

Unmatched Fine Foods

## Abalane Soute 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

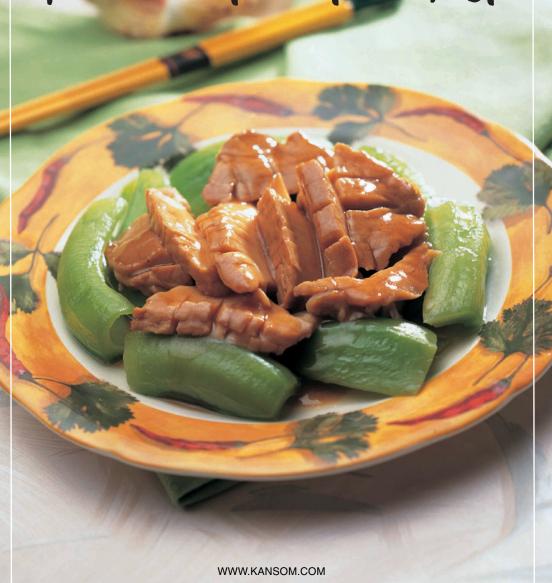
2 Tbsp Abalone Juice (Brine from Canned Abalone)

Pinch White Pepper

1 Tbsp Cornstarch

1/2 Tsp Sesame Oil

1 Tsp Oil



## METHOD

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

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