

PORKMINCE & VEG HOTPOT - (NIKUDANGO NABE)



Serves: 3 Preparation time 20 minutes, Cooking time: 20 minutes

EQUIPMENT:

2 quart pot (This can be a donabe (claypot), cast iron pot or sauce pan with a lid)
Portable gas stove (for the table or bench)
OR
Electric frypan with a lid
Individual serving bowls



Donabe (clay pot) and Portable Gas stove

INGREDIENTS:

500g pork mince. (for meat balls)
2 table spoons of grated ginger and garlic
3 table spoons of sesame oil and oyster sauce
3 table spoons of chopped spring onions
100-150g Mushrooms / Shitake Mushrooms / Enoki Mushrooms
1 bunch of Bok choy chopped in quarter
200g sliced pumpkins
1 bunch of broccolini (cut in half)
3 potatoes cut into slices (about 1 cm)
(You can add whatever vegetables you would like to eat.)
Ponzu Sauce (This is soy sauce based citrus sauce. Serve in small bowls) Optional

SOUP:

Dashi Soup

Approx 2 cups of boiling water
(depending on pot size -you need to fill the hotpot 50 %)
Add 6 grams of dashi powder to the water in your hotpot
(or you can use any stock eg chicken, vege, etc.)

OR

Approx 2 cups of boiling water and 4 table spoons of Konbu tsuyu (This is a concentrated sauce made from soy sauce, dashi, and mirin)



だし(Dashi Shimaya)



昆布つゆ(Konbu tsuyu)

Dried kelp based sauce tsuyu

INSTRUCTIONS (how to cook)

1. Prepare all of your vegetables for cooking in the pot.
2. In a bowl combine Pork mince, grated ginger, sesame oil, oyster sauce and shallots. Mix together evenly until the mince becomes sticky. Form the mixture into small balls using 2 spoons method.
3. Get ready to cook. Pour boiling water into the pot on the portable gas stove. Add the stock and mix. Adjust flavour to taste.
4. Begin with placing veges into the pot, hard veges first (ie potatoes, root veges) then adding about 1/2 of your pork mince balls.(remaining pork mince balls are added as you eat.)
5. Put the lid on. Strong heat until boiling(steam is coming out) then turn down to medium heat.
6. After 5-10minutes cooking time, serve all Ingredient with Ponzu sauce in small individual bowls.(You can also enjoy with out ponzu sauce)



ITADAKIMASU !!! (THANK YOU FOR THE MEAL and LET'S EAT!!)