



# Abalone Sushi with Chilli and Soya

## Ingredients:

2 abalone  
225gr sushi rice  
20gr rice vinegar

230mls water  
½ tablespoon sugar  
½ tablespoon salt

## Method:

Rinse rice until water runs clear. Cover with water and let sit for 30 minutes to steam. Dissolve sugar, vinegar and salt over low heat and add to cooked rice. Dice abalone mix with rice and shape into balls. Garnish with chives, sesame seeds and yellow sprouts. Serve with wasabi paste.

## Soy Chilli Sauce Ingredients:

250 gr sugar  
475 mls soy sauce

235mls sesame oil  
½ teaspoon chilli

## Method:

Boil all together for 10 minutes and strain.



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# Abalone with Ginger Mousseline and Holland Bean Leaves

## Ingredients:

4 Abalone crumbed

## Ginger Water:

120 Holland bean leaves  
100 gr chopped ginger  
160 mls ginger mousseline  
200 mls water  
3 egg yolks

120 gr clarified butter  
3 tbs whipped cream  
2 tbs ginger water  
1 tbs lemon juice  
Salt & pepper

## Method:

Whisk egg yolk and ginger water until creamy. Add butter slowly. Add lemon juice and season. For serving add cream and glaze. Sauté leaves in olive oil with garlic and season with salt and pepper and lemon juice.

## Red Pepper Relish Ingredients:

200 gr diced red pepper  
50 gr diced green pepper  
100 gr diced onion  
10 gr diced garlic

60 gr sugar  
1 bay leaf  
60 mls olive oil  
100 gr apple cider vinegar

## Method:

Sweat onions, garlic and peppers in oil for 5 minutes. Add sugar and cook for 1 minute. Add vinegar and cook for 5 minutes. Add the remaining ingredients and cook for a further 15 minutes.

Cook abalone in hot oil for 30 seconds.

Garnish with spring onions.



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# Abalone Adobo with Asparagus Tempura

## Adobo Ingredients:

¼ cup soy sauce	½ tsp crushed garlic
¼ cup tarragon	½ bay leaf
vinegar	
½ tsp crushed pepper	

## Asparagus Tempura Ingredients:

225 gr flour	1 egg
170 mls iced water	40gr white asparagus

Mix all ingredients and cook for 2 minutes

## Method:

Mix flour, iced water and egg together.

Dip asparagus in cornstarch and then into the tempura and cook.

Dip abalone in Adobo sauce and cook for 1 minute. Garnish with crispy fried noodles.



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# Seared Abalone with Tapenade Cream

## Ingredients:

500gr Abalone

## Sauce Ingredients:

100mls cream

1 tbs tapenade

½ tbs butter

Heat cream and add butter. Add tapenade and cook for 1 minute.

## Tapenade Ingredients:

200gr nicoise olives

4 basil leaves

4 anchovy fillets

Olive oil

4 cloves garlic

4 basil leaves

Olive oil

Mix all together and garnish with basil leaves.

## Method:

Heat 1 tablespoon butter in a hot pan. Cook abalone for 20-30 seconds and serve.



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# Crispy Abalone in Nori Batter with Wasabi Tartar

## Ingredients:

4 abalone

## Nori Batter Ingredients:

225 gr sifted flour

1 tbs nori powder

170 mls iced water

1 egg

Mix all ingredients together.

## Wasabi Tartar Ingredients:

250 mls mayonnaise

1 tbs lime juice

2 tbs chopped capers

$\frac{3}{4}$  tsp wasabi powder

2 tbs chopped onions

mixed with a little water.

1 crushed clove of

Salt & pepper.

garlic

1 tbs chopped parsley

Mix all ingredients together.

## Method:

Dip abalone in cornstarch and then in Nori Batter and deep fry.

Garnish with lemon wedges and salad leaves.



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# Abalone and Fennel Salad

## Ingredients:

50gr abalone  
2 sprigs chopped  
parsley  
10gr diced red onion  
10gr julienne truffle

40gr shredded fennel  
2tbs orange vinaigrette  
Salt & pepper  
Lambs lettuce to  
garnish

## Method:

Mix all the ingredients above except for the abalone.

Cook the abalone for 50 seconds.

Slice and add to the mixture.



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# Confit of Abalone

## Ingredients:

500gr abalone	1 Lebanese cucumber
500ml olive oil	½ lime
500ml vegetable oil	2 bay leaves
2 cloves garlic (chopped)	4 spring onions (chopped)
2 shallots (chopped)	1 apple (sliced)
1 piece ginger (diced)	Coriander dressing

## Method:

Clean abalone, wrap in plastic and tenderise.

Season with salt.

Combine oils, garlic, ginger, shallots, bay leaf and rosemary and bring to a gentle heat of 70c and cook for 25 minutes.

Turn off heat, add abalone and infuse for 30-40 minutes. Remove and slice.

Serve with apple, cucumber, spring onions and coriander dressing.



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