



JAMES WHELAN

Beef Teriyaki with Spring Onions



This Japanese dish is very easy to make and, in our experience, universally popular! Marinate ahead for a super-speedy supper.

Ingredients

- ♦ 8 tablespoons soy sauce
- ♦ 4 tablespoons mirin
- ♦ 4 tablespoons caster sugar
- ♦ 1 tablespoon honey
- ♦ 1 tablespoon sesame oil
- ♦ 2 teaspoons finely grated ginger
- ♦ 1 garlic clove, thinly sliced
- ♦ 800 g piece sirloin steak
- ♦ 1 tablespoon extra virgin olive oil or Irish rapeseed oil
- ♦ bunch of spring onions
- ♦ sushi rice

Serves 4

To Cook

Place the soy sauce, mirin, sugar, honey, sesame oil, ginger and garlic in a saucepan over medium-high heat. Bring to the boil, reduce heat to low and simmer for 5–10 minutes. Remove from the heat and allow to cool to room temperature. Pour the soy sauce mixture into a large, shallow dish and add the steak, turning a few times to coat. Cover and refrigerate for 3 hours. Drain the beef, reserving the marinade. Heat the rapeseed oil in a large frying pan over medium-high heat. Cook the steak for about 3 minutes each side (for medium rare) or according to how you like it. Transfer the steak to a plate, cover loosely with foil and leave to rest for 5 minutes. Cook the spring onions in the frying pan and set to one side. Add the reserved marinade to the pan and bring to the boil. Reduce the heat to low and simmer, uncovered, for 2–3 minutes or until reduced slightly. Thinly slice the steak. Serve with sushi rice, prepared according to the instructions on the packet, and sliced spring onions, drizzled with the sauce.