

Japanese Abalone in Five-Flavor Sauce Recipe

(Taiwanese Recipe)

Ingredients: Serves 4

12 Japanese Abalone
150g Chinese chives
2 ginger slices
1 scallion
3 tablespoons five-flavor sauce
1 tablespoon cooking wine

Method:

Clean abalone well by brushing with a small brush. Then blanch in boiling water with scallion, ginger and wine added for 2 minutes until done. The abalone gets tough if blanched for too long. Remove from blanching when the meat turns white and shrinks slightly and discard the outer shell and internal organs. Rinse chives well, blanch until done in boiling water first, then remove to rinse until cold after blanching to prevent them from turning yellow. Cut into small sections and line at bottom of plate top with abalone. White stemmed chives are more tender. The green ones are tougher. Drizzle five-flavor sauce over dish and serve.

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