

BEEF YAKINIKU

INGREDIENTS

- 450g Rump or Rib Eye Steak, thinly sliced
- 1 Onion, thinly sliced
- ½ cup Chicken Stock
- 1 Green Capsicum, sliced
- 3 Garlic Cloves, diced
- 2 stalks Spring Onions, sliced at an angle
- 2 tablespoons Olive Oil, for stir frying
- 1 teaspoon Sesame Oil

SAUCE

- ¼ cup Old Cathay Soya Sauce
- ¼ cup Japanese Sake
- 30mls White Wine (optional)
- 2 tablespoons Dark Brown Sugar
- 2 Garlic Cloves, crushed
- 1 teaspoon toasted Sesame Seeds

METHOD

1. Mix together sauce ingredients in a saucepan
2. Heat at low/medium temperature until boiling (about 5 minutes). Turn off heat
3. Heat 2 tablespoons of sauce in a stir fry pan at low/medium heat.
4. Add garlic and onion and cook for 8-10 minutes
5. Add green capsicum, stir fry for 2 minutes, set aside on a plate
6. Using the same pan, heat 2 tablespoons of olive oil and 1 teaspoon of sesame oil at medium heat.
7. Add the steak, stir fry for 2 minutes on each side.
8. Add the sauce and chicken stock, cook until reduced (about 1 cup)
9. Add onion, garlic & capsicum back into the pan
10. Sprinkle spring onion and toasted sesame seeds to finish
11. Serve over steamed rice

