

# teppan yaki

summer



# Teppan yaki with dipping sauces

Serves 4

## Spring onion dipping sauce

1 spring onion, finely chopped  
50 ml Soy Sauce  
1 tablespoon mirin  
1 tablespoon sugar

## Sesame Dipping Sauce

2 tablespoons crushed white sesame seeds  
2 Teaspoons Sugar  
50 ml Soy Sauce  
1 tablespoon mirin  
1 teaspoon bonito flavoured soup stock

## Ingredients

oil, for greasing, 4 spring onions, cut into 6 cm lengths, 1 small red capsicum cut into strips, 1 small orange capsicum cut into strips, 8 small shiitake mushrooms, 400g Salmon fillet, cut into bite-sized cubes, 16 prawns (uncooked) peeled and deveined (tail-on), 400g Cleaned Baby Squid, Lemon Wedges for Serving

## Fish substitution - lobster, abalone, oysters

Prepare the dipping sauces first. For the spring onion sauce, mix the spring onion, soy sauce, mirin and sugar together, then pour into a dipping bowl. For the sesame dipping sauce, mix the crushed sesame seeds, sugar, soy sauce, mirin, stock and 1 tablespoon hot water together, then pour into a dipping bowl. Set both the bowls aside until needed.

Preheat a chargrill pan or large frying pan until hot and grease with a little oil. Add half of the spring onion lengths, capsicum strips and mushrooms to the pan and cook for a couple of minutes, turning to ensure even cooking. When the vegetables are nearly cooked, push them to the edges of the pan or remove to a plate and keep warm in a low oven while you cook all the seafood.

Add half of the salmon cubes to the pan and cook for 1 minute before adding half of the prawns. Cook for 1 minute, then add the squid. Continue cooking for 2 minutes, or until the seafood is cooked, making sure you turn the seafood to cook all over. Add a little more oil as it is required. Serve the seafood and vegetables together with the dipping sauces, the lemon wedges and some rice. Repeat the cooking order with the rest of the ingredients.

Note: Teppan yaki is usually seen at specialized restaurants. The chefs work at grills around which the diners sit. The food is cooked in batches and served as it is cooked. When serving this at home, you can cook it all at once or serve in batches.

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