

Grilled Marinated Beef Recipe

Ingredients:

6 slices fillet steak
1 small clove garlic
1/2 teaspoon sugar
1/2 teaspoon finely grated fresh ginger
6 tablespoons Japanese soy sauce
6 tablespoons mirin or dry sherry
2 tablespoons oil
2 teaspoons sugar
4 tablespoons water or dashi
1 teaspoon corn flour
Cold water

Method:

Trim excess fat off beef. Crush garlic with sugar and mix with ginger, soy sauce and mirin. Dip each steak into the marinade on both sides and leave for about 30 minutes. Heat a heavy griddle plate or frying pan, spread oil over the cooking surface and when hot put steaks on the griddle for 1 minute before turning to brown other side. Turn heat down and continue cooking until done. Put remaining marinade in a small pan with sugar and water or dashi, bring to the boil, then stir in corn flour mixed smoothly with very little cold water. Stir until it boils and becomes clear, then spoon glaze over the steaks. Serve steaks immediately. For easy eating with chopsticks the steaks should be cut into slices and assembled again in their original shape.

[asian_free_recipes_download][/[asian_free_recipes_download](#)]