



FROZEN AND LIVE RECIPE

1. Bash the abalone 2-3 times to break down the muscle, allowing the abalone to become tenderer.
2. Heat the pan to high heat.
3. Add olive oil (1tbsp), followed by garlic (3 cloves) and butter (3tbsp) to the pan.
4. Sear each side of the whole abalone for one minute
5. Continue to cut and sear each of the abalone, until the abalone is cut into bite sized pieces. This should take between four to six minutes.

<u>Factory and Outlet Store</u>	<u>Outlet Store</u>
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