



TOKYO

CHICKEN OR BEEF TEPPANYAKI

Ingredients (for 4 persons)

- 4 x 225 g sirloin steak 2.5 cm thick (beef)
- 2 tablespoons vegetable oil
- 4 tablespoons sake
- 3 tablespoons mirin
- 2 tablespoons soy sauce
- Japanese mustard (optional)

Preparation:

Salt the steaks on each side. Pour some oil drops on the Teppanyaki. Brown the meat and turn it over once only. Brown 1 minute more.

Sprinkle with sake, cover and cook for 2 more minutes. Remove from the Teppanyaki and set aside.

Deglaze the Teppanyaki with the mirin and the soy sauce. As soon as the sauce starts to simmer, put the steaks back on the baking sheet and count 20 sec. for each side.

Cut in slices of 1.5 cm across the grain. Place on a plate, glaze with a brush with a rest of the teriyaki sauce from the pan.