KIKKOMAN

Sukiyaki with beef and tofu

Total time **40 mins** **10 mins** preparation time **30 mins** cooking time

Nutritional facts (per portion):
2,464 kJ / 589 kcal

Fat: **22.7 g** Protein: **28.2 g**
Carbohydrates: **46.2 g**

INGREDIENTS

4 portion(s)

120 g	tofu
4	fresh shiitake mushrooms
60 g	fresh oyster mushrooms
75 g	fresh enoki mushrooms
0.25	Chinese cabbage
1	leek
50 g	vermicelli noodles
100 ml	Kikkoman Naturally Brewed Soy Sauce
100 ml	Kikkoman Mirin-Style Sweet Cooking Seasoning
100 ml	sake
60 g	sugar
1 tsp	Kikkoman Toasted Sesame Oil
400 g	beef, thinly sliced (2–3 mm)
2 tbsp	vinegar
4	eggs
150 g	cooked udon noodles

PREPARATION

Step 1

120 g tofu - **4** fresh shiitake mushrooms - **60 g** fresh oyster mushrooms - **75 g** fresh enoki mushrooms - **0.25** Chinese cabbage - **1** leek - **50 g** vermicelli
Cut the tofu into bite-sized pieces. Score the tops of the shiitake mushrooms with a cross. Roughly chop the oyster and enoki mushrooms. Cut the Chinese cabbage into 5 cm pieces. Slice the white part of the leek thinly on the diagonal. Prepare the vermicelli according to the packet instructions.

Step 2

100 ml Kikkoman Naturally Brewed Soy Sauce - **100 ml** Kikkoman Mirin-Style Sweet Cooking Seasoning - **100 ml** sake - **60 g** sugar
To make the sukiyaki broth, heat the Kikkoman Soy Sauce, Kikkoman Mirin-Style Sweet Seasoning, sake and sugar in a saucepan until the sugar has dissolved.

Step 3

1 tsp Kikkoman Toasted Sesame Oil - **400 g** beef, thinly sliced (2–3 mm)
Heat the Kikkoman Sesame Oil in a pan, add the beef and fry lightly. Add the leek and fry together until fragrant.

Step 4

Deglaze with the Sukiyaki broth from step 2 and simmer for a few minutes. Add the vegetables from step 1, pour in the remaining broth and cook for about another 5 minutes.

Step 5

2 tbsp vinegar - **4** eggs - **150 g** cooked udon noodles

Heat approx. 1 litre of water to 90°C and add the vinegar. Crack the eggs into cups and carefully slide them into the water one at a time. Simmer gently for about 3 minutes. Remove with a slotted spoon and drain on kitchen paper to make poached eggs. Divide the poached eggs between 4 small bowls along with the sukiyaki ingredients and the udon noodles, and serve. In Japan, cooked sukiyaki ingredients are typically dipped into raw beaten egg. This requires very fresh eggs, which don't need to be poached. In this version, the cooked ingredients can be dipped into the soft yolk of the poached eggs.