



4 Great Abalone Recipes

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Grilled Greenlip with Uni Shoyu and Seasonal Vegetables

1. Slice the abalone into thin pieces and pan fry with pre-boiled vegetables.
2. Serve atop a miso soup recipe of your choice.
3. Garnish with pureed sea urchin roe marinated in shoyu and sweet sake.

Slow Cooked Abalone with Vegetables

1. Cut abalone into serving sizes.
2. Place chopped garlic, ginger and bean paste into wok and lightly stir fry. Add abalone and leave on heat until all ingredients are cooked.
3. Thicken with cornflour to desired level.
4. Add seasoned vegetables.

BBQ Abalone with Char-grilled Vegetables

1. Gently simmer whole abalone in seasoned salt water for 35 minutes and set aside.
2. Chop and prepare vegetables.
3. Par boil chopped vegetables until al-denté.
4. Char grill abalone and vegetables across open flame until golden brown.
5. Serve with fresh basil, garlic or herb butter. Quick Fry

Abalone and Vegetables with Oyster Sauce

1. Cut abalone and seasoned vegetables into bite-sized pieces.
2. Heat oil in a flat based frying pan. Place abalone and vegetables in the fry pan and quickly stir fry. Add oyster sauce.
3. Add salt and pepper to taste. Serve immediately.