

Abalone Stir Fry

Duncan Lu



COOK TIME

20 Minutes Prep
5 Minutes Cooking



SERVES

2-3



SUITABLE FOR

Easy - You got this!

INGREDIENTS

- 5 tablespoons neutral cooking oil
- 2 cloves of garlic, minced
- 1 small knob of ginger (20g), julienne
- 1 [Eyrewoolf frozen blacklip abalone](#) (150-200g), thawed
- 1 bunch garlic shoots or asparagus, cut into 3-4 cm pieces
- 1 small carrot, cut into thin batons.
- 1 ½ teaspoons oyster sauce
- ½ teaspoon anchovy salt or sea salt
- ½ teaspoon sugar
- 100 ml chicken stock or water
- 1 tablespoon water
- ½ tablespoon potato starch or corn starch
- 1 teaspoon sesame oil
- ½ teaspoon cracked white pepper

"Thinly sliced blacklip abalone delicately stir-fried to retain its natural umami, and complemented with crispy seasonal vegetables. This recipe asks for either fresh or individually quick frozen (IQF) abalone" – Duncan Lu, Vietnamese Home Cook

METHOD

How to prepare abalone:

- Using your hands, vigorously agitate abalone with 3-4 tablespoons of salt to remove any slimy residue, then rinse off all the salt. *Duncan's tip: Use a tooth brush to clean the abalone thoroughly.
- With a small pairing knife carefully separate the frilly outer layer of the abalone from its main body.
- Chop the frilly layer into 2-3 cm pieces and slice main body of abalone into medium sized thin slices.
- Duncan's tip: Use a sharp knife to slice the blacklip abalone as thin as you can.

How to make stir fry:

- In a medium bowl, add carrot, a pinch of sea salt and pour in boiling water to cover well. Allow carrots to blanch for 2 minutes, then strain and rinse well under cold water and set aside. *Duncan's tip: Rinsing under cold water will stop the cooking process and retain the carrots vibrant colour.
- In a large fry pan or wok on medium heat, add 3 tablespoons of oil, garlic and ginger. Cook until fragrant then remove pan off heat. Add abalone and toss for 30 seconds or until abalone starts to cook through then remove and set aside. *Duncan's tips: Slightly undercook the abalone as it'll be warmed through again in a later step. Avoid searing or scorching the abalone as this will give it a tough texture.
- Return pan to medium-high heat, add 2 tablespoons of oil and heat to smoking point. Add carrot, garlic shoots, oyster sauce, anchovy salt and sugar and stir fry for 1 minute then add chicken stock and bring to the boil.
- In a small bowl, mix 1 tablespoon of water with ½ tablespoon of potato or corn starch, and stir well until combined. Drizzle evenly into stir fry and immediately mix well.
- Return stir fried abalone and cook on medium-high for 30 seconds or until sauce thickens. *Duncan's tip: Have all ingredients ready to go as the stir frying process is quite rapid.
- Remove from heat and season with cracked white pepper, a light drizzle of sesame oil and serve with freshly steamed rice.



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