



Flash Fried Abalone with creamy Garlic Sauce.

Ingredients

8 large Abalone, shucked and cleaned. (see notes).
2 tablespoons Vegetable Oil (or oil of choice), for frying

Creamy Garlic Sauce

2 cups of Cream
4 small Garlic Cloves, crushed.
1 tablespoon chopped Parsley
1 tablespoon chopped Chives
1 teaspoon Butter

Method

Step 1 Thinly slice the abalone and set aside.

Step 2 Melt butter in a small saucepan on a medium to low heat. Add garlic and sauté for a couple of minutes. Add cream and herbs and bring to the boil before reducing the temperature to low. Continue to let the cream mixture simmer until it starts to thicken and turns a creamy yellow colour, stirring often. This can take a while depending on the cream used. Set aside.

Step 3 Heat oil in a large frying pan, on a high heat. Sauté abalone for 30 secs in the pan then add enough sauce to the pan to coat the abalone. Sauté for a further 30 secs.

Step 4 Serve on Asian spoons (pictured) for a canape or with rice for an entrée.

Notes

As finger food serve one abalone per person at 100g per abalone in shell.

Excess sauce is wonderful over steak or other seafood.