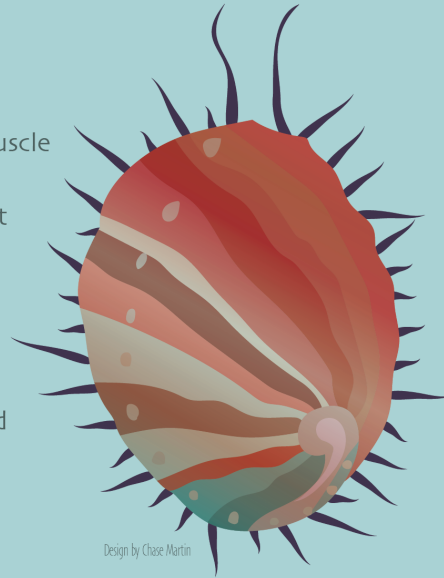
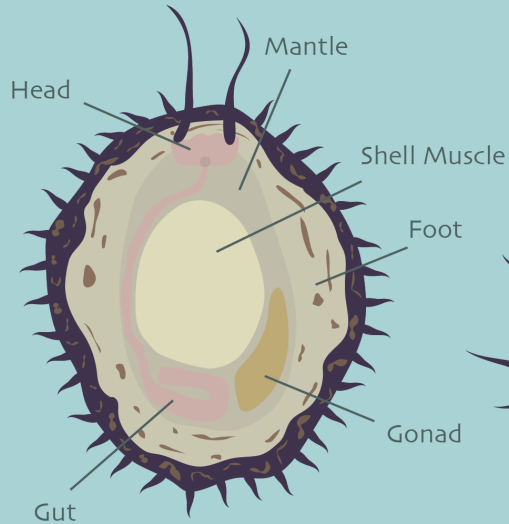
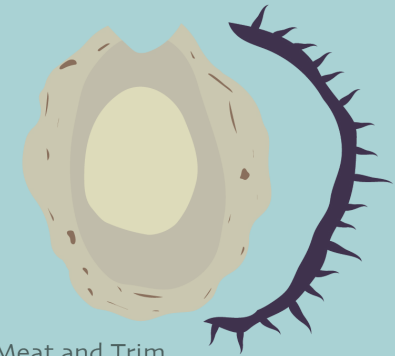


Red Abalone

Haliotis rufescens



Sliced Steaks



Meat and Trim

RED ABALONE

The world's largest species of abalone, red abalone in the wild can grow to 12 inches in diameter. Today, farmed red abalone are the primary type of abalone available on the seafood market.

Red abalone are sustainably farmed in California and Mexico. Herbivorous, relatively sedentary species, abalone are good candidates for sustainable aquaculture, as they do not require wild fish for feed. Farmed abalone are generally fed a mixture of wild-harvested and farm-grown algae species, and take about three years to grow to a market size of three inches. Abalone farms along the U.S. West Coast are rated as a "[Best Choice](#)" by the Monterey Bay Aquarium's Seafood Watch program.

In the wild, red abalone can live for thirty years, and range from Sunset Bay, Oregon to Bahia Tortugas, Mexico, including the offshore islands. The population north of San Francisco Bay is declining. South of San Francisco Bay, their status is mixed, with recovery evident in some areas, but unknown, stable or declining in others.

Red abalone are identified by their dark black body, epipodium, and tentacles, occasionally with marble-like streaks of white. Their shells are brick red, lumpy, and usually encrusted outside. The interior is iridescent, with a prominent muscle scar.

Wild harvest of abalone is prohibited in the state of California. Commercial fisheries were closed in 1997, and the recreational fishery for red abalone is suspended through at least 2026. For current information on the recreational abalone regulations, visit wildlife.ca.gov.

REFERENCES

1. California Dept of Fish & Wildlife. [Abalone Recovery & Management Plan Status Report: Northern California Red Abalone Fishery](#). May 2010.
2. Seafood Watch. [Abalone, Haliotis Spp](#). Monterey Bay Aquarium Seafood Watch Program, 8 January 2017.



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HOW TO CLEAN & PREPARE LIVE FARMED RED ABALONE FOR COOKING

Watch this video from
[The Cultured Abalone Farm](#)

ABALONE PREPARATION PRIOR TO COOKING



To shuck an abalone, use a metal spoon. Slide firmly between the animal and the shell, starting from the end of the shell with the largest holes (head end). Dislodge the animal, then run the spoon around the side to remove it entirely from the shell.

Remove the guts with a small knife by slicing around the top of the muscle. Remove the head with a small v-cut. You can scrub off the dark color around the edges, but it's not necessary. There is no need to 'trim' farmed abalone.

Let the abalone relax for a few minutes. You can slice the "knob" of shell muscle off the top before pounding if you'd like. Pound with a meat tenderizer or similar about 5 times per piece, being careful not to split the meat.



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THE CULTURED ABALONE FARM



**PELAGIC
PROJECTS**



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MERMAID-STYLE ABALONE

Recipe from [The Cultured Abalone Farm](#)

Ingredients

**1 - 3 live farmed red
abalone per person**

Minced garlic

Butter

Directions

1. Heat grill to HIGH. Prep abalone by placing a large pat of butter and minced garlic to taste on the foot side of the abalone.
2. Place prepped abalone on VERY HOT grill, shell side down. Cook for 4 minutes.
3. Flip abalone to meat side down. Butter will flare up! This is ok. Cook for an additional 3 minutes.
4. Remove abalone from grill, scoop from shell, cut away guts from the shell side of abalone, and slice abalone thinly. Enjoy!



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SAKE STEAMED ABALONE

Recipe from [The Cultured Abalone Farm](#)

Ingredients

1 - 3 live farmed red abalone per person

1 bottle cooking sake (750 ml)

Optional: dried wakame or kombu

1 tbsp butter

½ tsp soy sauce

Directions

1. Pour sake in a large pot and place a steamer basket over the sake. The sake should just touch the bottom of the steamer basket. Add dried seaweeds to sake if you wish.
2. Place the abalone, foot side down, in the steamer basket. Be sure to leave space between the abalone and don't crowd them. Make sure the abalone are not submerged in the sake.
3. Place top on the pot and bring sake to a gentle boil. Once boiling, immediately turn down to a low simmer.
4. Steam for 1 hour 15 minutes. Don't peek and let the sake steam escape!
5. Remove abalone from pot - abalone should slide out of their shells. Remove guts from the shell side of the abalone using a paring knife, discard.
6. Slice abalone width-wise into ¼" slices, return to shell.
7. Pour ¼ cup of the boiled sake into a sauce pan. Add 1 tbsp butter and ½ tsp soy sauce. Whisk together and reduce over low until it thickens. Drizzle the sake reduction over the plated abalone. Enjoy!



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RITZY FRIED ABALONE

An adaptation of "Standard Steaks a la S.I.O.", published in *Abalone: From Sea to Saucepan* (1975).

Ingredients

**1 - 3 live farmed red
abalone per person**

High-heat cooking oil

2 eggs, beaten

*1 sleeve Ritz Crackers,
crushed*

Salt & pepper to taste

Directions

1. Prep and clean abalone. Pat dry, then season with salt & pepper.
2. Beat eggs in a small bowl. Crush Ritz Crackers and place in a second bowl. Dip abalone in egg, and then in the cracker crumbs. If you don't have Ritz, other crackers or breadcrumbs will work!
3. Heat oil over medium until very hot. Place breaded abalone in the pan and fry until very slightly browned on both sides.
4. Drain on paper towels, salt lightly, and serve immediately!



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THE CULTURED ABALONE FARM



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ABALONE CHOWDER

An adaptation of “Ab Chowder”, published in *Abalone: From Sea to Saucepan* (1975).

Ingredients

6 live farmed red abalone, cleaned, pounded, then diced
4 slices bacon
1 medium onion, diced
2 cups boiling water
6 small to medium potatoes
3 cups milk
Salt & pepper to taste

Directions

1. Cut strips of bacon crosswise into small pieces. Dice onion. Clean and prepare the abalone, then cut into small pieces. Cut potatoes into small chunks.
2. Drop bacon into a large pot, fry until just crisp. Remove bacon, leaving the fat. Fry diced onion in bacon fat.
3. While the onion cooks, boil 2 cups water in another pot. Drop diced abalone into the boiling water for 1 minute. Remove the abalone.
4. Pour 1 ¾ cups of the abalone water into the pot with the onion. Add the potatoes and boil until potatoes are done.
5. Cool slightly, then add the abalone and milk. Heat to serving temperature - do not boil. Salt and pepper to taste, sprinkle bacon on top. Serve with a slice of bread on the side!



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SEARED ABALONE WITH ROASTED ASPARAGUS AND POLENTA

Recipe by Real Good Fish

Ingredients

6 live farmed red abalone, cleaned & pounded
1 basket cherry tomatoes
1 bunch asparagus
1 medium red onion, sliced
Sauvignon blanc or other white wine
Olive oil
1-2 tbsp butter
Chopped parsley
Salt & pepper to taste
1 cup polenta

Directions

1. Prepare polenta as per package directions. Preheat oven to 375°F.
2. Trim ends of asparagus. In a roasting pan, cover with olive oil, salt and pepper. Roast at 375°F for 5-6 minutes till tender but not soft.
3. Sear abalone in sauté pan with olive oil, butter, salt and pepper to taste, for 15-20 seconds a side. Do not over cook. Remove abalone and keep warm.
4. In the same pan, throw in halved cherry tomato and sliced red onion. Add a splash of wine and cook on high heat till tomatoes blister. Salt and pepper to taste.
5. Plate abalone alongside the polenta and asparagus. Surround with tomato compote and garnish with chopped parsley.

