

Goma-Yaki (Japanese Sesame Steak)



Makes:

5 servings

Utensil:

Saladmaster Food Processor

12" Chef's Gourmet Skillet

small mixing bowl

large mixing bowl

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Recipe:

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Marinade

3 tablespoons

dry sherry

(45

mL)

3 tablespoons

soy sauce, low-sodium

(45

mL)

3 tablespoons

rice wine vinegar

(45

mL)

Dressing

Entrée

3 cups romaine lettuce, strung, using Cone #2 (210 g)

½ cup carrots, thinly sliced, using Cone #4 (61 g)

½ cup radishes, thinly sliced, using Cone #4 (58 g)

½ cup cucumber, thinly sliced, using Cone #4 (52 g)

1 cup white rice, cooked (186 g) **Directions:**

24 pods snow peas, blanched (82 g) 1. In small bowl combine all marinade ingredients. Whisk to combine well.

2. Place steak in large bowl or zip-lock bag and pour marinade into chosen container and turn steak to coat. Marinate in refrigerator for at least 2 hours. Can marinate overnight. Remove steak and discard marinade.

Dressing

1. In small bowl or jar combine all dressing ingredients. Whisk or

shake well and set aside.

Entrée

1. Preheat skillet over medium heat. When several drops of water sprinkled on pan skitter and dissipate, place steak in pan. Reduce heat to low and cook for approximately 8 minutes. Cook less if medium-rare doneness is desired. Let rest approximately 5 minutes. Carve into thin slices.
2. In large bowl combine cabbage, lettuce, carrots and radishes.
3. Place equal amounts on 5 individual plates. For a beautiful presentation, place salad greens on each plate. Starting from the center of the greens, arrange steak slices into a fan position over salad greens. Arrange cucumber slices in a circle on top of steak slices. Mound $\frac{1}{5}$ cup of rice on top of cucumber slices. Fan pea pods around both sides of rice, radiating down from rice.
4. Serve with Dressing.

Nutritional Information per

▼ Serving

Calories: 375
Total Fat: 17g
Saturated Fat: 6g
Cholesterol: 62mg
Sodium: 549mg
Total 25g
Carbs:
Dietary Fiber: 2g
Sugar: 6g
Protein: 31g