

# Seared beef, Japanese style

## Sommelier's accord



A Châteaumeillant rosé wine will go very well with beef fillets marinated in the Japanese style.

Serve between 10 and 12°C



## INGREDIENTS (for 4 persons)

- 500g block of beef loin or rump
- cooking oil (such as sunflower oil)
- some grated ginger
- some chopped chives
- any type of lettuce leaves of your choice

For the marinade:

- 100ml soy sauce
- 50ml red wine
- 50ml red wine vinegar
- 1 thin slice of ginger
- 1 thin slice of garlic

## PREPARATION

1. Mix together the ingredients for the marinade.
  2. Heat a frying pan over high heat, then add some cooking oil. Once hot, sear the beef on all sides. (The centre should not be cooked, it should be rarer than rare)
  3. Place the marinade and beef in a plastic bag. Remove as much air from the bag as possible so that the entire piece of beef is covered with the marinade, and tie or seal the bag closed and refrigerate for one day.
  4. Thinly slice the marinated beef, lay the slices out on a plate and pour over the marinade. Garnish as you wish, with the lettuce, grated ginger and chopped chives.
- \* You may also add a small amount of wasabi to the marinade.

