

# Sukiyaki

## INGREDIENTS/SUPPLIES

*Arrange on platter and bring to table for cooking:*

- 1 lb of high-quality thinly sliced beef such as marbled flank or sirloin. (Ask for meat to be sliced about the thickness of bacon.)
- 7 shitake mushrooms (cut into bite-size pieces)
- 1 block of firm tofu (cut into bite-size pieces)
- 7 oz of shirataki noodles (made from yam) or cellophane noodles
- 1 bunch of chives
- Shungiku, shiso, and mitsuba leaves (cut in half)

### Sukiyaki Sauce (prepare and bring to table)

- 3 tablespoons soy sauce
- 3 tablespoons sake (rice wine)
- 3 tablespoons sugar
- 1 cup dashi soup stock  
(powdered soup mix is available at Japanese specialty stores)

### At the table...

Heat a little oil in the skillet. Fry beef slices, then add sukiyaki sauce to just cover the beef slices. Add other ingredients (save herbs) when the sauce starts to boil. Simmer until all ingredients are softened. Add the herbs last, as they cook very quickly.

Add more sukiyaki sauce as the liquid boils away.

Serves 4



### Cooking

Hot plate or gas burner and shallow skillet to use at table OR electric frying pan

Vegetable oil for cooking