

ABALONE KATSU SANDWICH

Recipe by Executive Chef Jed Gerrard of Hearth Restaurant at The Ritz-Carlton, Perth

INGREDIENTS

4 Large Abalone

3 Tbsp Milk

1 Egg

4 Tbsp Plain Flour

1 Cup Panko Breadcrumbs

4 Slices Japanese Milk Bread or Soft White Sandwich Bread

1 Tbsp Softened Butter

1 Tbsp Japanese Mayonnaise (Such as Kewpie)

1/2 Tsp Hot Mustard

2 Tbsp Store bought Tonkatsu Sauce (Such as Bulldog)

1 Tbsp Sriracha

1 Cup finely shredded green cabbage

1 Lemon Wedge

Salt and pepper

Vegetable oil for deep-frying



INSTRUCTIONS

STEP 1

To prepare the abalone; rinse abalone under cold water to remove any loose pieces of shell and seaweed. Locate the shallow, narrow end of the shell and slide a thin metal spoon between the shell and the foot of the abalone. When the spoon is halfway under the foot, push down on the handle of the spoon to dislodge the abalone. Gently pull the abalone from the shell, taking care not to rupture any of the internal organs or digestive tract. Using a small paring knife and hands, separate the organs from the foot of the abalone. Wash the abalone under cold running water and aggressively rub with a small brush to remove as much of the black layer as possible. Rinse under cold running water and pat dry with kitchen paper. Place the cleaned abalone on a chopping board and lightly tenderize with a meat mallet. Apply pinch of salt over each abalone.

STEP 2

Combine Japanese mayonnaise, sriracha and mustard in a small mixing bowl and set aside.

STEP 3

Preheat oil to 170°C (338°F) in a fryer or frying pan.

STEP 4

Whisk the egg and milk and add flour to make a batter. Scatter panko breadcrumbs into a shallow container. Dip abalone into batter and then press into breadcrumbs, ensuring the abalone is fully coated.

STEP 5

Fry each abalone for 3-4 minutes until the abalone is golden-brown. Remove from oil onto a tray lined with kitchen paper.

STEP 6

Squeeze lemon over cabbage and season with salt and cracked pepper.

STEP 7

Place two slices of bread on a chopping board. Thinly spread butter on one slice of bread and mayonnaise on the other. Place half a cup of cabbage on the bread.

STEP 8

Drizzle tonkatsu sauce on one side of abalone katus and place katus sauce side down onto the cabbage. Drizzle tonkatsu sauce on other side of abalone katus before topping with other slice of bread.

STEP 9

Place a flat plate over the bread and weigh down sandwich for three minutes. Remove edges from sandwich and cut sandwich in half vertically down the middle and serve. Repeat the above steps for second sandwich.