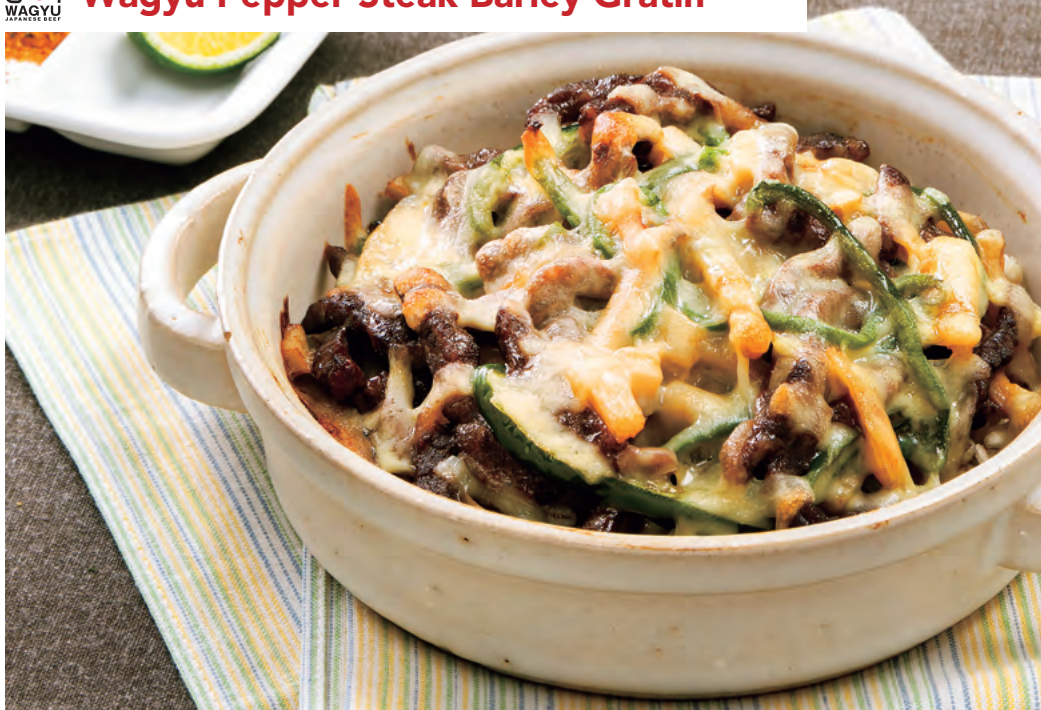




Wagyu Pepper Steak Barley Gratin



546 kcal
(per serving)



40 min



A healthy and satisfying gratin featuring Chinese seasonings and made with barley in place of rice.

Makes 2 servings

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|-------------------------------------|-----------------------|
| Wagyu inside round | 150 g |
| Barley | 60 g |
| Lotus root (or cooked bamboo shoot) | 1/2 (80 g) |
| Chinese yam (or potato) | 50 g |
| Green pepper | 2 (80 g) |
| Shiitake mushroom | 1 (10 g) |
| Mild cheese (mozzarella, etc.) | 40 g |
| Potato starch | 1 teaspoon |
| Sake | 1 teaspoon |
| Rice vinegar | 1 teaspoon |
| Salt | Pinch |
| Pepper | Pinch |
| Sesame oil | 4 teaspoons |
| Sauce | |
| Sake | 1 and 1/2 tablespoons |
| Oyster sauce | 1 tablespoon |
| Soy sauce | 1 tablespoon |
| Mirin | 1 tablespoon |
| Sugar | 1 teaspoon |
| Chicken stock granules | 1/2 teaspoon |

1. Boil the barley in a generous amount of water over medium heat for about 20 minutes until cooked. Drain the barley and rinse with water, draining well.
2. Cut the Wagyu round into bite-sized pieces about 5 mm thick. Season beef with salt, pepper, and sake, then coat with potato starch.
3. Julienne the vegetables. Soak julienned lotus root and Chinese yam in vinegar water (1 teaspoon vinegar and 300 ml water) to remove astringency and irritants, then drain.
4. Heat 2 teaspoons of sesame oil in a wok and saute the beef until browned. Set aside.
5. Heat another 2 teaspoons of sesame oil in the wok and lightly stir-fry the vegetables. Add the meat back to the wok and add sauce ingredients (sake, oyster sauce, soy sauce, mirin, sugar, chicken stock granules), heating the sauce through.
6. Fill the gratin dish with the cooked barley. Top with the vegetables and meat from the wok, and sprinkle grated cheese over the top.
7. Bake in a 200°C oven for about 15 minutes, until top is browned.