

Braised/Seared Abalone with sauteed Island Vegetables and Asian Pesto

PREP TIME

Appetizer

10
minutes

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INGREDIENTS

24 Abalone, fresh (1 ea. = 1 portion)
Deconstructed Asian Pesto (1/2 tsp. = 1 portion of each)
1/4 cup Entrail Dressing
1/4 cup Scallion Oil
2 ea Sweet Corn on the cob (1 tsp - 1 portion)
2 oz. Brown Shimeji (0.08 oz = 1 portion)
Ali`i Mushroom, small dice (.05 tsp. - 1 portion)
Red Currant Tomato, Whole (1 ea. Quartered= 1 portion)
Clarified Butter as needed
Salt to taste
Pepper to taste
2 1/4 cup Poke Seasoned couscous (1.5 tbsp = 1 portion)
24 pcs. Sea Asparagus (1 pc = 1 portion)
6 tbsp. Red Tobiko (.25 tsp. = 1 portion)

DIRECTIONS

1. Shuck and clean abalone and score (save entrails), boil the shells and then strain. (Save the liquid). Pour the liquid back into the pot and add tsuyu and abalone. Braise on very low heat for 1.5 hours.
2. Remove corn from cob, halve tomatoes, trim mushrooms
3. Heat oil and butter in a pan and saute mushrooms and corn, when cooked,
4. add tomatoes and just slightly blister. Season Vegetables.
5. Remove abalone from braising liquid when tender and sear.
6. For plate up, place couscous in a mound on plate, place vegetables in a smaller mound in front of the couscous. The shell leans on the couscous and the abalone leans on the vegetables and couscous in front of the shell. The abalone is garished with red tobiko and sea asparagus. Both sauces are plated in front of the abalone.

COOK TIME

30-90
minutes

YIELD

24
servings

