

Sauteed Monterey Bay Abalone Castroville Artichoke & Haricot Vert Salad With Truffle Vinaigrette

Show: May 15

Ingredients :Serves 4

4 each 3 inch red abalone,
cleaned and trimmed
1 Tbsp butter
8 oz. Haricot verts, ends trimmed
4 large artichokes
2 Cups dry white wine
1/4 Cup extra-virgin olive oil
1 large onion, chopped
3 oz. White truffle oil
1 oz. Sherry vinegar
small piece of truffle, finely
chopped
lemon juice
salt to taste

Procedure:

Slice abalone into quarters and pound to tenderize.

Blanch haricot verts in salted boiling water. When cooked, shock in ice water.

Cut outer artichoke leaves down to the choke, leaving no dark green. Scrape out and discard the hair-like centers; put hearts in a water-and-lemon-juice mixture to prevent change of color.

In sauce pot, sweat onion with olive oil until translucent. Add white wine and artichoke hearts. Add water to cover completely and salt to taste. Simmer 20 minutes; let cool in cooking liquid. When cool, remove and slice hearts.

For vinaigrette, combine truffle oil, sherry vinegar and chopped truffle. In salad bowl, mix

vinaigrette with haricot verts, artichoke slices and pinch of salt. Arrange on a plate.

In sauté pan over medium-high heat, melt butter. Season abalone with a little salt, dredge in flour and place in pan. Cook for about 20 seconds on each side and arrange on top of salad. Serve immediately.

[« Back to List of Recipes](#)