KIKKOMAN

Asian steak

Total time **140 mins** **10 mins** preparation time **120 mins** marinating time **10 mins** cooking time

Nutritional facts (per portion):
858 kJ / 205 kcal

Fat: **6 g** Protein: **32 g**
Carbohydrates: **3 g**

INGREDIENTS

4 portion(s)

0.5	red chilli
2	garlic cloves
4 tbsp	Kikkoman Naturally Brewed Soy Sauce
2 tbsp	sherry
1 tsp	honey
1 tsp	sambal oelek
4	beef fillet steaks (about 4 cm thick)
	salt

PREPARATION

Step 1

Wash, deseed and finely chop the chilli. Peel and crush the garlic. Put both into a bowl, add the KIKKOMAN soy sauce, sherry, honey and sambal oelek and stir.

Step 2

Add the steaks to the bowl and cover them all over with the marinade. Leave in the fridge to marinate for several hours or overnight.

Step 3

Take the steaks out of the marinade, pat them dry and season with salt. Grill over strong direct heat for about 1½ minutes. Turn them by 90 degrees to get a nice grill pattern and grill for another 1½ minutes. Now turn the steaks over and grill them on the other side.

Step 4

Place the steaks into the moderate indirect heat zone of the grill and cook for another 5–10 minutes so that the juice can spread throughout the meat and the steaks will be juicy and tender. The best core temperature is 50° to max 55°C.