



Premium Australian Abalone

A Quick Guide to Cooking With Ausab Abalone in Brine

Ausab Canned Abalone is a versatile product that requires minimal effort to create the perfect meal at home. The abalone is completely cleaned and cooked, and ready to eat. With a unique umami flavor, it can be used in many different ways. The meat is smooth and tender, and the perfect balance between sweet and salty.

Ensure the canned abalone is stored in a well ventilated, cool place out of direct sunlight.

How to Prepare the Abalone

The abalone is canned, ready to eat with mouth attached. To preserve its tender texture, it is best to use the abalone when just heated through. This can be achieved by using the abalone at the end of cooking, or slowly heated in the can.

To safely heat the abalone in its can follow these steps:

1. Leave the can unopened and remove all labels.
2. Place the can into a pot of water so that it is fully submerged and is horizontal.
3. Bring the water to a gentle simmer and leave submerged for 15 – 20 minutes.
4. Remove the pot from the heat and wait for the water to cool before carefully lifting the can out of the water with large tongs.
5. Open the can once it is cool enough to handle.
6. The abalone can be served whole or sliced thinly.





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Abalone Recipes

Ausab Canned Abalone can be pan fried, used in soups or grilled.

Teriyaki Abalone

Serves 4

1 x Ausab Canned Abalone in Brine
250ml Light Soy Sauce
200ml Mirin
200ml Sake
60g Sugar

1. Remove abalone from the can and thinly slice. Discard the brine, and set aside the meat.
2. In a small pan, combine all remaining ingredients to create a glaze. Ensure the sugar has been completely dissolved.
3. Then add sliced abalone pieces to sauce to heat through. Be sure not to overcook the abalone.
4. Serve immediately.

Abalone Soup

Serves 6 - 8

1 x Ausab Canned Abalone in Brine
750 ml high quality fish or chicken stock
½ roughly chopped spring onion
1 tbsp light soy sauce
2 tbsp oyster sauce
1 egg white
Chinese greens
Salt and pepper to taste

1. Remove abalone from the can and thinly slice. Set the meat aside and reserve the brine.
2. In a medium pot add the stock and brine and bring to a gentle simmer.
3. Then add Chinese green vegetables of your choice, along with the chopped spring onion.
4. Add soy sauce and oyster sauce. Stir to combine and bring to a boil.
5. In a separate bowl whisk the egg white, then slowly add to the soup making sure to gently stir through.
6. Season with salt and pepper and serve immediately.

Miso Grilled Abalone

Serves 4

1 x Ausab Canned Abalone in Brine
¼ cup Awase Miso
2 tbsp Mirin
1 tbsp granulated sugar
1 tbsp Sake
Sesame seeds

1. Remove abalone from the can and score abalone with small squares. Discard the brine, and set aside the meat.
2. In a bowl combine the miso, mirin, sugar and sake.
3. Cover a cooking tray with foil, and place scored Abalone on top.
4. Then brush miso mixture over each Abalone so that all the pieces are covered.
5. Place under the grill and broil on high until the miso is just caramelized. The miso mix should be bubbling when it is taken out.
6. Sprinkle with sesame seeds and serve hot.





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Chicken and Abalone Congee

Serves 4

1 x Ausab Canned Abalone in Brine
2 x canned abalone pieces
1 can fresh water
2 cups cooked rice
½ Shredded chicken breast
3 Spring Onions
2 tbsp shredded ginger
Coriander (Optional)
Shallots (Optional)
Soy Sauce (Optional)
White Pepper (Optional)
Sesame Oil (Optional)

1. Remove abalone from the can. Reserve the brine.
2. Then Place the reserved brine in a pot with the fresh water.
3. Add the cooked rice and bring to the boil. Lower to a simmer and cook to a thick soup. Depending on your preference, cook the rice porridge to your desired consistency. Approximately 20min-35min
4. To serve, pour porridge into a bowls, topped with sliced abalone, shredded chicken, sliced spring onion and julienne ginger.
5. Optional: season with remaining condiments.

Stir Fry Abalone Noodles

Serves 4

2 pieces of canned Ausab Abalone in Brine
225g dried or fresh egg noodles cooked
75gms finely shredded chicken breast
1 cup julienne vegetables i.e. carrots, cabbage, bok choy, mushrooms, or broccoli
2 tbsp dark soy sauce
1 tbsp light soy sauce
1 tsp sesame oil
1 tsp sugar
1 tbsp Shaoxing rice wine
½ tsp freshly ground white pepper
½ tsp caster sugar
2 spring onions
1 tbsp sliced garlic

1. Remove abalone from the can. Discard the brine, and set aside the meat.
2. Heat a wok over high heat, then add 1 tbsp oil and, when hot add the chicken.
3. Stir-fry for about 2 mins and then transfer to a plate.
4. Wipe the wok clean, reheat then add 1 ½ tbsp oil.

5. Add the 2 finely chopped garlic cloves and stir-fry for 10 seconds.
6. Add vegetables and stir-fry for about 1 min. Then add the cooked noodles, light soy sauce, dark soy sauce, Shaoxing rice wine, white pepper, caster sugar, spring onions.
7. Stir-fry for 2 mins. Return the chicken and add sliced abalone.
8. Finally, stir-fry for 30 seconds to a minute then serve immediately.

