



Momotaro Foods
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The Japanese Food Network

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A bit more effort recipe 2 – Rolled teriyaki beef with asparagus and leek (Yawata maki)



Description:

Teriyaki is a way of cooking which can be applied to either fish or meat. It involves a short time marinating and then grilling. The recipe below gives instructions to make the marinade yourself – alternatively you can buy a ready made one from us!

This recipe builds on the teriyaki technique set out in the 'Easy recipe' section to enable you to produce an impressive looking and tasting meal of teriyaki beef wrapped around asparagus and leek. Alternatively, you can use carrot and/or French beans.

It should be served with rice (see separate Cooking rice recipe) and a side dish.

Ingredients (for 4 people):

For the marinade:

3 tablespoons shoyu

3 tablespoons sake

2 teaspoons juice from fresh grated ginger

Optionally, a pinch of sugar

450 gms sirloin or chuck beef, cut into 3mm thin slices

1 bunch asparagus

**4 small thin leeks
(Or equivalent amounts of carrot and/or French beans)**

Method:

- 1. Mix all the marinade ingredients**
- 2. Marinate the meat for about 30 minutes**
- 3. Meanwhile, lightly steam the asparagus and leek**
- 4. Cut the asparagus and leek into the same length as the width of the beef slices**
- 5. Place one piece of asparagus and two of leek (or your preference) on the edge of a piece of beef and roll up, securing with a toothpick**
- 6. When all the beef rolls have been prepared, heat 1 tablespoon of vegetable oil in a frying pan on medium heat, then cook the beef to taste (i.e. rare or medium or well done) with the excess marinade**
- 7. When cooked, cut the beef rolls cross ways into bite-size pieces and serve immediately with rice and a side dish of your choice.**