriander seeds, dry roasted and crushed  
20g cardamom pods, crushed and dry roasted  
1 dried chilli, split in half  
3 litres fish stock  
3 abalone (180g-200g each), raw, cleaned and without shell

### Warm Dressing

200ml cooking juices, from abalone  
100g brown butter  
50g sherry vinegar  
Murray River Sea Salt  
Sheep sorrel and red garnet, to serve

## **METHOD**

### **Pressure steamed abalone**

1. Place all ingredients for the abalone in a deep solid steam tray.
2. Cover with foil or a lid, place in the Pressure Steam Oven and pressure steam at 120°C for 1 hour and 20 minutes. If using a larger abalone, allow extra cooking time, for 300g a further 10 minutes cooking would be required. To test if the abalone is ready, take a metal skewer and push it into the fattest part of the abalone, there should be absolutely no resistance.
3. Rest the abalone until they have come to room temperature, at this stage, store the abalone in cooking juices until required.

### **Warm Dressing**

1. In a heavy based saucepan over a medium heat, Induction setting 6, reduce 150ml of the cooking liquid by a quarter, then add the brown butter and vinegar to taste, remove from heat. Season with salt to taste.

### **To Serve**

1. Pat the abalone dry with a paper towel.
2. Place egg in a small bowl, place rice flour onto a plate and on a separate plate place panko breadcrumbs.
3. Dip each abalone in the rice flour then the egg mixture, and then panko breadcrumbs.
4. Place a deep heavy based frying pan on medium-high heat, Induction 7, add 100ml of vegetable oil and proceed to shallow fry the abalone until golden.
5. Remove and rest on paper towel.
6. Using a sharp knife, cut each abalone in half lengthways, and place one half on each plate.
7. Remove skin from melon, shave thinly on a mandolin, dress with lemon juice, oil, salt and dill and place on each plate.
8. Drizzle a little of the warm dressing over the abalone. Place sheep sorrel and red garnet on each plate and serve.