

Abalone Steaks

One of our favorite family meals is Abalone Steaks served with our Chardonnay. The rich flavor of abalone and Taylor Family Vineyards 2002 Chardonnay pairs wonderfully. We recently paired our 2002 Chardonnay with fresh abalone, added a tossed green salad, artisan french bread and grilled vegetables that included red and yellow bell peppers, eggplant, red onions and zucchini. Jerry likes to finish the meal with homemade ice cream (banana and peach are his favorites). I have included my favorite recipe for fresh abalone steaks, since my brothers and husband dive for these tasty treats, we like to eat them the day they are caught to ensure absolute freshness. Since we like to enjoy our abalone fresh out of the skillet, we find that the preparation and cooking process takes several sets of hands!

Tenderized Abalone Steaks

Eggs (Lightly beaten)

Ritz Cracker Crumbs (Process in a food processor or blender until crumbly)

Olive Oil

Minced Garlic

Fresh Lemons

Heat a large skillet (I prefer cast iron) on medium high, add olive oil to cover the bottom of the skillet and minced garlic. Dip individual abalone steaks into the eggs and then into the cracker crumbs. Brown on one side until golden brown. Using a spatula, turn each steak over and squeeze fresh lemon juice onto the cooked side of each steak. Cook the second side until golden brown. Serve immediately with fresh lemons. If frying more than one batch of steaks, clean all debris from the skillet before adding fresh steaks. Enjoy!

Recipe by Sandy Taylor Carlson