



Miele

Pressure Steamed Abalone

By Shannon Bennett

35 minutes

1 hour, 45 minutes

6

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.