



Beef Negimaki with Asparagus and Scallions

Source: Bob and Robin Young

Serves: 4

Note: Negimaki (焼巻) is a Japanese food consisting of broiled strips of beef marinated in teriyaki sauce and rolled with scallions (negi). The dish is thought to have originated in the Kantō region of Japan.

Ingredients For the Beef Negimaki:

Celtic Sea Salt

12 med Spears Asparagus ($\frac{1}{2}$ bunch), trimmed into pieces 7- to 8-inches long

12 Scallions (1 bunch), trimmed of roots and tough tops to pieces 7- to 8-inches long

$1\frac{1}{4}$ lbs Flank Steak, thinly sliced against grain on an angle into pieces $1\frac{1}{2}$ to 2 inches wide and $\frac{1}{4}$ - to $\frac{1}{8}$ -inch thick

Vegetable or peanut oil for drizzling plus 1 tablespoon Coarse black pepper

$\frac{1}{3}$ c Momokawa Premium Sake

$\frac{1}{3}$ c Shoyu Japanese Soy Sauce

$\frac{1}{3}$ c Mirin

3 lg cloves Garlic, crushed

1 2-inch piece Ginger, grated

1 T Vegetable Oil

Ingredients - For the Japanese Salad: (Optional but traditional)

$\frac{3}{4}$ lbs Spinach

4 Radishes or 2 Watermelon Radishes, cut into matchsticks

1 Carrot, cut into matchsticks or thin julienne

1 sm Poblano Pepper, quartered, seeded and thinly sliced across

$\frac{1}{4}$ cup finely chopped Red Onion

3 T Rice Wine Vinegar

1 inch Ginger Root, grated

1 lg clove Garlic, crushed

1 T Ketchup

1 tablespoon Tamari/soy sauce

1 † Superfine Sugar

$\frac{1}{4}$ c Vegetable Oil

Directions:

Set up an ice bath with cold water in a large bowl. Bring a few inches of water to a boil. Add salt then cook asparagus 2 minutes; cold-shock and dry. Add scallions to boiling water and blanch 45 seconds to 1 minute; cold-shock and dry.

Arrange the meat on parchment or plastic in a single layer with a bit of space between each slice. Top with plastic or parchment and gently pound to 1/16-inch thick; season with pepper. Working on cutting board, shingle/layer 3 or 4 slices of meat to form a 7- to 8-inch square.

Place 3 scallions and 3 asparagus on each square and roll them up in the meat; secure each roll with 2 or 3 pieces of kitchen string. Repeat to form 3 more rolls.

Combine sake, Mirin, Tamari, ginger and garlic in a shallow dish. Add beef rolls and marinate 15 minutes, turning them occasionally to coat all over with sauce.

While meat marinates, stem spinach and arrange on a platter or individual dishes. Arrange radish matchsticks, carrots and red peppers over the spinach. Place the dressing ingredients in a blender and blend until smooth. Adjust salt and pepper, and reserve.

Heat a large, cast-iron skillet over medium-high heat with oil, 1 turn of the pan. Shake off any excess marinade and add rolls to skillet. Cook 5-6 minutes for medium-rare center and crispy outer layer; remove to cutting board.

Add marinade to pan and reduce 1-2 minutes to form a syrupy sauce. Cut string off beef rolls and cut each roll into 5 pieces, arrange pinwheels upright on plates in a small pool of the reduced sauce. Spoon dressing over salad and serve alongside the negimaki.