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Abalone Saute with Mustard

INGREDIENTS

1 Can Kansom Australia's Abalone in Brine (2 Pieces Per Can)

300g Mustard Hearts

1 Tsp Kansom Australia's Abalone Sea Sauce*

1 Cup Chicken Stock

2/3 Tsp Sugar

1/2 Tsp Salt

2 Tbsp Abalone Juice (Brine from Canned Abalone)

Pinch White Pepper

1 Tbsp Cornstarch

1/2 Tsp Sesame Oil

1 Tsp Oil

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

METHOD

1. Remove Abalone from can, and set aside the brine for use later.

2. Gently slice the surface of Aalone, and cut into thick slices.

3. Clean mustard hearts, removing any old leaves, and cut into pieces.

4. Par boil the mustard hearts until done, and set aside in cold water.

5. Add in 1 teaspoon Abalone Sea Sauce, 1 teaspoon chicken stock, 1/3 teaspoon sugar, 1/2 teaspoon salt and 1 teaspoon oil into a wok on medium heat, until boiling. Add mustard hearts stew until deep taste. Then put on a plate.

6. Combine 2 tablespoons of brine juice, remaining chicken stock, 1/3 teaspoon sugar, pinch white pepper to taste and Abalone into the wok, and simmer over medium heat for 5 minutes. Thicken with cornstarch water and sprinkle with sesame oil.

6. To serve, combine together on plate.