

Stir-Fried Abalone and Squid Recipe

Ingredients:

1 no. Abalone (cut into thin slices)
6 pieces button mushrooms (cut in halves)
150g squid (cut into thin slices)
10 pieces clam
6 nos. shitake mushrooms (soaked and cut in halves)
10 nos. sweet peas
10 slices carrots
2 nos. young corn (cut into short lengths)
a little of sliced garlic

Condiment:

½ teaspoon chicken granules
½ teaspoon salt
½ teaspoon sugar
1 tablespoon oyster sauce
dark soy sauce as required
dash of Shao Xing wine

Method:

Scald all ingredients (except abalone, button mushrooms and garlic) in hot water and put aside. Sauté garlic in oil. Stir-fry shitake mushrooms, button mushrooms, abalone and condiment. Give a wine, add in a little stock, cover with lid and simmer for 3 minutes. Add in squid, clams, sweet peas, young corn and carrots. Stir-fry briefly, thicken gravy with starch and dish out to serve.

[asian_free_recipes_download][/[asian_free_recipes_download](#)]