



JAPANESE

Gyu Tataki

COMPLEXITY	SERVES	PREP	COOK	TECHNIQUE	CUT
Involved	4	20 min + 1 hr chilling	6 min	Sear	Flat iron

Ingredients

- 500 g (1 lb) flat iron steak, about 5 cm (2 in) thick when shaped into logs
- 1 tsp salt
- ½ tsp black pepper
- 1 tbsp neutral oil

PONZU SAUCE

- 4 tbsp soy sauce
- 3 tbsp lemon or yuzu juice
- 1 tbsp mirin

TO SERVE

- ½ small white onion, sliced paper-thin and soaked in cold water
- 2 tsp grated fresh ginger
- 2 spring onions, finely sliced
- 1 tsp toasted sesame seeds
- Shiso leaves (optional)

Steps

1. Trim out the flat iron's central sinew by halving the steak along it, then shape into 2 even logs and season the beef with salt and pepper and bring it to room temperature for 20 minutes.
2. Stir the soy sauce, citrus juice and mirin together for the ponzu.
3. Heat the oil in a heavy skillet over high heat until just smoking.
4. Sear each log for 45 to 60 seconds per side, including the ends, until the surface is dark brown but the inside is still raw and ruby red.
5. Plunge the beef into a bowl of iced water for 1 minute to halt the cooking, then pat dry.
6. Chill the beef, wrapped, for 1 hour so it firms up and slices cleanly.
7. Slice against the grain into 5 mm (¼ in) slices and fan them on a platter.
8. Top with the drained onion, ginger, spring onions, sesame and shiso. Spoon over the ponzu just before serving.

Notes

- **Food safety:** the centre stays rare, so buy from a trusted butcher and cook the same day.
- **Make ahead:** the seared, chilled log keeps for a day; slice just before serving.
- **Other cuts:** tenderloin or sirloin are classic alternatives.
- **Pair with:** steamed rice and a cucumber sunomono (vinegared cucumber salad).