

## Miso beef with soy-mustard sauce

*This is one of those very special recipes that you discover by chance – in a Waitrose Kitchen magazine on this occasion. It's a perfect combination of impressive, unusual and wonderfully easy to prepare.*

*The only downside is the cost of the beef fillet, but during times like these when none of us can eat out in restaurants, we think we deserve an occasional treat at home. You can scale the recipe down by making less marinade, though it's worth making the full quantity of sauce as it's rich but utterly delicious and we guarantee everyone will want more.*

*Note: we've adapted & tweaked this recipe over time from the original*

### DETAILS

- Prep Time: 30 minutes
- Marinade Time: 24 hours
- Cook Time: 30 minutes
- Total Time: 1 hour (plus marinade time)
- Serves: 6

### INGREDIENTS & METHOD

1.2kg beef fillet (or 200g per person - make sure the fillet is small-to-medium in diameter)  
2 tbsp olive oil  
2 tbsp sesame seeds

#### **Miso marinade**

2 tbsp sake  
2 tbsp mirin  
100g sweet white miso  
50g caster sugar  
1 level tbsp English mustard

#### **Soy Mustard Sauce**

1 rounded tbsp Colman's mustard powder  
1 tbsp Japanese rice vinegar  
2 tbsp light soy sauce  
125ml dry white wine  
2 tbsp white wine vinegar  
1 tsp lemon juice  
1 shallot, quartered  
½ tsp cornflour  
2-3 tbsp double cream  
100g unsalted butter, chopped and put in the freezer for 10 minutes



- 1) For the marinade, heat the ingredients in a pan over a medium heat until the sugar has dissolved. Cool, then tip into a re-sealable freezer bag; add the beef. Chill for 48 hours.
- 2) To make the sauce, mix the mustard powder with 1-2 tbsp cold water to form a paste. Add the rice vinegar & soy sauce, mix together until smooth (don't worry if it's lumpy); set aside.
- 3) In a small pan, heat the wine, white wine vinegar, lemon juice and shallot; simmer until reduced and syrupy; discard the shallot. Mix the cornflour into the cream, then stir into the sauce until smooth. Put the pan over a low heat and add the frozen butter, 25g at a time, whisking gently until emulsified. Make sure each addition of the butter is fully incorporated before adding the next. When the butter is fully incorporated, season and stir through the soy-mustard mixture. You can make this in advance but when re-heating do it slowly and gently or it'll split.
- 4) Preheat the oven to 200°C. Remove the beef from the marinade; wipe off any excess with kitchen paper. Heat the olive oil in a frying pan over a medium-high heat (not too hot or it will burn); sear the beef for 2-3 minutes then turn over and sear for a further 2-3 minutes, then transfer to the oven for 20 minutes (rare). Rest for 20 minutes. Dry-toast the sesame seeds in a frying pan or under the grill until golden.
- 5) Slice the beef, spoon over a little sauce and scatter over the sesame seeds. Serve with basmati rice (either ready prepared packets heated in a microwave, or use the recipe below) and steamed pak choi.

### **Steamed Pak Choi**

Slice off just the bottoms carefully & cut in half lengthways then steam for 7-8 minutes and give each person one full pak choi (2 halves).

### **Basmati rice**

400g basmati rice

560ml cold water

pinch of salt

6 whole cloves

6 cardamom pods, lightly crushed

Wash the rice in plenty of cold water. Put the rice into a medium to large saucepan. Add the water, salt and the spices. Place over a medium heat, bring to the boil and cover immediately with a tight-fitting lid. Turn the heat to low and leave to cook for 10 mins without lifting the lid. After 10 mins turn off the heat but keep the lid firmly in place. Leave for 5 mins before removing the lid (though it will stay hot for up to 20 mins. Fluff up the rice with a fork).