



Prep Time: 5-10 min.



Cook Time: 6-10 min.

Fried Abalone Steak

- ½ lb. Abalone
- 1 ½ cups seasoned dry breadcrumbs
- 2 eggs, beaten
- 1 cup olive oil for frying
- ½ cup ketchup
- 1 tsp. horseradish
- 1 Tbl. lime juice
- chopped fresh parsley for garnish

The abalone are professionally tenderized on-site, there is no need to tenderize further as this will degrade the quality of abalone. Place the vacuum packed abalone steak under cold running water for about 2 minutes. Remove the steak (OK if still slightly frozen).

DIRECTIONS: In a small bowl, stir together the ketchup, horseradish, and lime juice to make a cocktail sauce. Refrigerate until ready to use. Heat olive oil in a large heavy skillet over medium heat for about 5 minutes. Whisk eggs and milk together in a shallow dish. Place breadcrumbs in a large re-sealable plastic bag. Dip abalone steaks in egg, then place in the bag with the crumbs and shake to coat. Fry coated abalone for 3-5 minutes on each side, until golden brown. Remove to paper towels to drain. Place on platter, and garnish with lime slices and parsley. Serve with cocktail sauce for sipping.



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