

Beef Negamaki

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Servings: 4

Preparation Time: 15 minutes

Start to Finish Time: 50 minutes

Alternative preparations.

Substitute thin asparagus spears for the scallions.

Stir some wasabi into the stir-fry sauce mixture.

Sprinkle the negamaki with toasted sesame seeds before serving.

12 scallions, ends trimmed

4 (1 1/4-pound) thin-cut top round steaks

3/4 cup classic stir-fry sauce

3 tablespoons sugar

3 tablespoons water

Microwave the scallions in a loosely covered pie plate on HIGH for 1 minute to soften.

Place each steak between sheets of plastic wrap. Gently pound until about 8x6 inches and 1/8 inch thick.

Lay three scallions down the length of each piece. Tightly roll up from a long side. Secure with wooden toothpicks. Place in a large ziptop bag.

In a microwave-safe bowl, stir the sauce, sugar and water until the sugar dissolves. Add 1/3 cup of the mixture to the ziptop bag. Refrigerate the bag for 30 minutes or up to 1 hour.

Heat an outdoor grill or stove-top grill pan. Grill the negamaki for 5 minutes, turning to brown on all sides. Discard the marinade.

Remove the toothpicks. Trim the ends of the negamaki. Then cut alternately straight across and diagonally in two-inch lengths.

Microwave the sauce in the bowl to heat. Serve with the negamaki.

Per Serving (excluding unknown items): 51 Calories; trace Fat (1.0% calories from fat); 1g Protein; 13g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 8mg Sodium. Exchanges: 1/2 Vegetable; 1/2 Other Carbohydrates.