

COOKING WITH AUSTRALIAN ABALONE

The flavour is naturally buttery and salty, thanks to the salt water in which it lives. There's a crispy and chewiness to it which makes it unique and delicious.

Flavour

The flavour of Blacklip abalone can range from mild to strong – it has an intense meaty flavour with a subtle sweetness and a savoury umami of miso soup.

Greenlip Abalone has an intense full flavour which is round along with a lingering sweetness and mild umami character of a quality chicken consommé.

Handling and Storage

Canned abalone should be drained and rinsed prior to use. Frozen abalone should be thawed slowly in a cool room overnight in an airtight container. Fresh Abalone should be always refrigerated at <5°C.

Cooking

The firm flesh of abalone is highly prized in Asian circles and is central to some of the best Oriental seafood recipes.

Abalone meat can be stir-fried, pan-fried, poached, steamed, or stewed. However, it is considered by some to be best when eaten raw, in thin strips with wasabi and soy sauce.

Another option is lightly braised abalone. With its absorbent texture that draws other flavours beautifully, braised abalone is traditionally prepared in the Cantonese cooking style using garlic, ginger, and oyster sauce.

If deep frying, the fritter is superb topped with a herb mayonnaise or minced into patties and coated with crumbs of garlic and onion. Citrus-marinated abalone combines well with shallots and parsley when pan-fried in oil or butter.

Abalone also makes a wonderful addition to salads. The best way to avoid loss of flavour and to tenderise the meat is to use the slow stewing style of cooking. Alternatively, fry it quickly on a high heat, or serve raw.

Texture and taste

The texture of abalone varies dramatically depending on its preparation form. In its raw form, it has a crisp bite with a subtle mouthfeel. Wok fried in thin strips cut against the grain, it is soft and giving. The long braised or canned abalone has the texture of a cooked cheese such as taleggio with a supple, yet firm texture and genuine bite.

Australian abalone is always a luxurious dish and is one of the most sought-after seafood delicacies in the world.



Cooking styles

Abalone can be braised, poached, stir fried, served sashimi, grilled, roasted – in all preparations, extreme care must be taken to ensure it doesn't lose its subtle flavour nor become tough.