

Japanese Recipe - 30

Sukiyaki

Sukiyaki is one of the most popular hot pot dishes, a type of Nabe dish in Japan. It has a sweet and salty flavour a little bit like Teriyaki sauce, but with beef and vegetable.

Ingredients (Serves 4)

- | | |
|--------------------------|-----------------------------------|
| 450g beef, thinly sliced | 1 bunch Shungiku (leaf vegetable) |
| Sukiyaki sauce | 1 package Enoki mushrooms |
| 1 tablespoon oil | 8 Shiitake mushrooms |
| 1 tablespoon brown sugar | 1 package Itokonnyaku |
| 1 cup water | 1 package Tofu |
| 1/2 Chinese cabbage | |
| 2 long onions- leeks | |

Sukiyaki is well known as one of the most famous Japanese cuisine. Sukiyaki is very similar to Nabe but involves the meat.



Method

1. Prepare Sukiyaki ingredients. Cut Chinese cabbage, long onions and Shungiku. Tear Enoki into smaller bundles, discarding the bottom part, cut off Shiitake stem. Cut tofu into smaller pieces.
 2. Drain and rinse the string Itokonnyaku. Put all the ingredients on one big platter.
 3. Heat a cast iron Sukiyaki pot (or any pot) on medium heat. Add 1 tablespoon of cooking oil.
 4. Place some of sliced beef to sear and sprinkle 1 tablespoon of brown sugar. Flip and cook the meat.
 5. Pour Sukiyaki sauce and 1 cup water in the pot, or until one third of the ingredients are submerged in the sauce.
 6. Place some of the ingredients in the pot. Put the lid on and bring to a boil. Once boiling, turn the heat and simmer until the ingredients are cooked through.
 7. Once the food is cooked, keep adding more ingredients and sauce as you eat from the pot. If the sauce is too salty, add water to dilute. If the vegetables diluted the sauce too much, then add more Sukiyaki sauce.
- * In Japan, sometimes Sukiyaki is enjoyed with beaten raw egg in an individual bowl by dipping the cooked Sukiyaki ingredients.

Hakutsuru Tantrei Junmai goes well with 'Sukiyaki'

Hakutsuru Tantrei Junmai



Great with Sukiyaki where the meat allows the sake to blend together. The dryness is really refreshing and inviting to the palate. Having at room or cold both creates a great character.



Sukiyaki Sauce

Sukiyaki sauce is made with a blend of soy sauce, Mirin - sweet rice wine and cooking Sake for a rich, deep and savoury flavour, known as 'Umami' in Japanese.



Enoki Mushroom

Enoki Mushroom is a long, thin white mushroom used in East Asian cuisine. This mushroom is available fresh or canned and it is traditionally used for soups, but can also be used for salads and other dishes.

Please show this Ad at the counter.

Special Offer 1
10% OFF

Spend over \$10 for Japanese food / Every Saturday and Japanese food only. Excluding rice and special items / Lion Oriental Foods Co. only.

Special Offer 2
10% OFF

Purchase over 2 bottles of any Japanese, Chinese, Korean liquor range only. Every Saturday / Lion Oriental Foods Co. only.

