



Beef Kushi-yaki

Cooking time

40 min

Recommended cut

D Rump, Top-round

Level of difficulty



Ingredients (serves three) ... 3 skewers

Japanese Wagyu (block of D rump, top round) 300g (10 oz)

(A)

Salt A pinch
Pepper To taste
Sake 10cc (2 teaspoons)
Chili bean paste To taste
Sugar 3g (0.1 oz)
Starch To taste
Salad oil To taste
Green onion 1/2
Shiitake 1 1/2
Cherry tomatoes 3
Salt, sesame oil To taste

(B)

Whole-grain mustard 9g (0.3 oz)
Soy sauce 5cc (1 teaspoon)
Ketchup 10cc (2 teaspoons)
Bottled oyster sauce 5cc (1 teaspoon)

How to cook

1. Cut the beef into 3cm (1.2 in) cubes, marinate in **(A)** and let it sit for 30 minutes. Chop the green onion into 4cm (1.6 in) pieces, the shiitake into halves and hull the cherry tomatoes.
2. Dust the beef with starch. Set a small amount of salad oil in a frying pan over medium heat. Roll the meat until the surface is well roasted. Lightly saute the shiitake and green onion.
3. Impale the following on each skewer: beef (from step 2), cherry tomato, beef, green onion, beef and shiitake. Then sprinkle with salt and sesame oil before grilling. Serve with sauce **(B)**.