JAPANESE

Beef Teriyaki

COMPLEXITY	SERVES	PREP	COOK	TECHNIQUE	CUT
Basic	**2**	**10 min**	**15 min**	**Pan-fry**	**Strip loin**

Ingredients

- 2 strip loin steaks, about 250 g (9 oz) each and 2.5 cm (1 in) thick
- ½ tsp salt
- 1 tbsp neutral oil
- Cooked short-grain rice, to serve
- 1 spring onion, thinly sliced
- 1 tsp toasted sesame seeds

TERIYAKI SAUCE

- 3 tbsp soy sauce
- 3 tbsp mirin
- 2 tbsp sake (or water)
- 1 tbsp sugar
- 1 tsp grated fresh ginger

Steps

1. Stir the soy sauce, mirin, sake, sugar and ginger together in a small bowl until the sugar dissolves.
2. Pat the steaks dry and sprinkle lightly with the salt. Let them sit for 15 minutes at room temperature.
3. Heat the oil in a heavy skillet over medium-high heat until shimmering. Pan-fry the steaks for 3 minutes per side, until well browned. Do not move them while they cook.
4. Turn the heat to low and pour in the sauce. It will bubble at once. Spoon it over the steaks and cook for 1–2 minutes, turning once, until the sauce thickens to a glossy glaze that clings to the meat.
5. Lift the steaks onto a board and rest for 5 minutes. Keep the sauce in the pan off the heat.
6. Slice the steak against the grain into 1 cm (½ in) strips. Serve over rice, spoon the pan glaze on top, and scatter with spring onion and sesame seeds.

Notes

- **Sauce tip:** if the glaze gets too thick or salty, loosen it with a splash of water.
- **Other cuts:** sirloin, ribeye or flank steak all work; thinner steaks need less time.
- **Serving:** add steamed broccoli, blanched spinach or a small mound of shredded cabbage for a quick teishoku-style plate.
- **Make ahead:** the sauce keeps 5 days in the fridge.
- **Shortcut:** use jarred minced ginger or ginger paste.