



Sukiyaki Recipe

This recipe makes four servings.

Ingredients

½ head napa cabbage
3 green onions
1 package enoki mushrooms
8 shiitake mushrooms
1/3 carrot
1 package firm tofu
1 package shirataki noodles
1 lb thinly sliced beef
1 or 1½ Cup dashi (or water)
1 Cup sake
1 Cup mirin
¼ Cup sugar
1 Cup soy sauce

Directions

1. Cut the napa cabbage 2 inches wide, then cut the pieces in half along the white center of the leaves.
2. Slice the green onions diagonally.
3. Cut the bottom part of the enoki bunch off and tear into smaller bundles.
4. Discard the shiitake stems. Cut into smaller pieces if desired.
5. Cut the tofu into cubes.
6. Slice the carrots.
7. Rinse and drain the shirataki noodles. Cut in half into smaller pieces.
8. Heat a large skillet or saute pan over medium heat.
9. Combine the sake, mirin, sugar, and soy sauce in a small saucepan and bring it to a boil.
 - a. Once boiling, turn the heat down to a simmer.
10. In arranged mounds, add in some of the onion, cabbage, mushrooms, tofu, and shirataki noodles to the pot.
 - a. The ingredients should be partially submerged in the broth, about two-thirds of the way. Add in more sauce or dashi if necessary.
11. Cover the pot and bring to a gentle boil.
12. Once boiling, turn down the heat to a simmer and add in the beef.



13. Cook until the vegetables are tender, and the meat is cooked to the desired consistency.
14. Transfer the cooked ingredients to individual bowls and enjoy.
15. Keep the leftovers in an airtight container for up to three days.