

Vicki Sher's favourite: Steak with asian sauce



Serves 2 –4

2 - 4 Sher Wagyu steaks (Scotch, Rump, Porterhouse, Eye Fillet)

Good quality salt flakes

For the Sauce

1 tbs olive oil

3 cm piece ginger, finely sliced

2 clove garlic, finely chopped

1 red chilli, seeds removed & finely chopped

5 tbsp tamari (light soy sauce)

2 tbsp sake (optional)

2 tbsp mirin (sweet japanese rice wine)

2 Spring onions, finely sliced for garnish

Remove steaks from fridge half hour before cooking.

Turn on BBQ to heat.

Prepare sauce

Heat oil in a pan, add garlic, chilli and ginger and cook very gently for 1-2 minutes.

Add tamari, sake & mirin, cook for a further 2 minutes. Add extra tamari if required.

Set sauce aside in pan and keep warm..

Cook steaks

Season steaks on both sides with salt.

Heat BBQ or pan to hot, then turn down heat slightly when putting steaks on.

Cook steaks to medium-rare.

For best results, turn over steaks when juice appears on top side and then cook for a little less time on second side.

Don't overcrowd pan or hot plate...better to do 2 at a time if pan is small

Remove steaks from heat and rest for 5 minutes, covered in a warm area.

Place steaks onto a chopping board and with a sharp knife slice across the grain into thin slices.

Arrange steak slices on a platter or individual plates .

Spoon sauce over steak , and garnish with finely sliced spring onion.

Serve with a crisp lightly blanched snow peas & jasmine rice

