



Serves: 4 Cooking time: 30 minutes

INGREDIENTS:

- 400g of sliced beef (Asian food shop has sliced beef)
 - 4 eggs
 - 1 block tofu, cut into 1.5 inch square
 - Any Seasonal vegetables
 - ½ head of Chinese cabbage, washed and cut 2-3 cm each
 - Green Vegetables such as 1 bunch Bok choy washed and cut
 - 1 packet Enoki mushrooms, stalks removed and pulled apart
 - 8 shiitake mushrooms stem removed
 - 1 carrot, cut into thin round slices
 - 1 bunch of shallots, washed and cut diagonally into 2-inch pieces
 - 1 packet of Shirataki noodles (Optional) thin konjac noodles
- Konjac, also known as glucomannan, is an herb that grows in parts of Asia. It's known for its starchy corm, a tuber-like part of the stem that grows underground. The corm is used to make a rich source of soluble dietary fiber.

SUKIYAKI SAUCE:

- 100ml Soy sauce ,100ml Mirin, 100ml cooking Sake, 1cups of Dashi stock and 3 Table Spoons of Brown Sugar (please adjust if you like more salty add more Soy sauce and if you like sweet, add more sugar)
OR 250ml KONBUTSUYU and 50-100ml dashi stock(please adjust your taste)
OR use Sukiyaki sauce (depend on the brand and follow the instruction)



昆布つゆ(Konbu tsuyu)



だし(Dashi)

Konbu tsuyu and Hontsuyu are concentrated seasoning of dashi,sake,mirin and soy sauce
KatsuoDashi is fish (bonito) stock, Konbu dashi is seaweed(kelp) stock.

INSTRUCTIONS (how to cook)

1. Cut vegetables and mushroom



2. Arrange all the ingredients on a serving plate. Put a portable gas burner and place ingredient plate on a table. Give each guest a bowl for cooked food.



3. Heat a large, heavy-based frying pan over high heat. Add oil and add shallots and cook about 1min. lightly brown beef for 30 seconds each side and add 3 table spoon of Sukiyaki sauce and cook 1min for caramelisation .



4. Add Chinese cabbage, Bok choy, carrots, shallots, mushrooms, shirataki and tofu and pour over the sauce until beef and vegetables are almost covered.
5. reduce heat to low and simmer for 4 minutes or until vegetables are tender. Serve them and soup, and eat beef dipped into beaten onsen eggs(Low Temperature Egg), if desired.



***ONSEN EGG (Traditional Japanese Low Temperature Egg)**

1. Boil 2L of water.
2. Place the whole egg(s) into a bowl and pour hot water over the egg(s)
3. Wait for 13 minutes(for 2 eggs) 15minutes (for 3 eggs) 18minutes for(4 eggs).
(Adjust the timing depending on size of egg(s) and if they are refrigerated or room temperature)

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

NOTE

