

Salad - Marinated Abalone Salad

Show: July 10

Ingredients :Serves 4

1 1/2 lbs Abalone slices, tenderized, cut into strips
(Calamari can be substituted)
2 cloves Garlic, chopped
2 stalks Celery, thin sliced
3/4 cup Red Peppers, chopped
3 wedges Tomatoes
1/2 Onion, red, thin sliced
2 tsp Basil, sweet
1 tsp Parsley, chopped
1/2 tsp Cilantro
1/4 cup Olive Oil
1/4 cup Wine Vinegar
juice of one lemon
1 tsp Red Pepper flakes
salt and pepper to taste

Procedure:

Prepare abalone as per sautéed abalone recipe.

Slice abalone into thin strips. Allow to cool. Marinate with celery, red peppers and tomatoes. Toss with all remaining ingredients. Refrigerate for a couple of hours or over night before serving.

Note:

Test for tenderness if using leftover sautéed abalone. If it is too chewy, dice into small pieces instead of the strips.

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