

Beef-Potato Stew

肉じゃが

● Ingredients

½ lb. Beef (sliced meet)

1 Potato

1 Carrot

1 Onion

1 ½ cups Kelp Dashi stock

● 2 Tbsp. Cooking Sake

3 Tbsp. Soy Sauce

2 Tbsp. Mirin (sweet cooking rice wine)

1 tsp. Sugar

● Chopped Green Onion to taste

● Prepare



Slice the beef into thin pieces. Use Chuck, Rib, Rump or Round meat.



Cut a peeled potato into bite-size pieces.



Cut a peeled carrot into bite-size pieces.



Slice a peeled onion.

- Cook



Heat 3 Tbsp. of vegetable oil in a sauce pan.

Cook the beef over high heat.
When the beef turns brown, add the potato,
the carrot and the onion to the pan.

When all ingredients are coated with oil,
pour in 1 ½ cups of Kelp Dashi stock.

● Season



Add the following to the pan.

2 Tbsp. of cooking Sake

3 Tbsp. of soy sauce

2 Tbsp. of Mirin

1 tsp. of sugar

Cook over high heat until it boils.

● Simmer



When it boils, turn the heat down and simmer for 20 minutes.



During simmering, whisk gently periodically.

After 20 minutes, let it sit for 15 minutes or so on the range to allow the soup to soak into all the ingredients.



Top with some chopped green onion and serve.