KIKKOMAN

Chanko-nabe—Japanese sumo hot pot

Total time **45 mins** **30 mins** preparation time **15 mins** cooking time

Nutritional facts (per portion):
2,594 kJ / 596 kcal

Fat: **34.8 g** Protein: **34.1 g**
Carbohydrates: **41.7 g**

INGREDIENTS

4 portion(s)

Soup:

800 ml	water
4 tbsp	Kikkoman Concentrated Ramen Noodle Soup Base - Shoyu (Soy Sauce) Flavour
2 tsp	Kikkoman Toasted Sesame Oil
1	garlic clove, sliced

Vegetables:

400 g	napa cabbage (½ head)
1	leek
200 g	daikon radish
150 g	carrot
150 g	mushrooms (e.g. shiitake, enoki)
200 g	tofu
200 g	pre-cooked udon noodles

Meatballs:

400 g	minced meat, any kind
100 g	tofu
1 tbsp	Kikkoman Naturally Brewed Soy Sauce
1 tsp	Kikkoman Mirin-Style Sweet Cooking Seasoning
2 tsp	grated ginger
3	spring onions, finely chopped
2 tbsp	cornflour
	A pinch of black pepper

Dips:

4 tbsp	Kikkoman Ponzu Citrus

PREPARATION

Step 1

800 ml water - **4 tbsp** Kikkoman Concentrated Ramen Noodle Soup Base - Shoyu (Soy Sauce) Flavour - **2 tsp** Kikkoman Toasted Sesame Oil - **1** garlic clove, sliced
Add the water, Kikkoman Ramen Soup Base, Kikkoman Sesame Oil and sliced garlic to the pot.

Step 2

400 g napa cabbage (½ head) - **1** leek - **200 g** daikon radish - **150 g** carrot - **150 g** mushrooms (e.g. shiitake, enoki) - **200 g** tofu
Cut the cabbage into bite-sized pieces. Slice the leek diagonally. Remove the stems from the mushrooms if necessary and separate them. Use a peeler to slice the daikon and carrot into thin ribbons. Cut the tofu into 8 pieces.

Step 3

400 g minced meat, any kind - **100 g** tofu - **1 tbsp** Kikkoman Naturally Brewed Soy Sauce - **1 tsp** Kikkoman Mirin-Style Sweet Cooking Seasoning - **2 tsp** grated ginger - **3** spring onions, finely chopped - **2 tbsp** cornflour - A pinch of black pepper
In a bowl, combine the minced meat, crumbled tofu, finely chopped spring onions, grated ginger, cornflour, Kikkoman Soy Sauce, Kikkoman Mirin-Style Sweet Seasoning and black pepper. Mix well. Shape into bite-sized balls and arrange on a tray.

Step 4

200 g pre-cooked udon noodles
Bring the broth from step 1 to the boil. Add the meatballs from step 3, cover and cook for about 10 minutes. Add the vegetables and tofu from step 2

	Seasoned Soy Sauce - Yuzu
1	spring onion, finely chopped
4 tbsp	Kikkoman Sesame Sauce
	A pinch of pink peppercorns

and simmer gently until cooked through. In traditional hot pot meals, noodles are often added at the end to make use of the remaining broth. Once most of the meatballs and vegetables have been eaten, add the udon noodles to the pot. Heat through in the broth, then serve as the final course.

Step 5

4 tbsp Kikkoman Ponzu Citrus Seasoned Soy Sauce - Yuzu - **1** spring onion, finely chopped - **4 tbsp** Kikkoman Sesame Sauce - A pinch of pink peppercorns

Mix the finely chopped spring onion with the Kikkoman Ponzu Yuzu in a small bowl. In another bowl, mix the Kikkoman Sesame Sauce with the pink peppercorns. Serve the hot pot with your choice of dipping sauce.