

Beef Yakitori

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This traditional Asian dish is deceptively easy to prepare. Tender beef is marinated with Asian-inspired flavors and grilled to perfection before being served over rice for a simple and satisfying dish.

Ingredients:

½ c. soy sauce
2 Tbsp vegetable oil
1 Tbsp sesame seeds
2 Tbsp lemon juice
2 green onions, thinly sliced
1 clove garlic, minced
½ tsp ground ginger
1 lb sirloin steak, cut into thin strips

Directions:

1. In large glass bowl whisk together soy sauce, oil, lemon juice, green onions, garlic and ginger.
2. In small skillet toast sesame seeds over high heat until golden. Mix into marinade.
3. Thread meat onto bamboo skewers that have been soaked in water. Place in plastic or glass container and cover with marinade. Place in refrigerator and chill for 4 hours.
4. Preheat grill to high heat. Brush with oil and place skewers on grill. Grill 10-15 minutes, turning to ensure even cooking.

Serve over white rice and with a side of stir-fried vegetables.

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