



## Nikujaga Recipe

This recipe makes 4 servings.

### **Ingredients:**

- 1 onion
- 1 carrot
- 3 potatoes
- 1 package shirataki noodles
- ½ lb thinly sliced beef
- 8 pieces snow peas (can substitute with green peas or green beans)
- 1 Tbsp oil
- 2 Cups dashi (can substitute with chicken stock)
- 4 Tbsp mirin
- 4 Tbsp soy sauce
- 2 Tbsp sake
- 1 Tbsp sugar

### **Directions:**

1. Cut the sliced meat into pieces, about 3 inches wide.
2. Cut the onion in half and into ½-inch wedges.
3. Peel the carrot and cut into 1-inch pieces.
4. Cut the potatoes into quarters.
  - a. Optional tip: remove the sharp edges of the potato to prevent it from breaking into pieces.
5. Remove the strings from the snow peas.
6. Blanch the snow peas (or green beans or peas) in boiling water for one minute.
7. Drain the shirataki noodles from the package and roughly cut them in half.
  - a. Rinse the noodles well or boil them for one minute to remove any smell.
  - b. Drain well and set aside.
8. In a large pot, heat oil on medium heat and sauté the onion.
9. When the onion is coated with oil, add the meat, and cook until no longer pink.
10. Add the potatoes, carrot, and shirataki noodles and mix everything together.
11. Add in the dashi (or chicken stock) until it's just enough to cover the ingredients (does not have to be fully covered).
12. Cover to cook. Once boiling, skim off any foam with a fine-mesh skimmer.
13. Add in the sugar, sake, soy sauce, and mirin.



14. Mix it all together.
  - a. Optional: place an otoshibuta or drop lid on top of the ingredients. An otoshibuta is used for simmering dishes to ensure all of the flavors are evenly distributed and prevents ingredients from breaking apart.
  - b. An otoshibuta can be made out home out of aluminum foil.
    - i. Cut a sheet of aluminum foil that covers the pot.
    - ii. Fold up the edges into a circle so that the foil fits inside the pot.
    - iii. Use a chopstick or scissors to make vents/holes in the middle of the foil.
15. Simmer on low heat for 12-14 minutes or until a skewer pierces through the potato easily.
16. Turn off the heat and remove the otoshibuta.
  - a. Ideally, let it stand for 30-60 minutes before serving so more flavor soaks into the ingredients.
17. To serve, add the blanched snow peas to the pot and cover to reheat on medium.

To store: keep the leftovers in an airtight container in the refrigerator for up to 3-4 days.

The original recipe from Just One Cookbook can be found [here](#).