



MORGAN MCGLONE

Morgan McGlone is a third generation chef who is first and foremost a food nerd. His favourite book as a child was a cookbook and he would make various dishes from it for his family with his dad providing encouragement from the sidelines.

Morgan's career began in Sydney working at culinary institutions Summit and Luke Mangan's Salt, before he moved to the US where he started his own catering and chef agency in Los Angeles and New York.

Morgan moved to Sydney to open his much-lauded French bistro, Flinders Inn in 2009. Morgan then moved back to the US, where he spent several years working for Sean Brock at Husk in South Carolina, and then as chef de cuisine at Husk in Nashville.

Morgan returned to Australia in 2014 to open Belles Hot Chicken, inspired by his time in Nashville where hot chicken is celebrated. There are now multiple Belles Hot Chicken venues in Sydney and Melbourne.

Morgan continues to consult and appear at food festivals nationally and internationally.

"I really got inspired with the purity of the Tasmanian ingredients I used for my dish, abalone, the dairy even the salt and pepper were some of the best produce I've ever cooked with." Morgan.

TASMANIAN ABALONE, GRITS, SOFRITO & SOY CURED EGG YOLK

INGREDIENTS

2 large Tasmanian abalone	500g medium cornmeal
6 cloves garlic (crushed)	500ml water
500g + 1 tblsp unsalted butter	250g whole Milk
1 500g tin whole peeled tomato (strained , reserve liquid)	2 x 70g free range egg
1 medium brown onion (sliced fine)	100ml soy sauce
1 bulb fennel (sliced fine)	Salt flakes
150ml white wine	1 tsp ground white pepper
	¼ bunch dill

METHOD

1. Soak cornmeal with water for at least 5 hours and then slowly cook over medium to low heat in a saucepan with milk for 1 hour, season with salt and pepper and 1 tablespoon of butter, set aside warm.
2. Sweat onion and 1 clove of garlic without colour, add fennel and cook for a further 10 mins, deglaze with wine and reduce liquid by ¾ and then add tomatoes. Cook this sofrito for approx. 45 mins to 1 hour and then set aside.
3. Crack eggs and separate egg yolks
4. To cook abalone, melt butter and garlic and add abalone with the shell facing up. Turn heat up to medium and cook abalone for 45 mins as if you are cooking a steak.
5. After 45 mins take a spoon and scoop out the abalone meat. Cut away the skirt of the abalone and continue to cook for a further 20 mins then allow to rest in the butter mixture.

To Serve:

- Place a medium spoon of grits in the centre of the plate, then take a large tablespoon of sofrito and place on top of grits.
 - Slice abalone into 1cm strips and place on top of grit/sofrito.
 - Place cured egg yolk on top of abalone and then garnish with abalone butter and sprigs of dill.
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