

# Sher Wagyu Tataki beef salad *Recipe by Rita Erlich\**



## Serves 3-4

This is simple to prepare, and is best prepared a little ahead of time.

Essentially, it's sliced seared wagyu fillet that's marinated after cooking, and served with a mixture of soft salad leaves.

It is often served with a dipping sauce, but I find that marinating the meat keeps it very moist.

## 300g Wagyu thick-cut Eye fillet steaks

Salt

oil

### For the sauce

1 tablespoon soy sauce

1 tablespoon mirin

1 ½ tablespoon sake

1 large clove garlic, peeled and sliced thinly.

1 spring onion, sliced

(optional: a strip of orange rind)

### To serve

Japanese or mixed salad leaves

1 spring onion, white only, finely sliced



Have the meat at room temperature. Season with salt. Add a little vegetable oil (sunflower is ideal) to a heavy frying pan, and when it is hot, cook the meat for two minutes on each side.

Remove from the pan and set aside on a plate to cool.

For the sauce, mix together the soy, mirin and sake, and heat them together in a small pan with the orange rind (if using), bringing them to simmering point but not boiling.

Remove the orange rind and add the garlic and one of the sliced spring onions.

Remove from the heat.

Slice the beef finely, and place in a shallow dish.

Remove most of the garlic and sliced spring onion from the sauce.

Pour over the cooled sauce, cover and chill for a couple of hours, until ready to serve.

**To serve:** place the sliced meat on a platter and surround with salad leaves

Add the freshly sliced spring onion.

\*Rita Erlich is a food writer, the author and editor of many books, including *Melbourne by Menu*, *50 Fabulous Chocolate Cakes*, and *A Cook's Story* (with Scott Pickett). [www.ritaerlich.com.au](http://www.ritaerlich.com.au) Instagram: @ritaerlich