



In the Kitchen with Mari

"After Concert" Steak

I added this recipe for steak, which makes a great accompaniment to beer. I call it my "After Concert Steak" because it something you can make in the morning, and it is ready-to-go by the time you return home from a concert at night.

Ingredients:

Beef Filet Cut into 3 cm. thick and 2 cm. wide – one kilogram

Sauce:

Soy sauce – 1/3 cup

Sake or white wine – 1/3 cup

Sugar – 5 Tablespoons

Sesame oil – ¼ cup

Ginger, grated – ¼ cup

Garlic Powder – 1 teaspoon



Method:

Fry the Beef Filet with little oil for about 3 minutes over high heat.

Dip immediately in sauce.

Let marinate for at least 6 hours.

Enjoy!

Serve cold with watercress or (Arugula "roquette" in French)

Goes well with red Bordeaux.