

# Braised Abalone with Mushrooms

Duncan Lu



## COOK TIME

15 Minutes Prep  
50 Minutes Cooking



## SERVES

3-4



## SUITABLE FOR

Moderate - You'll be right!

## INGREDIENTS

- 300g pork ribs
- 1 pack enoki mushrooms
- 1 knob of ginger, crushed
- 1 bunch of spring onions, halved
- 1 bunch of coriander
- 1-2 [Eyrewoolf frozen blacklip abalone](#) (200g), thawed
- 250ml water
- ½ teaspoon anchovy salt (optional)
- ½ teaspoon sea salt
- ½ teaspoon sugar
- 2 bok choy, washed and quartered

### Sauce:

- 1 clove garlic, minced
- 1 ½ teaspoons oyster sauce
- ½ teaspoon sea salt
- ½ teaspoon sugar
- 1 tablespoon water
- 1 tablespoon potato starch/corn starch
- 1 teaspoon sesame oil
- Cracked white pepper

## METHOD

- Place pork ribs in a medium pot with water just to cover and bring to the boil. Remove from heat, strain and rinse well under running cold water to remove any impurities.
- In the meantime, wash and agitate abalone with sea salt to remove any residue. \*Duncan's tip: Use a tooth brush to thoroughly clean the abalone.
- In a pressure cooker, cover the bottom with the pork ribs, then layer with enoki mushrooms, ginger, spring onions, and coriander. Rest abalone on top and add water. Cook on high pressure for 45 minutes.
- Blanch bok choy in hot water for 10 seconds then remove and place immediately in cold water, strain and set aside.
- After 45 minutes, release pressure from pressure cooker safely. Carefully remove abalone, enoki mushrooms and pork ribs and set aside. Strain braising liquid and set aside.
- In a large saucepan or fry pan add oil and saute garlic until fragrant. Then, add braising liquid, oyster sauce, anchovy salt, sea salt and sugar, and bring to the boil. Reduce to medium-high heat for 5 minutes or until sauce becomes slightly thickened.
- In the meantime, slice abalone into 0.5cm slices and transfer to a serving plate along with pork ribs and enoki mushrooms.
- In a small bowl, add 1 tablespoon of water and potato starch and mix well to make a slurry. Then, add slowly but immediately stir into the braising liquid. Once thick, add bok choy and warm through for 15 seconds.
- Transfer bok choy to a serving plate and pour over thickened braising liquid. Dress lightly with sesame oil, garnish with coriander leaves and cracked white pepper. Serve with steamed rice.



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