

## Sautéed Abalone

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### Ingredients :

1 slice Abalone 1/4" thick  
1/2 cup Dried bread crumbs, crushed  
1/2 cup Saltine crackers, crushed  
2 Tbls Butter or olive oil  
1 clove Garlic, sliced  
2 Eggs  
1/2 cup Milk  
2 Lemon wedges  
1 sprig Italian Parsley

### Procedure:

Tenderize the abalone slices by pounding with a wooden mallet for several minutes. Heat butter and olive oil in a heavy skillet.

Mix milk and eggs to a batter with the sliced garlic in a large bowl. Mix the crushed breadcrumbs and crackers together in a large bowl. Dip slice of abalone in milk/egg batter to cover completely. Dredge in the crushed crumbs till covered.

Sauté for 15 seconds on each side. Drain on paper towels. Serve immediately garnished with lemon wedges.

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