

Braised Abalone with Sea Cucumber

Yield: 4 min
Total Time: 70 min

Recipe from: <https://www.recipeschoose.com/recipes/chinese-sea-slug-recipe>

Ingredients:

- 4 abalone dried South African
- 2 sea cucumber dried South African Deep
- 1 knob ginger pounded
- 3 stalks scallion roots removed
- 8 water dried Japanese scallop, rinsed with, before using
- 4 ounces broccoli florets
- corn starch + water
- 1 stewhen skin removed and chop into big pieces
- 1 pound pork spare ribs cut into riblets
- 4 ounces chinese ham or Virginia ham, cut into pieces
- 5 quarts water