

## 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**

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

#### **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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