

Braised Beef and Potatoes Recipe

(Niku-Jaga Recipe)

Ingredients: Serves 4

200 g sliced beef
400 g potatoes
200 g onions
½ tablespoon salad oil

Simmering Stock:

2 cups dashi stock or water
3 tablespoons sake
3 tablespoons sugar
2 tablespoons mirin
3 tablespoons soy sauce

Method:

The easy way to peel the potatoes is to cut them in advance. Brush under running water washing mud away. Remove the eyes and spoiled parts with the edge of a knife. Cut into 8 portions, a little larger than bite-sized pieces. Peel and soak immediately in water. Wash briefly and drain in a colander. Leave aside. Place 2 or 3 slices of beef together and cut into bite-sized pieces. Leave aside. Peel and cut onions in half lengthwise. Remove the heart and place cut-side down. Cut into slices, ⅜ inches (1 cm) wide. Heat the oil in a pan. Remove from heat to a wet dishcloth and cool it to prevent the beef from sticking to the bottom. Add the beef and coat with oil, separating with chopsticks. Return the pan to moderate heat and brown the beef, stirring. When the beef changes color, add the onion and potatoes. Sauté, stirring with a wooden spatula. Add just enough dashi stock or water to cover the ingredients. Bring to a boil over high heat, skimming off any scum that forms. Add the sake, sugar, mirin and soy sauce in this order. Lower the heat slightly and bring the mixture to a boil. Skim off remaining scum and cover with a moistened drop lid. Hold the handles of the pan with both hands (beginners can hold one handle and the edge of the pan) and shake it, turning the ingredients upside down to coat evenly (nabe-gaeshi). Braise over high heat, slanting the pan until the liquid has been absorbed. Transfer to a flat container and spread. When cooled, savory niku-jaga is completed. To serve, place the ingredients in a heap. It looks beautiful.

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