

Negimaki

- 3 scallions per serving
- 1/4 pound flank steak per serving
- cotton twine
- 1/8 cup sake per serving
- 1/8 cup mirin per serving
- 1 tablespoon soy sauce per serving
- 1-1/2 teaspoons sugar per serving
- vegetable oil
- maybe cornstarch

Boil a big pot of salted water, and have a bowl of ice water ready. Blanch scallions in the boiling water about 45 seconds, then plunge into ice water to stop them cooking. Dry them on paper towels.

Butterfly and cut steak with the grain into 1-1/2" to 2" x 6" x 1/8" strips; about three per serving.

Lay out lightly oiled parchment paper. Place slices of beef on paper, leaving at least 1" between slices. Prepare a second sheet of lightly oiled parchment paper, and lay atop the steak slices. Using the flat end of a mallet, pound the steak into ~1/16" width.

Assemble one roll per serving. Lay about three strips of the meat side by side, with sides overlapping, to make a square about 36 inches square. Lightly salt. Cut 3 to 4 scallions to about the length up the width of the beef square, removing most but not all of the white of the scallion in the process. Lay the scallions so about as many onion-ends are on each side. Roll the scallions up inside the meat, and tie in 4 locations with cotton twine.

Place the rolls into a shallow baking pan just large enough for all rolls. Combine sake, mirin, soy and sugar to make a marinade. Pour over rolls, and marinate for 15+ minutes, turning rolls frequently.

Heat oil in frying pan to medium high. Meanwhile drip-dry and pat dry the rolls. Save the marinade. Once oil is heated, cook the rolls, turning frequently, to desired doneness (maybe 5 to 15 minutes).

Remove the rolls, and place on cutting board. Throw the marinade into the pan, and cook. If need be, thicken by removing a small amount and combining with a bit of cornstarch, then stirring back in.

Cut the strings off the rolls, and slice each roll into about 6 pieces.

Put sauce in bottom of a bowl, and place each roll into the sauce. Serve immediately.

Preparation time: 80 minutes

– Subscriptions (1)

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