
One Pot Yosenabe

Description

In Japanese, the word nabe means pot. Traditionally eaten in the winter, nabe dishes are prepared in a single pot, cooked at the table and served family style. In Japan, each region has its own unique variation. Some examples include Sukiyaki, Shabu-shabu, Yosenabe and Chankonabe. Here in Hawaii, nabe dishes can be prepared for any occasion, and provide a good way to bring family and friends together.

Total time: 30 min Yield: 6 Servings

Ingredients

1 cup shoyu
2 tsp sake
1 Tbsp mirin
1 Tbsp sugar
1/2 cup apple juice
0.24 tsp rice vinegar
2 Tbsp dashi (dissolved in 2 tablespoons hot water)
cooking oil
1 block tofu, firm or medium-firm (cut into 2" x 1" pieces)
1 sweet onion (sliced)
1 lb sukiyaki beef
1 pkg Shirataki noodles
1 pkg cooked Udon noodles
1 stalk green onions (2" pieces)
1 pkg fresh Shiitake mushrooms
1 pkg Enoki mushrooms
1 bunch mizuna (2" pieces)

Prep Time: 30 min Total Time: 30 min

Instructions

To make the sauce, combine the shoyu, sake, mirin, sugar, apple juice, rice vinegar, and dashi then set aside.

Heat pan on medium-high heat. When hot, add 1 tbsp. oil, and then add tofu and brown both sides. Add 3 tbsp. of the sauce and let simmer for 1 minute before removing from pan. Wipe the pan and repeat the process to sauté onions until soft, about 8 to 10 minutes. Then add 3 tbsp. of the sauce and remove from the pan. Follow the same steps to brown the beef, making sure not to overcook. Add 3 tbsp. of the

sauce and remove from the pan, repeating until all the meat has been cooked.

Add ½ cup of the sauce to the serving pot and assemble the tofu, onions, beef, Shirataki and Udon noodles, green onions, Shiitake and Enoki mushrooms, and mizuna in sections. Bring it to a boil, then remove from stove and serve. Nabe is traditionally served with a beaten raw egg per person, used as dipping sauce to cool the food and give it extra flavor. Ponzu sauce may be substituted.

Note: the individual ingredients can be served on separate plates and eaten family style. If served this way, the noodles, green onions, mushrooms, and mizuna can also be pre-cooked on the stove.

Recipe brought to you by:

Chef Joanne Chang

Source:

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