JAPANESE

Roast Beef Don

COMPLEXITY	SERVES	PREP	COOK	TECHNIQUE	CUT
Involved	**4**	**20 min + 1 hr resting**	**40 min**	**Roast**	**Eye of round**

Ingredients

- 600 g (1⅓ lb) eye of round, in one piece
- 1½ tsp salt
- 1 tsp black pepper
- 1 tbsp vegetable oil
- 600 g (3 cups) cooked short-grain rice, warm
- 4 egg yolks
- 2 spring onions, finely sliced
- Wasabi, to taste
- Toasted sesame seeds and shredded nori, to garnish

SAUCE

- 80 ml (⅓ cup) soy sauce
- 80 ml (⅓ cup) mirin
- 2 tbsp sake (or dry sherry)
- 1 tsp sugar
- 1 clove garlic, grated
- 1 tsp grated fresh ginger

Steps

1. Take the beef out of the fridge 1 hour ahead. Pat dry and rub all over with the salt and pepper.
2. Heat the oven to 150°C (300°F). Heat the oil in an ovenproof skillet over high heat. Sear the beef for 1 minute per side on all four sides, until browned.
3. Transfer the skillet to the oven and roast for 20 to 30 minutes, until the centre reads 52°C (125°F) on a thermometer for rosy rare.
4. Wrap the beef in foil and rest for 30 minutes, then chill it for 30 minutes more so it slices cleanly.
5. For the sauce, simmer the soy, mirin, sake and sugar in a small pan over medium heat for 2 minutes. Stir in the garlic and ginger and cool.
6. Slice the beef as thinly as possible against the grain.
7. Divide the rice among 4 bowls. Fan the beef over the rice, drizzle with sauce, and make a small well for an egg yolk in each.
8. Top with spring onions, sesame, nori and a dab of wasabi.

Notes

- **Egg safety:** use very fresh eggs, or swap the yolk for an onsen egg.
- **Make ahead:** the roast beef and sauce keep 3 days in the fridge; assemble when hungry.
- **Variation:** add a spoonful of grated daikon or a few thin onion rings.
- **Freezer:** the sliced beef freezes up to 3 months; thaw overnight in the fridge before serving.