

NIKUJAGA 肉じゃが

From Fumie's Kitchen

Prep Time 15 mins

Cook Time 15 mins

Total Time 30 mins

Servings: 4



INGREDIENTS

- 1 large yellow **Onion**, sliced thickly
- 3 long thin **Carrots**, cut into large pieces
- 3 medium **Yukon Gold Potatoes**, cut into large chunks (peeling is optional)
- 1/2 lb **Stryker brand Chip Steak** (if not available, simply thinly slice any steak)
- 1 TBS **Vegetable** or **Canola oil** (neutral flavor)
- 1 cup **Water**
- 1/4 cup **Mirin**
- 1/3 cup **Tamari soy sauce** (or soy sauce)
- 2 Tbsp **Brown Sugar**
- 4-5 pieces **snow peas** or **green beans**

INSTRUCTIONS

1. Place saucepan over medium high heat and add oil
2. Add thinly sliced meat and saute until it starts to brown
3. Add onions, carrots and potatoes. Stir and cook for 3-5 minutes, ensuring that all vegetable pieces are coated with oil.
4. Add water, mirin, sugar and soy sauce and bring it to a rapid boil.
5. Reduce heat to medium and partially cover with a lid, leaving a 1/2" gap for steam to escape. Do not stir!
6. Continue cooking for about 10-15 minutes until potatoes are tender. (You can poke with fork or chopstick to check)
7. While the Nikujaga is cooking, blanch the green beans quickly in boiling water until they are bright green. Shock in cold water. Set vegetables aside.
8. When the Nikujaga is finished cooking, transfer to a serving bowl and scatter the green beans on top for color.
9. Serve while hot with a bowl of steamed white rice (sushi rice is best, but jasmine is good too!)

NOTE: You can also make this recipe with chicken or pork if you prefer

SHOPPING LIST:

Stryker Chip Beef or other grass-fed steak

Yellow Onion

Carrots

Green Beans or Snow Peas or other green vegetable

Mirin (Mitoku brand in Asian section of Harvest Market)

Tamari soy Sauce (San-J brand gluten free)

Also needed: vegetable/canola oil, brown sugar, white rice