

Braised Sea Cucumber and Abalone Recipe

Ingredients:

1 can Fortune Brand Abalone
300g soaked sea cucumber
10 heads kailan
3 nos. garlic

Condiment:

¼ tablespoon oyster sauce
¼ tablespoon light soy sauce
2 teaspoons chicken granules
½ teaspoon sugar
Sesame oil as required

Method:

Clean and cut sea-cucumber into bite-size pieces, scald in hot water and put aside. Clean and cut abalone into cubes. Trim kailan, scald in hot water and put aside. Divide garlic into 4 and set aside. Deep fry garlic in oil until golden brown, drip dry and put aside. Leave a little oil in wok. Sauté oyster sauce and light soy sauce. Give a dash of rice wine, add in 3 ladles of stock, chicken granules, sugar and sea cucumber. Cover with lid, simmer for 15 minutes. Add in abalone and simmer for another 10 minutes until gravy is thick. Add in garlic and sesame oil, thicken gravy with starch and dish out.

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