

Japanese Sweet Ginger Beef

牛すじ煮込み

● Ingredients (2 servings)

½ lb. Beef Shank

8 slices Ginger (total)

¼ cup Soy Sauce

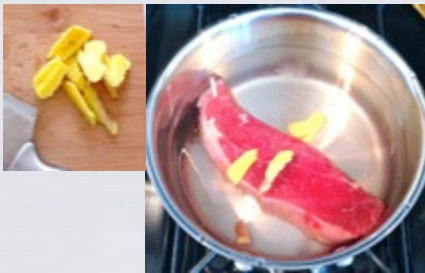
¼ cup Cooking Sake

4 cups plus ⅔ separate cup water

1 Tbsp. Sugar

2 Tbsp. Mirin (sweet cooking rice wine)

● Prepare Beef Shank



In a sauce pan, put about 4 sliced of ginger, ½ lb. of beef shank and 4 cups or so of water (adjust amount if needed so there is enough water to cover the beef).

Cook over high heat.



When it boils, turn the heat down to low and remove the white bubbles that come from the beef.



Put a lid on the pan and set a timer for 30 minutes.



After the 30 minutes, take the beef out and wash with water.



Cut the beef into small pieces.

● Cook



In another sauce pan, put the following

$\frac{1}{4}$ cup of soy sauce

$\frac{1}{4}$ cup of cooking Sake

$\frac{2}{3}$ cup of water

1 Tbsp. of sugar

2 Tbsp. of Mirin

About 4 slices of ginger

The cut beef

Heat over high heat and stir until the sugar melts.



When it boils, turn the heat down to low, put a lid on the pan, and set a timer for 40 minutes.



Transfer the beef to a plate and sprinkle with chopped green onions to taste.