

COLLECTING SHELLFISH?
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**Pan-fried Pāua
with Kawakawa & Lemon**

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Ingredients

Pāua (whole fresh or tenderised)
salt & pepper (good seasoning to taste)
1 tsp garlic
1/4 tsp kawakawa or chilli flakes for heat
lemon juice
2 tbsp olive oil
50g butter

Instructions

Ways to tenderise Pāua

Step 1

Boiling Pāua for one minute, shell up flesh down in the pot, then plunge into cold water. Easier way to prize Pāua away from the shell and tender to eat.

Step 2

Freezing for 30 mins to 1 hour or leave them in the fridge for 1-2 days basically putting to sleep and relaxing the Pāua flesh.

Step 1

Thinly slice Pāua into strips about 2-3mm thick. Place into a small bowl toss with olive oil, kawakawa, garlic, salt & pepper.

Step 2

Heat pan medium to high heat, add Pāua and butter and sear for only one minute, tossing Pāua slithers, squeeze lemon juice over Pāua, season and serve.

This recipe can be easily made on a campfire on the beach. Using rocks to tenderise Pāua on the beach or summer BBQ, or at home in the kitchen. You can create your own flavours by adding other herbs & spices to taste.

Vibrio are a harmful bacteria that live in raw shellfish, you can't see it but it can make you really sick. So encourage your whānau and friends to prepare and cook shellfish carefully.

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