



JAPANESE

Tri-tip Tataki

COMPLEXITY	SERVES	PREP	COOK	TECHNIQUE	CUT
Involved	4	20 min + 30 min chilling	10 min	Sear	Tri-tip

Ingredients

- 500 g (1 lb) tri-tip, cut from the thicker, more even end, trimmed of all fat and silverskin
- 1 tsp salt
- ½ tsp black pepper
- 1 tbsp neutral oil
- Ice water, for a bath

PONZU SAUCE

- 3 tbsp soy sauce
- 3 tbsp lemon or yuzu juice

PONZU SAUCE (CONT.)

- 1 tbsp mirin
- 1 tsp sugar

TO SERVE

- 4 spring onions, finely sliced
- 1 tbsp grated fresh ginger
- 1 small daikon, grated, squeezed dry
- 1 tbsp toasted sesame seeds
- 2 cloves garlic, thinly sliced (optional)

Steps

1. Mix the ponzu ingredients and set aside. Cut the beef into two or three even blocks about 5 cm (2 in) thick so they cook uniformly. Remove all silverskin.
2. Pat dry and season all over with salt and pepper.
3. Heat the oil in a heavy skillet over high heat until it just smokes. Sear each block on every side for 45 to 60 seconds, until a deep brown crust forms and the inside stays raw and cool.
4. Plunge the blocks into ice water for 30 seconds to stop the cooking, then dry them thoroughly.
5. Chill the beef in the fridge for 30 minutes so it firms up for slicing.
6. Slice against the grain into 3 mm (⅛ in) pieces with a sharp knife. The centre should be ruby red with a thin brown rim.
7. Fan the slices on a plate and top with spring onions, ginger, daikon and sesame seeds.
8. Spoon over the ponzu just before serving or offer it for dipping.

Notes

- **Food safety:** buy the freshest beef from a trusted butcher; the surface is seared but the interior is rare.
- **Make ahead:** the seared block holds wrapped in the fridge for up to 1 day.
- **Other cuts:** tenderloin or top sirloin work as well.
- **Pair with:** steamed rice and a cucumber salad dressed with rice vinegar.