

How about treating yourself to some Japanese cuisine at home this weekend?

PERFECT FOR ANNIVERSARIES AND BIRTHDAYS, TOO!



SEARED JAPANESE BEEF



Serves 8 1,600g(56oz)

Japanese beef, salt and pepper, to taste, 150g(5oz) each of: king oyster mushroom, *shimeji* mushroom & *maitake* mushroom. Half a *nagaimo* (Japanese yam). 2 tablespoons of cooking oil, 5 tablespoons of butter, half a clove garlic & ginger, soy sauce. Salad: cucumber, carrot, celery, etc.

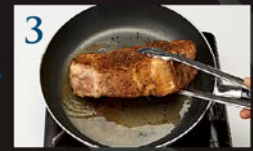
RECIPE



1 Wait until the meat reaches room temperature, then salt and pepper it.



2 Sear in cooking oil.



3 Sear till browned on every side.



4 Clean of excess oil and slice the meat.



5 Fry *nagaimo* (Japanese yam) in butter and season with soy sauce.



6 Fry the mushrooms in the same way.



7 Serve all ingredients from 4 to 6 on a plate.

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