

Japanese Beef and Green Onion Skewers (Yakitori)

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Servings: 4

3 tablespoons soy sauce
3 tablespoons mirin or sherry
3 tablespoons sugar
2 teaspoons rice wine vinegar
1 1/2 pounds boneless sirloin or beef tenderloin, cut into 1-inch cubes
2 bunches green onions, cut into 1-inch pieces
2 teaspoons peanut oil
8 (10-inch) bamboo skewers, soaked in water at least 30 minutes.

In a small, heavy saucepan, bring the soy sauce, mirin, sugar and vinegar to a boil. Reduce the heat and simmer 5 minutes, or until syrupy.

Toss the beef cubes and the green onions with oil. Thread the beef and onions onto the skewers, using three onion sections between pieces of beef.

Prepare the grill.

Grill the skewers for 1 minute on both sides, brushing with the glaze.

Transfer to a serving platter and brush lightly with the glaze again.

Per Serving (excluding unknown items): 66 Calories; 2g Fat (29.8% calories from fat); 1g Protein; 11g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 773mg Sodium. Exchanges: 1/2 Vegetable; 1/2 Fat; 1/2 Other Carbohydrates.