

Monterey Bay Abalone Salad with Tomato, Beans and Truffle

Montrio Bistro

Chef Tony Baker

- 6 Small Farm Raised Red Abalone, cleaned
- Butter, Lemon and Chopped Parsley for cooking
- 1 basket of Micro Greens™
- 8 oz French beans, blanched
- 8 oz Roma tomato, peeled, deseeded and diced
- 2 ea Bosc pears, peeled, cut into small dice
- 1 bun Baby chives, cut 1 inch in length
- 1 oz White Truffle Oil
- 1 oz Balsamic Vinegar (good quality)

- Prepare all of the produce as listed, when ready, prepare to cook the Abalone.
- Heat a medium sauté pan, add 2 oz butter, when butter starts to color, add the abalone. Cook for 1 minute on each side, finish with chopped parsley and lemon juice.
- Mix the diced pear, tomato, French beans and cut chives, season with a drizzle of the oil and vinegar and a twist of pepper and salt.
- Arrange the ingredients around the plate.
- Using the same oil and vinegar, dress the greens, arrange in the center placing the abalone on top. Pour a little of the butter from the pan over and enjoy!

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