



Miele

Steamed Abalone

By Shannon Bennett

35 minutes

Preparation time

1 hour, 45 minutes

Cooking time

6 servings

Serves

INGREDIENTS

To Assemble

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

Abalone

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

Warm Dressing

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

Miele Accessories

Steam tray

METHOD

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 steam oven and pressure steam at 100°C for 3 hour or until tender. If using a larger abalone, allow extra cooking time. 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 100 ml 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.