

Liz's Mussel Broth in Coriander and Lemongrass

Ingredients:

1 kg Live Mussels
1 stalk lemongrass
1/2 bunch Coriander
1Tsp chopped Ginger
2 chillies
1/3 cup of White Wine
1 cup Fish or Chicken Stock
2 Tsp Lemon Juice
1 Tsp sugar
1 Tsp of Cornflour Paste



Preparation

Clean Mussels with steel wool or table knife to remove growth or dirt . (You can get Mussels already cleaned in the market.)

Make a paste from Lemongrass, ginger , chillies , garlic ,and stalks of coriander

Method

- Heat a wok or saucepan with 2 Tsp of vegetable oil, add paste and stir for 1 min.
- Add white wine and stock. When liquid starts to boil, put in the mussels and stir to mix through, cover with a lid and cook for 3 mins.
- Remove mussels that are open (do not over cook these unnecessarily).
- Cook for further 2 mins for the remaining ones.
- Transfer all the Mussels to a bowl or plates.
- Add lemon juice and sugar to the sauce and add just enough cornflour paste to thicken the sauce. Return cooked Mussels to the sauce and stir.
- Garnish with chillies and coriander.

Delicious when served with pasta.

Liz's Steamed Abalone with Ginger and Wine

Cooking and Preparation for Farmed Abalone (Farmed abalone are very tender and require minimal cooking time)

Preparation

Separate the abalone mussel from the shell and clean off gut material.

Clean shell if being used for presentation

Marinate abalone for 2 hours or longer in Ginger, Garlic, Wine or Sherry, Soy Sauce, Salt, Pepper and Cornflour before cooking

Method

Steaming can be done with a steamer, wok or large Saucepan. Make sure the water is boiling vigorously before putting the abalone in (which are placed on a plate). The timing of the steaming is very important depending on the size of the abalone - as follows:

Size in mm of Shell	Steam with Shell	Steam Meat Only
55-65 mm	3-4 minutes	3 mins
65-75 mm	4 mins	3 mins
75-85 mm	5 mins	4mins

Sauce variations

Chinese style sashimi sauce - made of soy sauce, ginger, garlic, wine (or sherry). Add before serving

Seafood sauce - concentrated fish or chicken stock, wine, sherry, vermouth and other herbs and spices with cream as thickener.

