

PORKMINCE & VEG HOTPOT - (NIKUDANGO NABE)



Serves: 4 Cooking time: 20 minutes

INGREDIENTS:

500g pork mince. (for meat balls)
2 table spoons of grated ginger and garlic
3 table spoon of sesame oil and oyster sauce
3 table spoon of chopped spring onions

100-150g Mushrooms / Shitake Mushrooms / Enoki Mushrooms
1 bunch of Bok choy chopped in quarter
200g sliced pumpkin
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 (soy sauce based citrus sauce) (This is for serving in small bowls)

SOUP:

Dashi Soup
2 Cups of water (depending on your pot so just pour water 50 % of hotpot)
6 g of dashi powder (or use chicken cube stock)

OR

2 Cups of water and 3 table spoons of
Konbu tsuyu (Concentrated Sauce include Soy sauce, Dashi, and Mirin)
1 tsp dashi powder



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.
2. Combine Pork mince, grated ginger, sesame oil, oyster sauce and shallots in a ball. Mixed them together until the mince becomes sticky and mixed evenly. Form into small chicken balls using 2 spoons method.
3. Get ready to cook. You will need a 2 quart hot pot or cooking pot. (Or if you don't have one of them, try using an electric saucepan) Add the dashi soup into the hotpot/Saucepan and mix. Adjust flavour to taste.
4. Place about 1/2 of your pork balls /vegetables in the hot pot/pan
(Keep everything separate, do not mix together. This will make a better presentation.)
5. Put the lid on. Heat hot pot/pan strongly until the soup is boiled then turn down to medium heat.
6. After 5-10minutes cooking time, serve all Ingredient with Ponzu sauce in small individual bowls.



Portable Gas stove

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