

Asian beef roulade with pak choi noodles

Total time **235 mins** 60 mins preparation time **175 mins** cooking time

INGREDIENTS

10 portion(s)

For the roulades:

1.6 kg	beef roulades (20 slices, approx. 80 g each)
200 g	miso paste
100 g	pickled ginger
300 g	smoked tofu, cut into 10 long slices
60 ml	vegetable oil for frying
500 g	onions, roughly chopped
200 g	mushrooms, halved
15 g	garlic, peeled
50 g	tomato purée
500 ml	red wine
2 litre	beef stock
100 ml	<u>Kikkoman Naturally Brewed Soy Sauce</u>
15 g	cornflour

For the salad:

300 g	glass noodles
60 ml	vegetable oil for frying
500 g	baby pak choi, finely shredded
20 g	red onions, finely sliced
100 ml	Kikkoman Toasted Sesame Oil
50 g	chillies, finely sliced
50 g	coriander, finely chopped
100 ml	lime juice
50 g	honey
100 g	roasted salted peanuts, chopped

Additionally:

20 g	cress
-------------	-------

PREPARATION

Step 1

For each roulade, overlap two slices of beef in a 'T' shape, spread lightly with miso paste and sprinkle with pickled ginger. Place one slice of smoked tofu along the top of the T, fold in the sides and roll up tightly from the bottom.

Step 2

Preheat the oven to 160 °C (fan). Heat the oil in a casserole and sear the roulades on all sides for 6–8 minutes. Remove the meat. Add the onions, mushrooms and garlic to the casserole and brown for 5–6 minutes. Stir in the tomato purée and cook for a further 1–2 minutes. Deglaze with red wine and reduce slightly. Add the beef stock, place the roulades in the liquid and braise in the oven for about 2.5 hours, turning every 30 minutes.

Step 3

Cook the glass noodles according to the packet instructions. Heat the oil in a pan and sauté the pak choi and onions for 2–3 minutes. Combine with the glass noodles in a large bowl. Whisk together the sesame oil, chillies, coriander, lime juice and honey, and toss the salad with the dressing. Fold in the peanuts.

Step 4

Remove the roulades from the sauce. Pass the sauce through a fine sieve and season with the Kikkoman Soy Sauce. Mix the cornflour with a little water and use it to thicken the sauce slightly. Return the roulades to the sauce and reheat. Serve

with the salad and garnish with the cress.