

# Seattle-style Pronghorn Teriyaki

By David Schmetterling | Preparation time: 20 minutes | Cooking time: 10 minutes | Yield: 4 servings



## INGREDIENTS

1 to 2 pounds pronghorn steaks  
(or elk or deer)

### Marinade

½ c. soy sauce

½ c. vegetable oil

¼ c. honey

2 T. rice vinegar

1 medium onion, minced

2 to 3 large cloves of garlic, minced

1 T. ground ginger

### Garnishes

1 bunch of green onions (scallions),  
sliced thin

Toasted sesame seeds

Wasabi\* (a green paste that tastes similar  
to horseradish)

Furikake\* (a nutty-salty-savory-seaweed  
Japanese flavoring)

\* Available in the Asian food sections of major  
grocery stores or online

## DIRECTIONS

Mix all marinade ingredients in a small bowl. In a shallow container, pour marinade over steaks to cover all sides. Place in the refrigerator to marinate for at least 12 hours and up to 24, turning the meat a couple of times.

Grill steaks over high heat for about 4 minutes per side (turning once) for medium rare. Remove from heat and allow to rest for 5 minutes.

Thinly slice the steaks and serve atop a mound of steamed rice on each plate. Top slices with toasted sesame seeds, soy sauce, sliced green onions, a hefty sprinkle of furikake, and a dollop of wasabi.

I lived in Seattle for a few years in the early 1990s—the era of Nirvana, flannel shirts, Ken Griffey, Jr., early Starbucks, and delicious food. One of my favorite dishes was served in the teriyaki shops that were in nearly all neighborhoods. For not much money, you could get a mound of steamed rice topped with the glistening sliced teriyaki meat of your choice along with a small Japanese green salad.

Years later, I ended up visiting Japan several times to visit my brother-in-law, who was teaching English there. I ate my way through that country but never experienced the same flavor of teriyaki as when I lived in Seattle. I later learned that “Seattle-style” teriyaki comes from a combination of garlic and ginger developed in the Pacific Northwest by Japanese immigrants.

The word “teriyaki” comes from *teri*, Japanese for “glaze,” and *yaki*, meaning “grilled.” Most recipes use brown sugar or mirin (sweet rice wine) to produce the glaze, but I use Montana honey. I tried to replicate that Seattle-style marinade from memory, and don’t know if I got it right, but I really enjoy this simple recipe and have been preparing it to much acclaim from friends and family members for years. ■

—David Schmetterling, FWP fisheries research coordinator, lives in Missoula.



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