KitchenBooQ

Beef Teriyaki

Serves: 4 | Cooking Time 30 minutes | Level: Easy



INGREDIENTS

1 lb (450 g) flank steak or sirloin tip, sliced thinly against the grain
2 tbsp (30 ml) vegetable oil [divided]
1 large onion, sliced into thin half-moons
2 cloves garlic, minced
1 tsp (5 g) fresh ginger, grated
1/4 cup (60 ml) soy sauce
1/4 cup (60 ml) mirin
2 tbsp (30 ml) sake or dry sherry
2 tbsp (30 g) packed brown sugar
1 tsp (5 g) cornstarch
1 tbsp (15 ml) cold water [for slurry]
1 cup (145 g) broccoli florets [optional, for serving]
2 cups (360 g) cooked white rice or steamed vegetables, for serving
1 tbsp (5 g) toasted sesame seeds
2 large green onions, thinly sliced

Notes
For best results, partially freeze the flank steak for 20 minutes before slicing to get thin, even strips that cook quickly. The sauce will thicken as it cools; reheat gently on the stovetop with a splash of water if needed. Store leftovers in an airtight container in the refrigerator within 2 hours and consume within 3 days. Do not leave cooked beef at room temperature for extended periods. Freezing is not recommended due to texture changes in the meat.

PREPARATION

1. In a small bowl, whisk together the soy sauce, mirin, sake, brown sugar, cornstarch, and cold water until completely smooth. Set aside.

2. Heat 1 tablespoon of vegetable oil in a large skillet or wok over medium-high heat. Add the sliced beef in a single layer and sear without stirring for 2 minutes to develop a crust. Flip and cook for another minute, then transfer to a plate.

3. In the same skillet, add the remaining 1 tablespoon of oil. Sauté the onion slices until softened and lightly caramelized, about 4 minutes. Add the garlic and ginger, cooking for 30 seconds until fragrant.

4. Return the beef to the skillet along with any accumulated juices. Pour the prepared teriyaki sauce over the meat and onions. Bring to a simmer and cook for 2-3 minutes, stirring gently, until the sauce thickens into a glossy glaze that coats the beef evenly.

5. If using broccoli, steam or blanch it separately until tender-crisp. Divide the cooked rice among serving bowls, top with the beef teriyaki and vegetables, and garnish generously with toasted sesame seeds and sliced green onions. Serve immediately.