



Menu du Jour

20 Feb 06

Lû'au Teriyaki Beef
Zesty Broccoli-Rice Casserole
Mixed Field Greens with Wasabi Vinaigrette
(Serves four)

Lû'au Teriyaki Beef

Although the Japanese brought teriyaki to Hawai'i, it was Hawaiian cooks that transformed the glazing sauce into a marinade by adding ginger and garlic. These tasty strips of beef could be served as an appetizer or an entrée.

1 (1 1/2-pound) top round steak
1 cup teriyaki marinade (recipe follows)

Partially freeze the steak to make slicing easier. Bias-slice the steak across the grain into 1/8-inch slices. Place in a resealable food-grade bag and add 1/2 cup of the marinade. Seal and refrigerate for several hours or overnight.

Remove the meat from the marinade and drain. Prepare the grill for medium-high direct cooking. Brush the steak strips with marinade and grill, 2 to 3 inches from heat, for 1 minute. Turn and cook 1 minute longer. (If desired, steak strips could be threaded onto skewers before cooking.) Serve with warmed marinade.

Teriyaki Marinade

This marinade works well for beef, chicken or pork. It may also be used as a dipping sauce. Use real Wasabi paste, not "Wasabi powder." (If desired, pineapple juice could be substituted for the sake.)

1/2 cup tamari soy sauce
1/2 cup sake or dry sherry
2 tablespoons dark sesame oil
1/4 cup rice vinegar
1/3 cup brown sugar, packed
3 cloves garlic, minced (about 2 tablespoons)
1 (3-inch) piece fresh ginger, grated
1 teaspoon Wasabi paste (Oroshi Hon-wasabi)
1/2 cup sliced green onions



In a mixing bowl, combine the soy sauce, sake, sesame oil and rice vinegar. Stir in the sugar and whisk until the sugar dissolves. Add the garlic, ginger, Wasabi paste and green onion; stir to combine. (Makes 2 cups)

Zesty Broccoli-Rice Casserole

1 cup uncooked brown rice
1 tablespoon crushed red pepper flakes
2 cups broccoli florets
3 large cloves garlic, minced (about 1 tablespoon)
1 cup chopped bell pepper
1 (14 1/2-ounce) can petite diced tomatoes with chile peppers
1 (4-ounce) can diced green chile peppers
1 cup cheddar Jack shredded cheese
1/2 teaspoon coarse kosher salt
1/2 teaspoon freshly ground black pepper
1/2 cup shredded mozzarella cheese

Preheat oven to 350 degrees F.

Cook rice according to package directions adding the crushed red pepper flakes to the water. Lightly butter a 3 1/2-quart casserole dish.

Half fill a 2-quart saucepan with water and bring to a boil over medium heat. Add 1 tablespoon kosher salt and the broccoli florets. Return to a boil and cook for 5 minutes. Drain and shock the broccoli in an ice bath. Drain and reserve.

In a large skillet, sauté the garlic and bell pepper until tender, about 5 minutes. Transfer to a mixing bowl. Add the cooked rice, broccoli, undrained diced tomatoes, drained green chiles, cheddar Jack cheese, salt and pepper. Spoon the mixture into the prepared casserole dish.

Bake, covered, for 30 minutes; top with shredded mozzarella and bake, uncovered, another 10 minutes. Remove from oven and let stand 10 minutes.



Wasabi Vinaigrette

Wasabi powder, contrary to its name, doesn't contain any Wasabi. It is a combination of powder horse-radish, mustard powder and food coloring. True Wasabi paste is available in Asian markets. Real Wasabi is also available on-line from freshwasabi.com.

- 1/4 cup rice wine vinegar
- 1 tablespoon Wasabi paste (Oroshi Hon-wasabi)
- 2 teaspoons honey
- 1 teaspoon fresh lime juice
- 1/2 teaspoon coarse kosher salt
- 1 green onion, finely chopped
- 1 garlic clove, minced
- 1/4 cup olive oil

Whisk ingredients, except oil, together in a mixing bowl. While whisking constantly, slowly add the olive oil to form an emulsion. Use within 30 minutes of mixing otherwise the sinus-clearing Wasabi will mellow.



Cooking & Presentation



Sliced Top Round Steak Before Marinating



Broccoli-Rice Casserole Before Baking



Teriyaki Strips On The Grill



For Service: Arrange field greens on the plate and dress with Wasabi vinaigrette. Spoon rice casserole onto the plate and fan strips of teriyaki beef atop the rice. Drizzle warmed teriyaki sauce on the beef. Garnish plate with chopped green onions.