



# RECIPE INFORMATION

## Crumbed Blacklip Abalone

### Ingredients:

1 x Blacklip abalone  
1 egg  
Plain flour  
½ cup breadcrumbs  
Salt  
Pepper  
Olive oil

### Method:

1. Tenderise abalone in retort pack until you can bend it easily, 30 sec both sides
2. Cut pack open and drain
3. Slice abalone meat lengthwise about 5mm thick
4. Add abalone to bowl of flour and coat
5. Whisk egg
6. Add bread crumbs, salt and pepper to a bowl
7. Dip floured abalone pieces in egg and coat with breadcrumb mix
8. Heat oil in frypan
9. Cook abalone for 1 minute on each size or until golden.

WILD ABALONE AVAILABLE FOR PURCHASE THROUGH THESE OUTLETS

