

Dinner and A Book Episode #707

Menu:

Sesame Crusted Tuna Balls with Ginger
Japanese Beef Salad Rolls
Beef Yakitori with Eggplant
California rolls

Recipes:

Sesame Crusted Tuna Balls with Ginger

Little explosions of flavor, these tuna balls are a sophisticated accompaniment for a pre-dinner aperitif.

9 oz fresh tuna, minced
2 t. minced red chili
2 T. minced chives
1 t. salt
1/2 t. ground black pepper
2 teaspoons sesame oil
1 1/2 T. grated fresh ginger
4 T. sesame seeds (a mixture of black and white)
Oil for deep-frying
15 toothpicks

1. Combine the minced tuna with the chili, chives, salt, pepper, sesame oil and ginger in a bowl and mix well.
2. Place the sesame seeds in a plate. Wet your hands, scoop 1 T. of the tuna mixture and roll it into a ball. Roll the tuna ball in the sesame seeds until well coated on all sides. Repeat until the tuna mixture is used up.
3. Deep-fry the tuna balls over high heat for 1 minute, turning constantly.

Serve hot with toothpicks.

Makes 15 tuna balls, takes 15 minutes to prepare. Cooking time is 3 minutes.

Japanese Beef Salad Rolls

Use high quality beef.
4 oz thinly sliced beef
1 cup beef or veal stock
1/2 carrot, cut into thin strips

1/2 zucchini, cut into thin strips
1/2 cup alfalfa sprouts
1/2 cup daikon sprouts

Sesame Dressing

2 T. soy sauce
1/4 cup minced white onion
2 T. beef stock
2 T. sake
1/2 T. sesame paste

1. To make the Sesame Dressing, puree all the ingredients to a smooth paste using a hand blender.
2. Briefly blanch the beef strips in the beef stock
3. Place 4 to 5 strips of carrot and zucchini with some daikon and alfalfa sprouts on a strip of beef and roll it up. Repeat the process.

Makes 10 rolls. Prep time is 20 minutes. Cooking time is 1 minute.

Beef Yakitori with eggplant

16 oz. beef sirloin, preferably cubed
2 t. sesame oil
1 slender Asian eggplant
Pinch of salt
18 bamboo skewers
1/2 T. butter
1/2 T. olive oil
Yakitori Marinade
3 T. soy sauce
2 t. black soy sauce
1 T. ponzu sauce (can be bought in an Asian food market)
1 T. sugar
1 t. freshly ground black pepper

1. Combine the Yakitori Marinade ingredients in a bowl and stir well until the sugar is dissolved. Marinate the beef in the Yakitori Marinade for at least 4 hours or overnight.
2. Heat the sesame oil in a skillet over high heat, sear the eggplant sections with a sprinkling of salt for 30 seconds on each side. Set aside.
3. Thread 1 section of the eggplant, followed by 1 beef cube, then another

section of the eggplant on a bamboo skewer. Repeat until all the ingredients are used up.

4. Heat the butter and olive oil in a nonstick skillet over high heat. Sear the skewers on each side for 10 seconds until brown on the outside.

Note Japanese kobe is evenly marbled.

Ponzu sauce is a mixture of soy, lemon juice, mirin, sake, konbu and bonito flakes