

许堂仁 / 著
Author / Tony Hsu

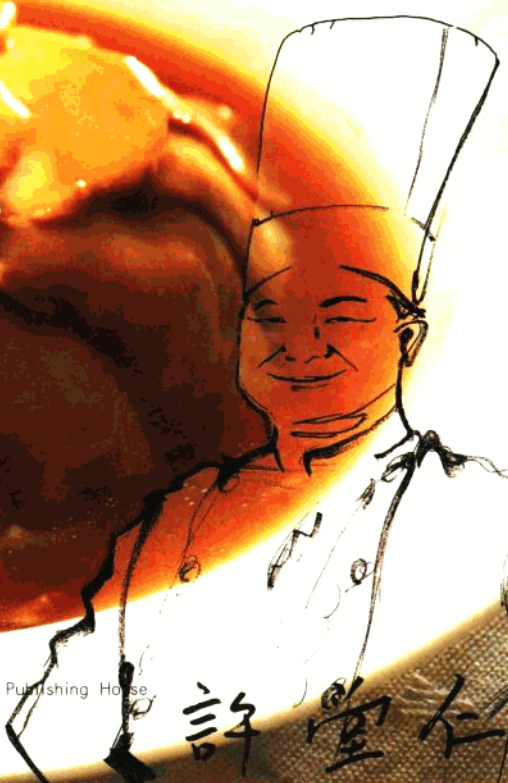
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Talking About Abalone

鲍鱼新厨艺

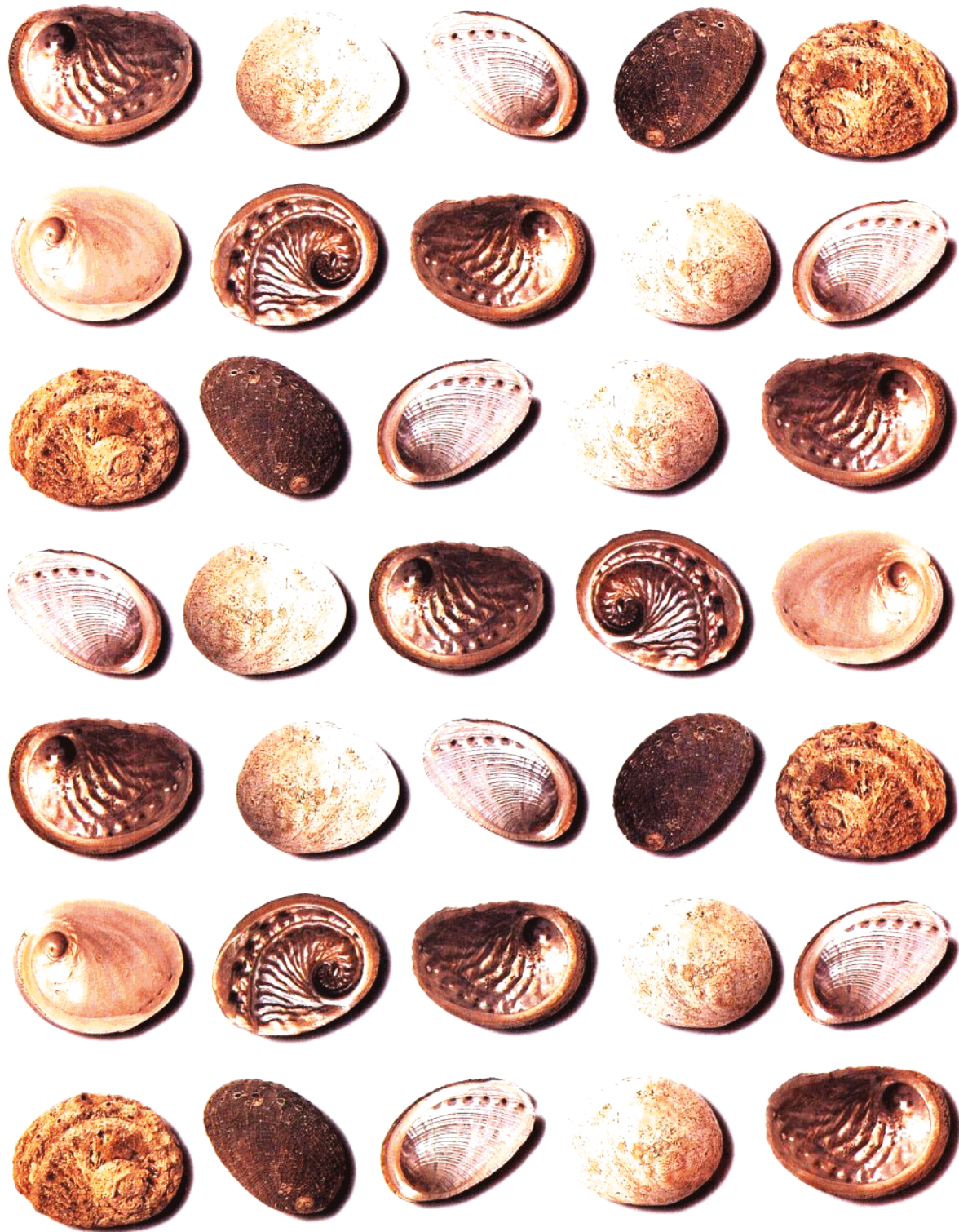
New Cooking Ways

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許堂仁









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鱼

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“鲍鱼”在一般人的印象中，除了昂贵还有什么呢？位居海味四大天王之首的鲍鱼，之所以珍贵，除了因成长期长、需求量大之外，所深藏的丰富营养亦是让它贵为大海龙头的重要因素。也因此每逢重要节庆，鲍鱼自然成为了餐桌上令人垂涎的首要角色。

在过去仅有干鲍、鲜鲍的年代，想要烹调出味美肉鲜的鲍鱼，若无一身好手艺很难办到。但随着科技的日新月异，罐头鲍鱼开始生产后，鲍鱼的醇美风味已愈加简易与快速，只需稍加处理即可品尝；而一些相关酱料的生产，更为平凡的料理烹调增添变化，因此现在入厨房真是幸福得令人羡慕。但时代进步所带来的产品，也需要了解的人才能有所发挥，而本书正是引领您进入完整鲍鱼世界的桥梁，在鲍鱼的生长、处理、烹调、选购与保存上都有详尽的介绍，务必让鲍鱼与您更加贴近。

本书共设计了40道以鲍鱼或鲍鱼酱入菜的食谱，打破一般人过去仅以鲍鱼凉拌、煲汤的狭隘烹调方法，期望以更有变化的菜式，为鲍鱼谱出崭新的生命与风味。而仁爱医院童钰雯营养师针对每道食谱计算的热量、营养素与建议，也让热爱美食，亦崇尚健康的民众，更能安心享受道道佳肴，免去肥胖、慢性病变的烦恼，为饮食和健康搭起最亲密的关系。



In the normal impression, abalone still has what else besides the expensive price. The abalone is valuable, it is not because of the long growing time and big demand but the abundant nutrition is also the important reason. Therefore, the abalone is the best dish for every important festival.

In the past, there only have dried abalone and fresh abalone, which is not easy to cook a delicious abalone without good skill. However, according to the continuous improvement of science, the canned abalone is produced which is easy and quick for cooking. Some relative sauces also make changes for common dishes. But the modern products also need the understanding persons to bring it into fully play. This book is the bridge to guide you into the completed abalone world, which has the detailed introduce of abalone's growing, handling, cooking, selection and keeping. Let you more understand the abalone.

This book design 40 dishes cooked by abalone or abalone sauce instead of the past cooking way of salad or boil, expect the various dishes to make abalone have new taste. The dietitian Tung Yu Wen of Jen Ai Hospital calculated the calories, nutrients and suggestions for each dish, which let the people who love good dishes and honor health can enjoy each dish with peace of mind, and avoid the worries of obesity and chronic disease. It is the most intimate bridge between eating and health.

自序 Preface

許堂仁

中华美食交流协会理事长
美食天下杂志社社长
Tony Hsu
President of Chinese Gourmet Association
President of Gourmet World Magazine

童钰雯, 1967年3月12日出生

先后毕业于台北医学院保健营养系
台湾大学农业化学研究所生化营养组硕士

现任台北市立仁爱医院营养师

台湾肥胖研究会第二届理事

经历: 台中县立龙井国中代理教师

会员: 台北市营养师公会

台湾营养学会

台湾糖尿病卫教学会

台湾肥胖研究学会

台湾血脂及动脉硬化学会

Tung Yu Wen was born in March 12th 1967.

Graduated the order from Biochemistry & Nutrition of Taipei Medicinal College and Agriculture & Chemistry Graduate School Master's Degree of National Taiwan University. Now is the dietitian in Taipei Jen Ai Hospital and the administrator of Taiwan Diabetes Association.

Experience:

Substitute teacher, Lung Ching Junior High School, Taizhong County

Member:

Taipei Dietitian Association

Taiwan Federation of Dietitian Association

Taiwan Virtual Dietitian Association

Taiwan Diabetes Association

Taiwan Blood Fat and Artery Dietitian Association

Dietitian's Preface

营养师序

鲍鱼乃“海味八珍”之一，与鱼翅、燕窝同属于价格昂贵的高级食材，对大多数人而言，鲍鱼贵为席上之珍，是不可能餐餐都有机会吃到的。记得小时候，只要在宴客或逢年过节时，餐桌上才偶能发现鲍鱼的芳踪，但也只不过一二片而已，往往仅能在敬老尊贤与孔融让梨的礼教中望之兴叹，至于报章杂志报道的“三头鲍”、“四头鲍”则可谓之为天方夜谭了。

印象中，鲍鱼能变化的菜色并不多，常常用在凉拌或红烧，对牙齿不好的人而言，甚至只能烧汤喝他的鲜美味道而已，对一般家庭来说，鲍鱼是颇为奢侈的食材，以前不懂鲍鱼到底有何价值？为何这么贵？妈妈为什么舍得买它熬粥给生病的爷爷吃？直到读过营养学，明白鲍鱼有滋补、明目、增强免疫力、预防癌症等功效，才觉得鲍鱼仿佛贵得有理。

欣闻台湾餐饮出版社收集了40道由名厨精心设计的鲍鱼食谱，除了鲍鱼的食材外，亦有鲍鱼酱汁利用，对于喜爱鲍鱼鲜美味道的人而言有福了，本人有幸能为40道鲍鱼食谱做热量及营养素之分析，期望能尽微薄之力，让读者在享受美食之时亦可兼顾营养，更希望借着这本书的出版，使鲍鱼成为人人皆可享受的健康美食。

Abalone is one of eight valuable seafood. It's the expensive ingredient of high-class as shark's fins and swal-low's nests. For most people, abalone is a valuable dish. Remembered the young age, only can see 1 or 2 pieces the of abalone when entertain guests or festivals. As to the 3 heads and 4 heads abalone, it's the "Arabian Nights".

In my impression, the abalone can cook fewer dishes-salad, simmer or boiling soup for the poor teeth persons to taste the delicious only. For normal families, abalone is a very luxury ingredient. Before, I don't know what is the value of abalone. Why it's so expensive? Why Mother is willing to boil it soup for sick Grandfather? After learned the nutritism, I understood the abalone has the efficacy of moist, can bright eyes, strong the immunity and prevent cancer, so the high prices seems have its reasons.

I am glad to hear that Taiwan Food & Beverage Publishing Co. collected 40 abalone dishes designed by the own self of abalone and also utilize the abalone sauce. I am honored to analyze the calories and nutrition for these 40 dishes and expect to let readers can also take care of the nutrition except enjoying delicious food. Also expect the abalone can be a healthy food for everyone through this book.



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36	鲍块芦笋沙拉	Abalone and Asparagus Salad
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44	鲍酱茄子煲	Eggplant in Abalone Stew
46	鲍酱发菜三菇	Abalone-sauced Hair-like Seaweed and Mushroom of Three Kinds
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50	鲍甫豆腐	Abalone Stewed with Tofu
52	鲍甫芥菜	Abalone Saute with Mustard
54	热炒·海鲜篇	Warm Dish Seafood
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58	鲍酱软煎鱼	Fried Pomfret with Abalone Sauce
60	葱烤鲍参	Sea Cucumber and Abalone Fried with Spring Onion
62	鲍酱粉丝虾煲	Prawn and Bean Thread Stew with Abalone Sauce
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如何使用本书

How to use this book

这是一本完整介绍鲍鱼的专书，除了收录 40 道美味的鲍鱼食谱外，亦于前文部分详细记录了鲍鱼在大海的生活环境与成长，以及捕捉后的选购、保存和烹调等各种知识，希望读者在大显身手、烹调美食的同时也能成为一个快乐的鲍鱼通。

而在食谱部分除了有详尽清楚的步骤图解说外，也有几个特别精心策划的单元，期待让您在洗手入羹汤的同时，能有更丰盛的收获！

This is a professional book to introduce the abalone completely. Besides including 40 abalone dishes, this book also detailed record the abalone's environment of living and growing, and the knowledge of selection, keeping and cooking. Hope readers can not only cook the delicious dishes but also more understand the abalone.

In this cooking book, besides the clear sketch by steps, it also has some special subjects and expects you can have more abundant harvest.

成本分析：鲍鱼在人们的印象中不但是珍贵的海鲜，更是昂贵的食材，非等到过年过节不能上桌；为此我们将每道菜作了成本分析，让读者能精打细算过最有品味的生活。当然随着季节的转换、物价的波动，这份价格会有上下调整的可能。

Cost analysis: Abalone is not only the valuable seafood but also the expensive ingredient. Therefore, we analysis the cost for each dish to let readers have the most qualified live. Of course, according to the seasonal change and price fluctuations, the price will be also adjusted.

3 大厨的叮咛：做菜是件轻松容易的事，但想要做好菜则需要经过长时间的经验累积，在此我们请大厨将多年经验倾囊相授，帮助读者的烹调之路更形快捷。

tips Cooking is very easy but cook good dishes need the experience accumulation with long time. Here, we invite the chief to teach his experiences to assist reader's cook as well.



2 营养师的叮咛：随着生活水平的提高，民众的饮食习惯逐渐有所转变，但在大鱼大肉的包袱下，各式文明病却也相对提高，因此吃得美味，也该吃得健康，经由营养师的分析与建议，我们要一起吃出品质与活力。

Dietitian's exhortation: According to the raising of standard of living, the eating habit is changed graduated. But the rich food makes various diseases rise corresponding. Therefore, by the analysis and suggestion of dietitian, we have to eat qualified and vitality.

Ecological Features

鲍鱼也有性别之分,但由外观我们很难去分辨,必须掀开体内的螺旋状内脏块才可看出它们构造的差异。除此之外,也可经由油煎方式处理新鲜鲍鱼后,来观察内脏颜色的变化,通常雌性者呈墨绿色,雄性则为淡黄色。

There is sexual differentiation in abalone which cannot be recognised from the outside. The reproductive organs are found inside the shell and attached to the outside of the flesh. The Female abalone's eggs are dark green while the male's is a creamy color with a "chocolate coloured" centre.



贝壳背面
Dorsal view of shell

鲍鱼壳表有4~9个小孔,成行并凸起排列于边缘,除为呼吸与排泄的通道外,体内的触手亦由此与外界接触。在夏到秋季的产卵期间,雄性与雌性鲍鱼分别将卵子与精子排于海水中,待两者相遇即受精,约经过10天的时间小鲍鱼孵化而出,再历经三年的时间体长可成长到10厘米;鲍鱼自软膜孵化出来的幼体,仍须靠体外卵黄的营养来维持发育、生存,到面盘幼体后期,始可吞食少许的单细胞藻类及有机碎屑,随着形体成长,所食用的藻类也逐渐转大,直至生长至成鲍才可食用各类柔软而幼嫩的海藻,鲍鱼完全成长约需耗费8年的时间。

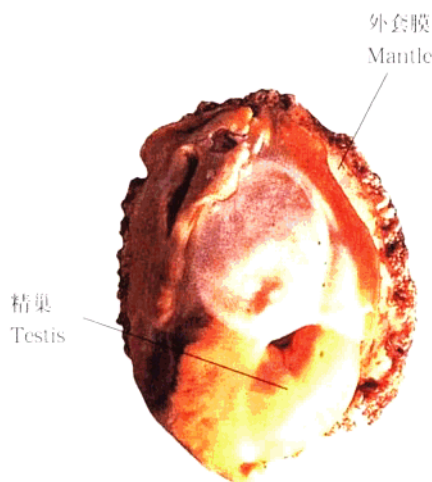
由此看出鲍鱼是需经过一段长时间的过程才能成长完成,但由于市场的需求量庞大,在供需不平衡的情况下,自然造成了价格的昂贵,目前全世界野生鲍鱼的捕捉量每年约需12 000吨。

There are four to nine holes on the shell surface of abalone, parallel and protruding from the rounded edge. They function as passages for breathing, excreting and for reproduction. The antennas of the abalone come in contact with the outside world by sticking out from underneath the cover of the shell. During spawning, both male and female abalones discharge eggs and the semen into the seawater, where they mix and fertilise. Within ten days, the infant abalone is formed. After three years, the young abalone can grow up to 10 centimeters in length. The infant abalone depends first on the egg yolk, then it can take in Uni-cell algae and organic cells. The intake increases but it won't take seaweed until it matures as an adult. It takes up to 8 years for an abalone to be fully developed.

The disproportion in the limited supply and large demand leads to the high price. There is only 12 000 live tonnes of wild abalone caught each year in the whole world.

鲍鱼的生态

Ecological Features



软体部背面
Dorsal view of soft part

生活的环境

The required environment

通常需有适当的环境，才能培育出优良的鲍鱼，因此鲍鱼的家——大海，便是决定鲍鱼成长的重要因素。海水流动所造成的冲击，影响了鲍鱼的紧松软硬程度；水质的优劣与否会直接反应在鲍鱼生长速度上；而海水温度则决定鲍鱼的肉质与味道。正因如此，生长于不同国家、不同海洋内的鲍鱼在品质上有着极大的差异。

通常鲍鱼喜欢居住于冷水盐分高、水流湍急、水质清澈、背风、背流与海藻繁多的岩礁区，而地形愈复杂、巨浪常侵袭的石礁，栖息的鲍鱼也愈多，主要除因为此处有它们所需要的丰盛饵料外，也由于巨礁稳固的地形，让鲍鱼拥有广大的空间可活动。依种类的不同，它们居住于海底的深浅也有所差异，通常它们较喜欢在冷水海域，所以有时在深海岩层400米处亦可发现它的踪迹。鲍鱼是不可能在有淡水注入、水质混浊与以泥沙为底质的海域生活。

Excellent abalone can only be cultivated in a clean and healthy environment. The impact created by the flow of the sea influences the texture of the meat. The sea quality, water temperature and the type of available food determines the growing speed, the taste and the colour. Therefore, abalone from different seas and countries vary greatly in taste, quality and appearance.

Abalone likes to live in a rocky area close to shore where the water is clear, moving and with a rich source of seaweed. These areas provide maximum food and also maximum protection for the abalone from its natural predators. Different species have the ability to survive at different depths. Most abalone prefer cold waters so they can be found in shallow reef areas just below the waters edge down to as deep as 400 metres. Abalone cannot survive in a place where sea water is mingled with fresh water, or where the water is dirty.

鲍鱼的捕捉 Fishing for abalone

目前市面上大多数的鲍鱼均是野生的，养殖数量占不到世界总产量的3%。在澳洲，为使鲍鱼生态平衡，政府明文规定仅拥有合法执照的渔民才能捕捞，且捕捉的数量、区域与时间均有严格规范，以保护鲍鱼能源源不绝。

捕捉鲍鱼的渔夫通常须受过严格的潜水训练，经由助手的协助下，携带压缩空气供应器，自近海的船上跳入海中长达六小时以上，将附黏于礁石上的鲍鱼捡起，交由助手拿出海面，迅速以活的状态储存，再以最短的时间内交送制造商处理，保持其最佳状况。但在捕捉过程中是绝对不可惊吓它的，因鲍鱼是以肥大的足部附着于岩石上，一旦当它感觉到危险时，即会产生高达200公斤的附着力，到时就算费上多大的功夫也很难将它移动。

而在捕捉鲍鱼时，天气是最主要的决定因素，通常渔夫会以海水与风向来判断是否适宜捕捉，当然不同种类的鲍鱼生活习性亦有差异，对于捕捉的成果也会有影响，这可是需要靠经验的累积才能满载而归。

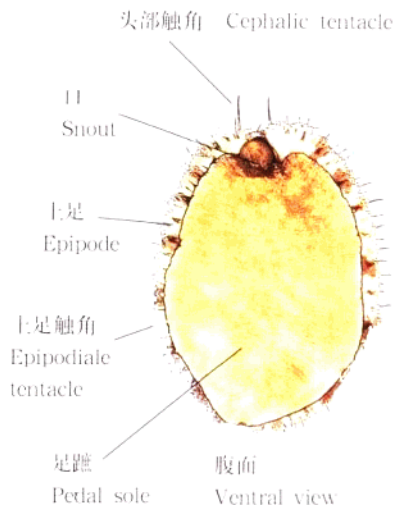
鲍鱼的生态 Ecological Features

Most abalone in the market is wild. Artificially grown abalone currently represent approximately 3% of the total production. To keep the ecological balance, the Australian government has passed laws that allow only a limited number of fishermen who need to be licensed to catch abalone by hand. The catch must then only be sold to licensed processors for process and sale. Strict controls with heavy penalties for illegal catching are imposed. The regulations control when, where and how much abalone can be caught in order to protect the abalone resources.

The fishermen who catch the abalone are required by law to be qualified in underwater diving. With the help of assistants, they will work under water for up to 6 hours to pick each abalone from the rocks. They pass the abalone to an assistant who works on the boat looking after the dive compressor and packing the abalone for transport to the processor. In this way, they can keep the abalone alive and transfer the abalone, in its best condition to the manufacturer in a shortest possible time. One thing is worth mentioning: the abalone should be disturbed as little as possible in the catching process. Once the abalone senses there is danger approaching, it will attach to the rock with its strong foot, which will take up to 200-kilo power to pull it off. So, it is almost impossible to move it at this time without damage.

Weather is one important determinant in catching the abalone. Fishermen will decide when is the best time to catch the abalone based on the height of the waves and the strength of the wind. Different abalone have different living conditions. The fishing success can only be achieved by experienced fishermen.

鲍鱼的构造 Anatomy of a abalone



鲍鱼的种类

The Different Abalone Varieties

鲍鱼的品种 Varieties

鲍鱼的名称一般可依颜色称之，在经由简单刷洗后观察其显著的颜色而得知。但是其肉质的结构则必须由有经验且受过专业训练的人员才可辨识出来。每种不同品种的鲍鱼其肉质、味道与组织均不相同，而这正是让世界各地老饕乐于研究之处。

目前全世界鲍鱼的品种高达有100多种，依产量多寡分别生产于澳洲、日本、新西兰、南非、中国、墨西哥、欧洲、美国、加拿大和中东等国家。而由于各地方环境的差异性，形成了不同的品种，仅就目前世界重要的鲍鱼品种稍做介绍，让读者对各类鲍鱼有更深入的认识。

The common names of abalone usually describe the colour of the Epipode (The band separating the foot from the shell. It contains the feelers of the abalone). The colour is usually prominent and is washed off during processing after which the physical structure of the abalone will usually identify it to the trained person. Each difference in character results in a different taste and texture, which can be quite significant and of course quite exciting for the gourmet.

There are in excess of 100 varieties of abalone in the world. According to the order of largest production quantity, it is found in Australia, Japan, New Zealand, South Africa, China, Mexico, Europe, USA, Canada and the Middle East. As each different environment results in different varieties, we will only introduce the important commercial species of abalone so that readers may have a deeper understanding of the product they may consume.



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澳洲 Australia

是全世界最大的鲍鱼出产国家，每年约捕捉5 000吨活鲍产量，有四种重要的鲍鱼种类。

The biggest producer of abalone (5 000 live tones per annum) has 4 important species.

青边鲍 此种鲍鱼因生长环境受限所以是澳洲出产最少的品种，每年约捕捉600吨活鲍产量。唇边呈绿色，肉质细嫩、味道浓郁，多制作成急冻鲍鱼或熬鲍鱼汤之用，是香港及中国南方人最钟爱的鲍鱼之一。(图①)

黑边鲍 此种鲍鱼是澳洲出产最多的品种，每年约捕捉4 200吨活鲍产量因唇边呈黑色而得名，多制作为罐头或以活鲍来销售。(图②)

幼种 每年的产量仅有100吨左右，肉粒小一般作为煮或作整粒的鲍鱼菜肴。(图③)

乌边鲍 此种鲍鱼产量不多每年仅有100吨左右，此种鲍鱼因产量较少但是规格是属于大鲍，因味浓色重而得名。(图④)

Greenlip abalone: This species has a much smaller population (approximately 600 live tones production per annum) because of its limited habitat. The flesh has a strong taste and a pale color which makes it very suitable for soups and for those seeking a more prominent flavor. As Hong Kong cuisine has a strong appreciation of soup this species is very popular for Southern Chinese. ①

Blacklip abalone: This is the largest production species by volume with approximately 4 200 live tones produced annually. It is mostly used for canning and live. It has a gentle and subtle taste. It grows to a wide range of sizes and its color is most easily influenced by the food of its immediate environment. ②

Roe's abalone: This is a stunted species which has a wide geographic distribution but a low population density. The production is only around 100 tonnes each year and the meat is smaller so the individual whole pieces can afford to be served rather than sliced. ③

Brownlip abalone: This is not a targeted species due to its limited population dynamics but approximately 100 tonnes is caught each year. It is usually a much larger abalone with a strong and unique flavor and darker color. ④



日本 Japan

每年的产量约有 3 000 吨左右。Produce approximately 3 000 tonnes each year.

网鲍，是品质相当优良且最大的干燥鲍鱼品种。原产于日本千叶县，但因近年来受到海水的污染，现以清森县 AOMORI 的品质较佳；此种鲍鱼体积大，用来宴请宾客相当体面有看头。其外形椭圆呈深咖啡色，特色为底边广阔平坦，尾部较尖，肉质大而肥厚、软滑，且底部有清晰的珠粒。在选购时，在边缘处可见到粗纹者品质较为优良。（左图）

网鲍：此为日本的特产，由于喜欢活动于海底岩石的缝隙里，故在捕捞时须使用铁针来钩捕，也因此周围所产生的裂痕便成为此种鲍鱼的注册商标。窝麻鲍比网鲍较小，金黄的颜色与滑嫩的肉质是此种上品鲍鱼的最大特色。

窝麻鲍：又称吉滨鲍，除日本岩守县 IWATE 有出产外，我国青岛、海南与台湾等地亦有产量。其外高内低的外形如同元宝，中间有一条明显的线痕。以色泽亮丽者品质较优，具有嚼劲。（右图）



Net abalone: Japan's climatic condition produces both a popular species of abalone and a world famous dried abalone. Originally a much larger producing country, Japan Chian-sheh but due to deteriorating water quality these recent years the abalone from Aomori is now considered to be better. The looks very elegant for entertaining guests. The appearance is oval with dark brown and the characteristic is the wide bottom and sharp tail. The meat is thick, soft and the bottom has clear beads. The quality of the edge with thick lines is better. (left sketch)

Oma abalone: This is Japan's unique products. As this abalone like to live in the reef gaps it needs to be harvested using long iron needles. Therefore, the fissure surrounding it has become its registered trademark. Oma abalone is smaller than net abalone, the gold color and tender meat are the best characteristics.

Jyi-pun abalone: Besides Japan Iwate, there also have productions in Qingdao, Hainan and Taiwan. The appearance is same as an ingot which middle has a clear trace. The quality of shining color is better. (right sketch)

墨西哥 Mexico

墨西哥是罐头鲍鱼的源起故乡，所生产的鲍鱼肉质滑软鲜嫩，色泽金黄，品质优异。早期墨西哥鲍鱼是世界最大产量国，每年产量约有 5 000 吨左右，但因滥捕捉及水质改变的影响，年年减产，到目前年产量约仅有 400 吨左右。

Mexico is the original country of canned abalone. The species is quite large, a mid to golden brown colour and with a very pleasant and unique tastes. Mexico used to produce the largest quantity in the world, well in excess of 5 000 tonnes but its production has declined to approximately 400 tonnes annually due to over-fishing and water condition.

销售形式 Selling form

由于鲍鱼在捕捞上岸后，很难完全以新鲜的方式供应，因此相继发展出以冷冻、风干或装罐等方法来储存，为鲍鱼提供了更多元的用途。



新鲜鲍鱼
Fresh abalone

鲍鱼的种类
The Different
Abalone Varieties

As the abalone is difficult to sell fresh and live after its capture it has been necessary to develop ways to preserve it whilst maintaining its unique taste. Abalone is a hemophilic. Once cut, it bleeds without stopping, causing much of the valuable juices to be lost. Processing as quickly as possible has become an essential step in maintaining quality. Historically, drying was the first successful method of preservation. This produced unique characteristics that have added to its value to this day. Canning and freezing have followed with live exports now possible due to high speed jet aircraft. Because of the availability of modern preserving and transport methods it is now more possible to enjoy the natural taste of abalone.

新鲜鲍鱼 Fresh abalone

新鲜鲍鱼即指鲜活、带壳的鲍鱼，是以存活的状态来直接烹调食用，由于其必须保持在生鲜的状态，因此一般仅有在产地附近才有贩售。

It means the fresh abalone with shell. As it need to keep the fresh status so only be sold near the production places.

冷冻鲍鱼 Frozen abalone

冷冻鲍鱼是将新鲜鲍鱼处理后，经急速冷冻制作而成。但目前市面上的冷冻鲍鱼多半都是以已死亡的鲍鱼来制作，而且化冰后会破坏肉质组织及重量减少，因此在选购时品质上较无法掌握。



The most important thing to maintain quality is the speed of process after killing and the quality process of the packer. Poor quality process will result in poor taste, poor texture (usually too hard) and a big weight loss, especially from frozen after thawing.

干鲍鱼 Dried abalone

干鲍鱼所采集的鲍鱼为延长保存期限，会以干燥形式来保存，它的处理方法为：在活鲍鱼捕捞上岸后，立刻由人工将鲍鱼肉自壳中完整取出，浸泡于盐水中约二天的时间，接着以冷、热水反复清洗，再加入盐水上煮数小时；

之后便以炭火烘烤至五分干，再置于太阳下曝晒，到达一个程度后，移至阴凉处风干，就此反复这两个动作至少一个月的时间后即完成。由此可见制作干鲍鱼的重点便是在于去壳、清洗、煮熟与曝晒等过程，而这也直接且深刻的影响了干鲍的品质。

The dried abalone is the most complicated to produce well. Poor process will result in a hard and tasteless product. The handling steps are to remove the abalone from the shell, soaking it in the salt water around 2 days then cleaning it with cold and hot water repeatedly, then boiling it with salt water for several hours. It is then dried, alternately in the sun and in the shade by the wind. These two actions continue at least one month until it is finished. Therefore, the points for producing dried abalone are removing the shell, cleaning, boiling and exposing to the sunlight and wind, and these affect the abalone's quality directly and deeply. Regional climate differences as well as many centuries of process culture produce the special and unique characteristics that come from the different regions.



罐头鲍鱼 Canned abalone

好的罐头鲍鱼是将新鲜活鲍鱼立即装罐以保持稳定的品质。其需经洗涤、清洁、加入盐水、真空装罐再高温杀菌烹煮等加工手续而成，因为罐中有汤汁，因此又称做汤鲍。由于有些在食用前并不需要烹煮，只须稍稍加热即可，相当方便，深受一般家庭主妇的喜爱。目前市面上亦有一种与罐头鲍鱼相似的真空塑料包鲍鱼，在常温中保存期限可达2年，可让消费者清楚见到内容物的鲍鱼。由于科技的进步，目前罐头与真空塑料包均逐渐成为现代消费者最简便与经济的选购鲍鱼种类。

The abalone should be received live by the packer to ensure quality. It is then removed from the shell, cleaned and placed in the can with water and salt. The can is sealed and with the abalone inside and is then cooked. During cooking the abalone meat will loose weight with the juice mixing with the water and salt to produce an abalone soup. All canned abalone should be ready to eat. Its texture should be soft and the flavor very natural. New technology is recently allowing a similar process using a very special plastic bag which does not allow air through the bag material to spoil it. This new technology will not give unlimited storage but will give proximately 2 years ambient storage. Its major benefits will be to enable the customer to see the valuable abalone they are buying. Canned and "retort bagged" abalone is the simplest, most convenient and most economical way to buy abalone.

