

Fried Abalone and Seafood of Three Kinds

INGREDIENTS

½ Can Kansom Australia's Canned Abalone in Brine (1 Piece Per Can)

50g Snow Peas

20g Carrots

100g Squid

100g Scallop

5g Shredded Ginger

1 Tsp Kansom Australia's Abalone Sea Sauce*

1 Cup Chicken Stock

1 Tsp Cornstarch

½ Tsp Sesame Oil

1 Tsp Rice Wine

2 Tbsp Oil



METHOD

1. Skin the squid and make some slashes on the inside before cutting it into 1 inch cubes. Clean the scallop and cut in half. Clean the snow peas and slice the carrot.
2. Open the can of Abalone and remove from the brine. Slice the Abalone.
3. Boil the water, then add in rice wine. Combine with Abalone, snow peas, carrot, squid and scallop, cooking until done.
4. Heat 2 tablespoons oil in the wok, and fry shredded ginger first. Stir fry for 1 minute. Add stock until it is boiling, then combine together with step 3. Sprinkle with cornstarch and sesame oil.
5. To serve, remove from wok and arrange in bowl.

*Why not try this recipe with any of our Sea Sauces? Give it a try.