

## **Abalone** (Fish & Seafood)

**Interesting facts:** Abalone are marine snails. It is illegal to take abalone from the ocean. Numbers of abalone are now at critically low levels because of over-exploitation. Poaching is the biggest threat to abalone. People in local communities are either paid money or given drugs by large syndicates to illegally remove abalone from the ocean. The abalone is then exported overseas. If poaching continues at this rate, abalone will soon be extinct in the wild and this will have a devastating impact on the ecological balance of kelp forests as well as on local communities.

**How to select:** Most if not all abalone today is farmed. You can buy online at a very high price. Make sure to purchase wild caught sustainably harvested.

**How to clean and store:** The freshest abalone is stored on ice, still in the shell. It can be served as sashimi or fried. To freeze fresh abalone, clean the muscle and cut it into steaks. Wrap steaks individually in freezer wrap and over-wrap with a heavy plastic bag.

**How to prepare and cook:** Fried

### **Recipe idea:**

**Abalone Fried Steak:** Cut abalone in half and using either waxed paper or other surface pound the steaks until  $\frac{1}{4}$  inch thick and set a side. In a pan combine:  $\frac{1}{2}$  cup almond meal, 1-2 cloves minced garlic, zest of one organic lemon,  $\frac{1}{4}$  teaspoon salt and pepper. In another pan whip 1 egg with  $\frac{1}{8}$  cup water until frothy. Heat 2 tablespoons coconut oil in a sauté pan over medium flame. Place the abalone in the egg mixture and then in the almond mixture and place in the sauté pan. Cook until light brown about 3-5 minutes and then turn and cook another 3-5 minutes. Remove from heat and serve with sprig of parsley and wedge of lime.