

Japanese Recipe - 20

# Nikujaga

Nikujaga is a common home-cooked dish. The name is derived from the word Niku, meaning "meat", and Jaga meaning "potato".

**Ingredients** (Serves 4 persons)

- |  |   |
|--|---|
| 1 large onion                                  | 2 cup (500ml) Dashi stock(a broth made with dried bonito and a type of seaweed) |
| 1/2 carrot 2 potatoes                          | 4 tablespoon Mirin  |
| 700g thinly sliced meat (usually beef or pork) | 4 tablespoon of soy sauce   |
| 1 package <b>Ito Konnyaku</b>                  | 2 tablespoon of cooking Sake  |
| 1 tablespoon <b>Sesame Oil</b>                 | 1 tablespoon of sugar   |

Nikujaga is stewed potato and beef. The beef meat is a kind of like Sukiyaki. Combined with Ito Konnyaku which is an ingredient very popular and healthy for the body because it has no cholesterol and no carbohydrate.



**Method**

1. Cut the onions, carrots and potatoes. Soak the potatoes in water to prevent from changing colour.
2. Cut the sliced meat in half. Rinse and drain Ito Konnyaku.
3. Cook Ito Konnyaku in the boiling water and cut in half.
4. Heat sesame oil, then saute those vegetables, Ito Konnyaku and sliced meat.
5. Add Dashi stock and Mirin, soy sauce, Sake and sugar and then bring to a boil.
6. Once boiling, turn down the heat to medium and skim off the scum. Make sure all the ingredients are flat and most of the ingredients are covered by the soup.
7. Place Otoshibuta (Japanese-style drop-lids. Substitute it with a sheet of aluminum foil) and simmer on medium heat until vegetables are cooked. Do not mix the ingredients while cooking.
8. Turn off the heat and discard the Otoshibuta. Let it stand in order for the flavours to soak into the ingredients while cooling down. Pour the soup on top of the ingredients with a spoon a couple of times. Check the flavors for the last time and serve.

**Ito Konnyaku**

Konnyaku is a traditional Japanese jelly-like health food produced from tubers of Konnyaku root and, Ito Konnyaku is noodle made from the Konnyaku. Ito Konnyaku is also known as Shirataki. Malony is also a noodle made from potato starch.



**Sesame Oil**

Sesame Oil is popular in Asian cooking. It is made from roasted sesame seeds and has a distinctive toasty aroma and flavour. Sesame oil imparts numerous health benefits.



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