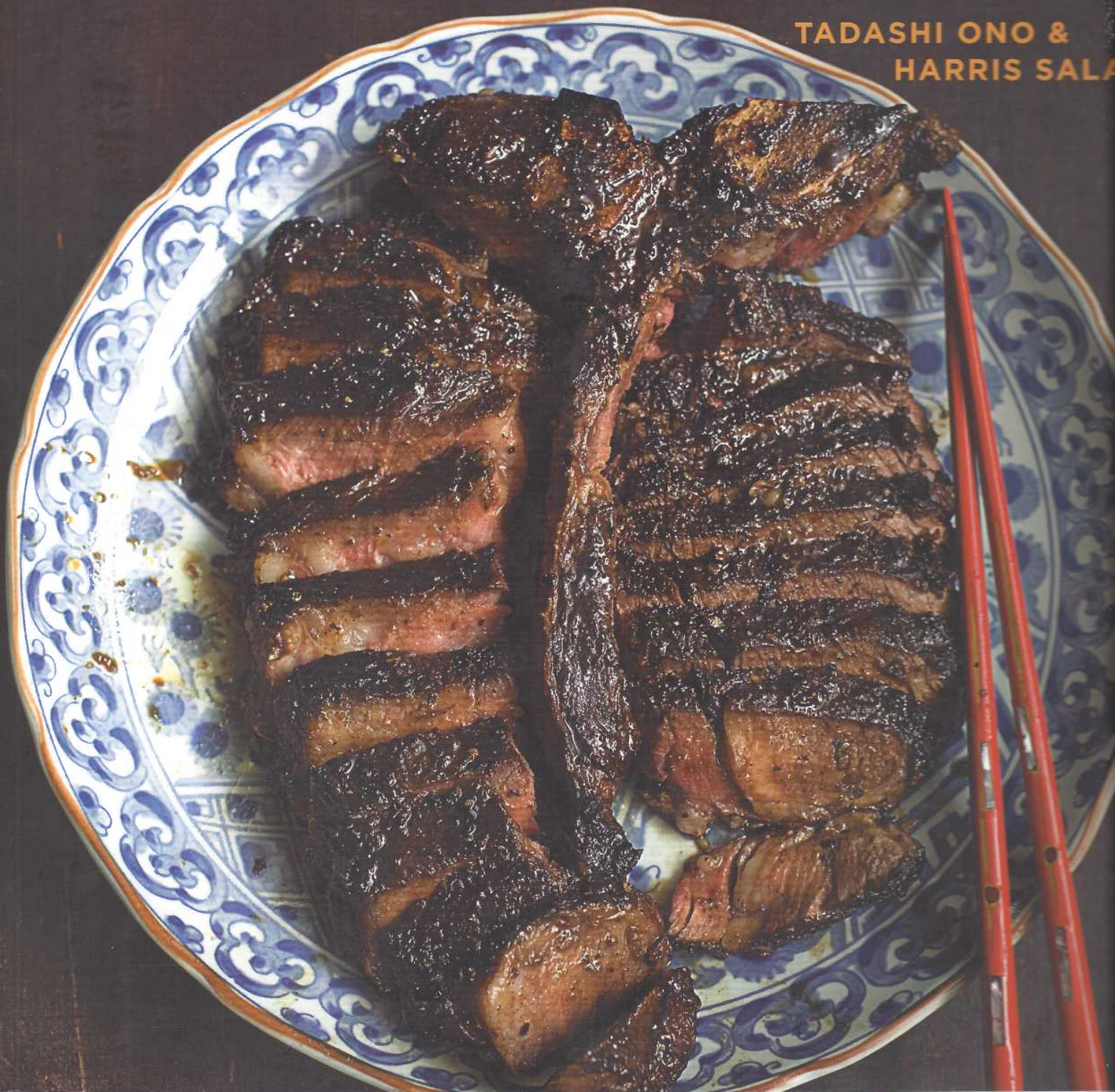


THE JAPANESE GRILL

From Classic Yakitori to Steak, Seafood, and Vegetable

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Porterhouse with Garlic-Soy Sauce Marinade

With a T-shaped bone that divides a cut of dense strip loin from a chunk of buttery tenderloin, the porterhouse is the iconic steak of American grilling. It's such a perfect steak that you don't want to do too much to it. Here we simply marinate it with the garlic-soy sauce marinade to give it a bit more oomph, but that's it. Also use this method to grill a T-bone steak, which is a smaller version of the porterhouse, or a beefy, marbled strip steak (also called shell or short loin). Adjust the grilling times to the size of the cut.

Serves 4

**$\frac{3}{4}$ cup Garlic-Soy Sauce
Marinade (page 103)**

**2 (1½-inch-thick)
porterhouse steaks,
about 3½ pounds**

Pour three-fourths of the marinade into a baking dish or rimmed sheet pan and reserve the rest. Lay the steaks in the marinade and flip them 4 times to generously coat all over. Marinate the steaks for 10 minutes.

Preheat a grill for a two-zone fire (medium and hot; see page 15). Grill the steaks for about 11 minutes for medium. With the grill covered, start on hot heat for 1 minute, then shift the steaks to medium heat. After about 4 minutes, juices will begin to appear on top of the meat. Flip the steaks and repeat the two-zone grilling on the other side. Once you turn the steaks, brush with the reserved marinade. Uncover the steak and grill for 1 more minute on hot heat to caramelize the marinade, flipping the steak 2 times and brushing with marinade after each turn. When the steaks are ready, they'll be browned, glossy, and juicy on the surface, and the bone will stick out a bit, as the meat around has shrunk. Test for doneness using the "The 'Nick-and-Peek' Method" (see page 111). Let the porterhouse rest for about 5 minutes. Slice the steaks against the grain and transfer to a platter. Pour the juices released during slicing over the meat and serve.



Beef Tongue

Gyutan

Connoisseurs of beef-tongue *yakitori* prize the various parts of the tongue for different flavor and texture sensations. The tip is chewier and denser, while the back of the tongue is richer and beefier. If you're *gyutan otaku* (tongue-meat obsessed), make sure to skewer each part separately, and compare and contrast.

Makes about
10 skewers

**1 beef tongue
(about 2 pounds)**

Salt

**Sansho (page 7), for
accent**

1 lemon, quartered

Prepare an ice bath and set aside. Add the tongue to a large pot, cover with water, and bring to a boil over high heat. Boil for 2 minutes; transfer the tongue to the ice bath. As soon as it cools, peel off the skin and slice the tongue into 1/4-inch-thick slices. Prepare the skewers by folding each slice in half and skewering through the center, making sure that the folded sides are aligned. As you work, turn the skewer in a screwing motion to make it easier to pierce the meat (see "How to Skewer Yakitori," page 25). Each skewer will hold about 5 pieces of tongue, covering about 4 inches of skewer. Lightly season all sides with salt.

Choose your yakitori grilling method (see "Setting Up Your Yakitori Grill: Foil Method and Brick Method," page 20); pre-heat a grill to medium-hot. Grill for 3 to 4 minutes, turning the skewers every 1 minute or so to brown. Serve immediately. Accent with *sansho* and a squeeze of lemon juice.

Beef Liver

Gyu Reba

Beef liver has a more steak-like texture than chicken liver. It's enjoyed raw in Japan and also skewered and grilled as yakitori. You can also use calf's liver, which is more tender and delicate.

Makes about
12 skewers

**1 pound beef liver, 1/2 inch
thick**

Salt

1 lemon, quartered

Trim the membrane and excess fat from the liver and cut out any veins. Cut the liver into approximately 1-inch squares. Skewer the liver (about 4 pieces per skewer) so the pieces cover about 4 inches of skewer. As you work, turn the skewers in a screwing motion to make it easier to pierce the liver (see "How to Skewer Yakitori," page 25). Lightly season all sides with salt.

Choose your yakitori grilling method (see "Setting Up Your Yakitori Grill: Foil Method and Brick Method," page 20); pre-heat a grill to medium-hot. Grill for about 4 minutes, turning the skewers once. Squeeze lemon juice on the liver and serve immediately.