

Kosher Deli Recipes

Teriyaki Steak



Teriyaki Steak is a flavorful dish that you can cook in minutes using a grill pan or indoor electric grill. Marinate the meat for at least 6 hours or overnight -- all that is left to do is grill the meat -- less than 15 minutes! Slice the cooked meat and serve over salad, with rice or pasta or prepare as beef brochettes, threading cubes of marinated meat and coarsely cut peppers and onions on skewers.

Ingredients for Teriyaki Steak:

- 1 tbsp. cornstarch
- 1/2 cup dark soy sauce
- 2 tbsp. honey
- 2 tbsp. rice vinegar
- 4 tbsp. mirin (a sweet Japanese rice wine - substitute sherry or white wine, sweetened if necessary)
- 4 sirloin steaks, trimmed (if desired, substitute your favorite lean cut of beef)
- Oil, for brushing the steaks

Combine cornstarch and soy sauce in a bowl and mix until smooth. Stir in honey, vinegar and mirin.

Place steaks in shallow, nonmetallic pan and pour marinade over them. Turn to coat. Cover

with plastic wrap and refrigerate for at least 6 hours, or overnight.

For best results, let steaks come to room temperature before cooking. Brush your indoor grill or grill pan with oil. Once it is hot, add the steaks and cook until done to your liking. A steak that is 3/4" thick should cook for 4-6 minutes per side for 'medium-rare' and 6-8 minutes per side for 'medium'. Check steaks and continue to cook for additional minute or two if too rare.

If serving the steaks 'whole', you can serve them right away. If you are slicing the meat, let steaks 'rest' for a few minutes with loose covering of tin foil on a serving plate. Juices will redistribute before slicing - meat will stay tender.