

## Beef Teriyaki

Disney's Polynesian Village Resort  
Kona Cafe



### Ingredients for Beef Teriyaki Sauce

- 1 cup low-sodium soy sauce
- 1 ounce sugar
- 1/4 cup Sake
- 1/4 cup Mirin
- 1/2 teaspoon minced garlic
- 1/2 teaspoon minced ginger
- 1/4 cup diced green onion
- 1/2 cup pineapple juice
- 1/2 cup cornstarch and water

### Directions for Beef Teriyaki Sauce

1. In a saucepan, bring all ingredients, except the cornstarch to a boil.
2. Bring to a boil and reduce to a simmer, then stir in the cornstarch and water mixture.
3. Cook for an additional 10 minutes. Strain the sauce through a colander.

### Ingredients for Vegetable Medley

- 2 zucchini, julienne
- 2 yellow squash, julienne
- 2 red pepper, julienne
- 1 red onion, julienne
- 1 carrot, cut in half, then on a bias
- 1 tablespoon sesame oil
- 1 tablespoon salt
- 1 teaspoon pepper
- 1 teaspoon sesame seeds

### Directions for Vegetable Medley

1. Heat sesame oil in a saucepan.
2. Add vegetables to the pan and cook until soft.
3. Add salt and pepper while cooking.
4. Garnish with sesame seeds.

### Ingredients for Mashed Potatoes

- 3 pounds Red Bliss potatoes, skin on
- 4 ounces unsalted butter
- 4 ounces sour cream
- 1/2 tbsp. salt
- 1/4 tbsp. pepper

### Directions for Mashed Potatoes

1. Boil the potatoes until tender.
2. Mix all ingredients except potatoes in a mixer.
3. Add the potatoes and mix well.

