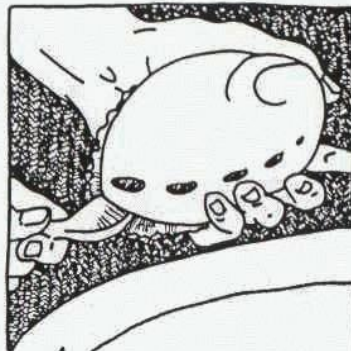
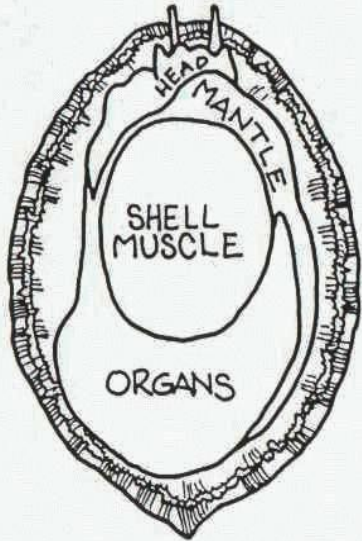
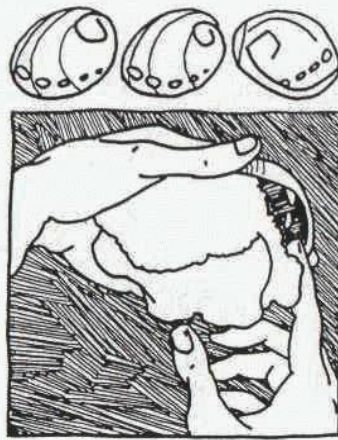


ABALONE PREPARATION TIPS COURTESY OF
**MONTEREY ABALONE
 COMPANY**

160 WHARF NO.2, MONTEREY, CA. 93940
 (831)646-0350 E-MAIL mtryabco@redshift.com



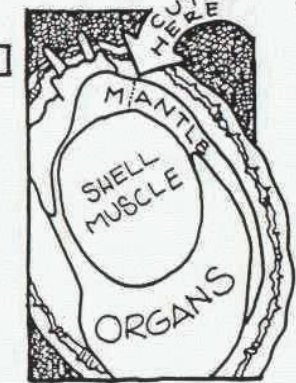
1 TO REMOVE THE SHELL, USE A TOOL THAT IS RELATIVELY FLAT AND ABOUT AN INCH WIDE. SPOONS AND PASTRY SPREADERS WORK WELL. STARTING AT THE FRONT OF THE ABALONE, SLIDE THE TOOL ALONG THE INSIDE OF THE SHELL, PUSHING IT BETWEEN THE SHELL AND THE SHELL MUSCLE. KEEP PUSHING UNTIL THE MEAT COMES LOOSE.



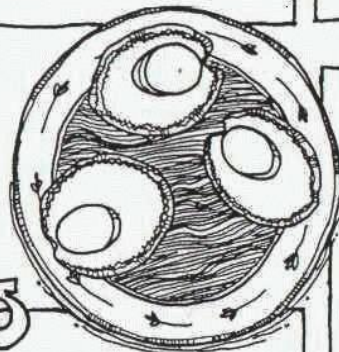
2 THE MANTLE MAY STILL BE ATTACHED TO ONE SIDE OF THE SHELL. YOU CAN PEEL IT OFF BY FIRST INSERTING YOUR FINGER BETWEEN THE ABALONE MEAT AND THE SHELL. THEN, SWEEP YOUR FINGER AROUND THE EDGE OF THE SHELL TO SEPARATE THE MEAT.

3 ONCE YOU HAVE THE SHELL OFF, YOU'LL NOTICE THAT ALL OF THE ORGANS, EXCEPT FOR THE HEAD, ARE SEPARATE FROM THE EDIBLE FOOT (SEE KEY). THE ORGANS ARE ATTACHED TO THE TOP OF THE SHELL MUSCLE BY A THIN MEMBRANE. THE MANTLE, WHICH IS EASY TO REMOVE. WITH A SMALL, SHARP KNIFE, MAKE A SLICE THROUGH THE MANTLE TO THE EDGE OF THE SHELL MUSCLE.

THE MANTLE IS SLIPPERY, SO, GRASP IT FIRMLY AND PEEL IT OFF OF THE SHELL MUSCLE IN A COUNTER-CLOCKWISE DIRECTION UNTIL YOU REACH THE HEAD.

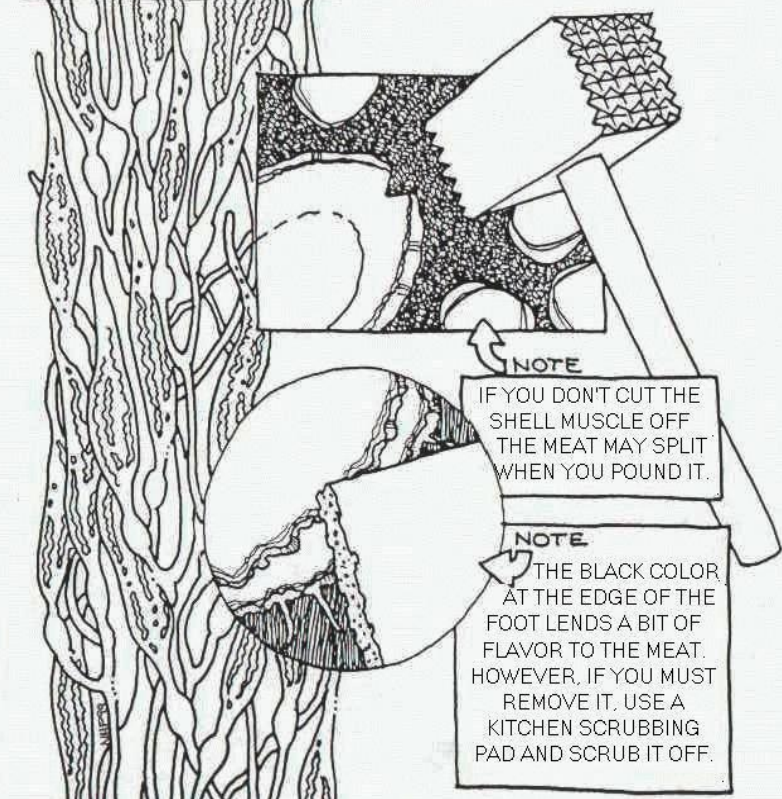


4 WHEN YOU HAVE PEELED AROUND TO THE HEAD, USE YOUR KNIFE TO MAKE A "V" SHAPED CUT AND REMOVE THE HEAD, STILL ATTACHED TO THE MANTLE AND ORGANS. SHALLOW, CAREFUL CUTS WILL LEAVE MORE OF THE MEAT INTACT.



5 NOW THAT THE FOOT IS CLEANED, YOU CAN SET IT ASIDE FOR A FEW MINUTES TO LET IT RELAX. WHEN THE FOOT RELAXES, IT IS EASIER TO SLICE THE SHELL MUSCLE OFF, LEAVING A DISC-SHAPED FOOT WHICH CAN BE SLICED INTO THINNER PIECES, OR LEFT AS IS.

6 ALL OF THE FOOT IS DELICIOUS TO EAT INCLUDING FRILLS, TENTACLES, AND SHELL MUSCLE. IT IS EASIER TO SLICE THE FOOT BEFORE POUNDING. THE MEAT NEEDS TO BE POUNDED, NOT AS HARD AS WILD ABALONE, BUT ENOUGH TO OBTAIN THE DESIRED TENDERNESS. USUALLY, FIVE OR SIX WHACKS WITH A TENDERIZING Mallet ON EACH SIDE OF THE FOOT WILL DO NICELY. IT IS NOT NECESSARY TO HIT THE MEAT HARD ENOUGH TO CAUSE IT TO SPLIT.



NOTE
 IF YOU DON'T CUT THE SHELL MUSCLE OFF THE MEAT MAY SPLIT WHEN YOU POUND IT.

NOTE
 THE BLACK COLOR AT THE EDGE OF THE FOOT LENDS A BIT OF FLAVOR TO THE MEAT. HOWEVER, IF YOU MUST REMOVE IT, USE A KITCHEN SCRUBBING PAD AND SCRUB IT OFF.

