

# Japanese Beef Hamburg Steak with Glazed Teriyaki, Tofu & Wasabi



## <Ingredients (4 serve)>

- 250g Minced beef
- 75g Fortune Tamago Tofu Mushi (1/4 pack)
- 3 cloves Garlic (minced)
- 1/2 Medium brown onion (minced)
- 2 Tbsp Whole grain bread (for raw Panko)
- 1 tsp Japanese soy sauce
- 1 Tbsp Oyster sauce
- 2 heaps Wasabi powder
- 1 pinch Salt

1 pack Shimeji mushroom  
Daikon (grated & squeezed excess water)  
Spring onion (sliced finely)



<For Teriyaki sauce>

2 Tbsp Japanese soy sauce  
4 Tbsp Cooking sake  
1 tsp Honey  
1 pinch Salt  
4 Tbsp Water  
2 tsp Hondashi powder (dried bonito Dashi powder)  
2 heaps tsp Potato starch  
1 tsp water

<**Method**>

### 1. **Make the mixture**

Tear the bread using your hands as fine as you can, and make the raw Panko.

Put the beef mince, Tamago Tofu Mushi, garlic, onion, Panko, soy sauce, oyster sauce, Wasabi powder and salt in a bowl. Combine with your hand until the mixture turns into be sticky.



For checking the seasoning, pinch a small amount of mixture and heat with microwave/frying pan. Check the taste and if you prefer more seasoning, add some.



Divide the mixture into 4 and make each flat disc shape. Make a small dip in the middle of mixture.

### 2. **Cook the meat**

Heat the non-stick frying pan on high heat and place the mixtures of hamburg steak and Shimeji mushroom. Once the bottom side is coloured golden, turn over the steaks and cook on the low heat covered with lid.

After 5 minutes around, insert the skewer into the thickest part of steak and if the juice is clear, that shows the meat is throughly cooked. Remove from the heat.



### **3. Make Teriyaki sauce**

Put soy sauce, sake, honey, salt and 4 Tbsp water in a sauce pan and bring it to the boil. Meanwhile put the potato starch and 1 tsp water together in a bowl and dissolve well. Once the sauce boils, turn the heat down and pour the potato starch batter over the sauce. Turn the heat on high heat, stir until nice consistency is formed.

### **4. Make plate presentation**

Transfer the hamburger steaks to plates and garnish with Shimeji mushroom, grated Daikon. Drizzle the Teriyaki sauce over and sprinkle some spring onion over. Serve immediately.