

Japanese beef tataki, Dilmah Meda Watte tea pancake, white miso dressing



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- Sub Category Name
Food
Main Courses
- Recipe Source Name
Real High Tea Australia Volume 1

Used Teas



Meda Watte

Ingredients

Japanese beef tataki, Dilmah Meda Watte tea pancake, white miso dressing Japanese Beef Tataki

- 80ml soy sauce
- 15ml rice wine vinegar
- 15ml dry sherry
- 10g castor sugar
- 5ml sesame oil
- 15ml olive oil

- 550g eye fillet
- 50g radicchio

Dilmah Meda Watte Tea Pancake

- 250ml milk
- 10g Meda Watte Tea
- 5g salt
- 2 egg yolks
- 120g flour
- 20g parsley

White Miso Dressing

- 125ml mellow white miso paste
- 125ml water
- 125ml grapeseed oil
- 75g honey

Methods and Directions

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Japanese Beef Tataki

- Combine the soy sauce, vinegar, sherry, sugar and sesame oil in a small jug.
- Preheat oven to 180C. Heat the olive oil in a large frying pan over medium-high heat. Season the beef with salt and pepper. Add the beef to the pan and cook, turning occasionally, for 10 minutes or until browned. Transfer to a baking tray. Bake for 15 minutes for medium-rare or until cooked to your liking. Transfer to a wire rack over a plate to cool completely.
- Transfer the beef to a large sealable plastic bag. Add the soy sauce mixture and turn to coat. Place in the fridge for 8 hours or overnight to marinate.

Dilmah Meda Watte Tea Pancake

- Infuse the tea with the milk.
- Beat the egg yolks while pouring in the milk mixture.
- Sift the flour and salt.
- Gently fold through.
- Add parsley.

White Miso Dressing

- Mix all ingredients together.



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