



Momotaro Foods
桃たろうフーズ

The Japanese Food Network

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A bit more effort recipe 9 – Teppanyaki (Table fried meat and vegetable)



Description:

This is another one of those great communal meals where everyone cooks the food themselves. Teppanyaki is also rightly popular around the world.

The main difference between Teppanyaki and Sukiyaki is in Teppanyaki there is no cooking broth.

The only difficulty you might have if you source the meat yourself is persuading a butcher to slice it thinly enough. You can, however do this yourself with care. Simply put the meat into a freezer until nearly frozen, then using a very sharp knife cut into 3mm thin slices. The best cuts are Rib eye or Chuck but you can also use brisket successfully. This is known in Japan by its Korean name 'kalbi', and often a number of different meats (mostly thinly sliced) will be cooked together. So a Teppanyaki meal could include Ox tongue, pork, lamb or chicken (which is generally cut into thicker bite-size pieces, for example from a boned thigh).

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Ideally, you should cook this in a hot-pot on a table cooker.

Ingredients (for 4 people):

Approx 250 gm beef per person, cut into 3mm thin slices

6 thin or baby leeks

A variety of vegetables, such as thin or baby leek, onion, beansprouts, peppers, aubergine, spinach

10 ml (2/3 tablespoon) vegetable oil (not necessary if using a non-stick hotplate)

4 spring onions

For marinade:

30 ml (2 tablespoons) sesame oil

45 ml (3 tablespoons) shoyu

45 ml (3 tablespoons) cooking sake

3 tablespoons sesame seeds

1 quarter grated cooking apple

1 clove garlic

1 tablespoon sugar

Pinch of pepper to taste

For the dip:

1 bottle ready made dipping sauce (Yakiniku no tare)

Method:

- 1. Peel and grate the garlic and apple, and mix with all the other ingredients for the marinade**
- 2. Marinade the beef for at least 30 minutes**
- 3. Add all the ingredients for the dip, and put out in 4 small bowls**
- 4. Cut the leeks into 3 cm lengths and the other vegetables into similar bite-sized slices.**
- 5. Arrange the thinly sliced beef on one plate, and the vegetables on another.**
- 6. Mix finely chopped spring onion to be used by being added by diners to their dip sauce if wished**
- 7. Heat the cooking plate then add the oil.**
- 8. On a medium heat, cook a few slices of meat, leek, tofu, vegetables and fry for a minute until cooked to your taste. Remember to have a separate set of chopsticks to cook with, so that diners are not using their own for other people's food.**
- 9. Diners then help themselves (practice your chopstick skills!) and dip into the sauce before eating. Alternatively you can take it in turn to cook a batch for everyone**