

Sautéed Abalone

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Ingredients :

1 slice Abalone 1/4" thick
1/2 cup Dried bread crumbs, crushed
1/2 cup Saltine crackers, crushed
2 Tbls Butter or olive oil
1 clove Garlic, sliced
2 Eggs
1/2 cup Milk
2 Lemon wedges
1 sprig Italian Parsley

Procedure:

Tenderize the abalone slices by pounding with a wooden mallet for several minutes. Heat butter and olive oil in a heavy skillet.

Mix milk and eggs to a batter with the sliced garlic in a large bowl. Mix the crushed breadcrumbs and crackers together in a large bowl. Dip slice of abalone in milk/egg batter to cover completely. Dredge in the crushed crumbs till covered.

Sauté for 15 seconds on each side. Drain on paper towels. Serve immediately garnished with lemon wedges.

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