

Beef Tepanyaki from Yoshi



Ingredients

- 200 gms beef tenderloin
- 1 teaspoon garlic butter
- Small amount of salt & pepper
- 1 teaspoon soy sauce
- Fried garlic chips

Garlic Butter preparation:

- 3 gms garlic
- 10 gms unsalted butter
- ¼ tablespoon monosodium glutamate
- 5 gms soy sauce

NOTE: blend thoroughly

Procedure:

Step 1: Clean tenderloin by trimming excess tots and veins. Cut horizontally and thick

Step 2: Place tenderloin on the grill, sprinkle with salt & pepper. Grill depending on your cooking preference (rare, medium rare, medium, medium well, or well done)

Step 3: Add 1 teaspoon garlic butter and 1 teaspoon soy sauce. Let beef absorb before removing from grill

Step 4: Serve with garlic chips

Enjoy & sahtein