

SOY-SIMMERED BEEF AND SNOW PEAS

By JULIA RACKOW

4 SERVINGS

The Japanese dish called beef shigureni inspired this recipe. Thinly sliced beef is simmered with a good dose of soy sauce for an intense savoriness meant to be tempered with rice. Fresh ginger, sugar and mirin balance the soy's saltiness, and we've added snow peas to create a one-pan meal. To easily cut the beef into thin, even slices, first freeze the meat until partially frozen, about 20 minutes; for best texture, make sure to slice against the grain. Serve this over steamed rice.

Tip: Don't use low-sodium soy sauce or the beef will lack flavor. Regular soy sauce provides all the salt needed to season the dish.

SOY-SIMMERED BEEF AND SNOW PEAS

4 Servings - Prep time 30 minutes

Ingredients

- 1 teaspoon grapeseed or other neutral oil
- 6 ounces snow peas, trimmed and halved on the diagonal

- 1/3 cup soy sauce
- 3 tablespoons white sugar
- 2 tablespoons mirin
- 3 inch piece fresh ginger (2 ounces), peeled, quartered lengthwise and thinly sliced
- 1 pound flat iron steak or boneless beef short ribs, frozen until firm but not solid, then thinly sliced against the grain (see note)

- 2 tablespoons sesame seeds, toasted

Directions

1. In a large skillet over medium, heat the oil until shimmering. Add the snow peas and cook, stirring occasionally, until crisp-tender and beginning to brown, about 2 minutes. Transfer to a small bowl.
2. In the same skillet over medium, combine the soy, sugar, mirin and ginger. Cook, stirring, until the sugar dissolves.
3. Add the beef and bring to a gentle simmer. Cook, stirring, until the beef releases its juices, about 2 minutes, then increase to high and bring to a rapid boil. Cook, stirring occasionally, until the pan is almost dry, 5 to 7 minutes.
4. Off heat, toss in the sesame seeds and snow peas. Serve this dish over steamed rice.

RG NOTE:

I made this using the Trader Joe's Tri-tip roast. I sliced the meat thinly and cooked it for only 4 minutes. I removed it from the pan, and let the sauce reduce over high heat.