



YAKINIKU[®]
ORIGINAL JAPANESE GRILL

SURF 'N' TURF

ASIAN STYLE

Ingredients:

T-bone steak +/- 1kg.
8 scallops
250 gr black tiger prawns
100 gr green asparagus tips

Asian-inspired marinade

4 tbsp dark soy sauce
4 tbsp dark soy sauce
2 tbsp honey
1 tbsp mirin
1 tsp fish sauce
1 tsp sambal oelek
1 red chilli (finely chopped)
1 garlic clove (pressed)
2 tbsp ginger (finely grated)
½ tsp 5-spice powder

Dry brine* your steak the night before.

Remove the steak from the fridge 3 hours beforehand the next day and then start working on the marinade.

For the marinade, put all the ingredients together and stir until it is thoroughly smooth.

Now put the scallops, prawns and asparagus tips in 3 bowls and add 2 tablespoons of marinade to each bowl. Let this marinate for up to 1 hour, no longer.

Then light a medium amount of charcoal and heat your Kamado to 110 °C. When the Kamado is up to temperature, place the pro set in the Kamado. Divide it into half indirect grilling, with a grill grid above, and half direct grilling, with the half cast-iron grid above. Meanwhile, add some smoking wood to the Kamado, this is going to give your dish a nice and intense smoke flavour.

Supplies:

Pro set
Half cast iron grid
Meat thermometer
Aluminium foil
Smoking wood
BBQ skewers

Kamado set up:

Direct heat

When the Kamado is getting up to temperature, it's time to prepare the skewers. The order of the skewer: asparagus tip, scallops, prawn. You use the asparagus tips, so to speak, to hold the scallops and prawns in place.

Place the steak on the indirect part and cook it to 44 degrees in about 20 to 30 minutes. Use a meat thermometer for this. When the meat has reached 44 degrees, remove the steak from the Kamado and let it rest for a while under aluminium foil.

Then increase the temperature of the Kamado to 250 °C and put the steak back on the direct part of the barbecue. Keep about 3 minutes per side on the cast-iron grid for a nice grilling pattern. If you prefer to eat the steak rare, go for a temperature of 48-50 degrees. Liking medium rare? Then go low n slow to 48 degrees or direct to 52 to 54 degrees.

When the steak has reached your desired temperature, remove it from the barbecue and let it rest again under aluminium foil.

While the steak is resting, grill those skewers for 3 minutes per side on the cast iron grill. Use a brush to spread the remaining marinade over both sides of the skewers.

Finally, slice the steak and serve with the skewers, enjoy!

* What is Dry brine?

Very simple, sprinkle the steak liberally with salt and then place it uncovered on a rack in the fridge (at least 12 hours). With Dry brine, you ensure a tender and flavourful steak.

This recipe is a collaboration with Beef and Booze