



Wagyu Shabu Shabu



08



778 kcal
(per serving)



15 min
40 minutes
including dashi
preparation



Shabu shabu is a perfect showcase for Wagyu, swishing slices of marbled meat in hot broth to enjoy the tender meat.

Makes 2 servings

Wagyu sirloin (thinly sliced about 1.5 mm thick)	350 g
Chinese cabbage	1/3 head (400 g)
Negi (leek)	1 (60 g)
Carrot	1/3 (70 g)
Shiitake mushrooms	3 (30 g)
Enoki mushrooms (or oyster mushrooms)	45 g

Dashi

Water	1 to 1.5 L
Kombu	10 cm
Sake	100 ml
Salt	1 teaspoon

Tare Sauce

Soy sauce	100 ml
Kankitsu citrus juice (or lemon/lime juice)	60 ml
Dashi	50 ml

1. On a portable propane burner, add water and kombu to a shabu shabu pot. Soak for 30 minutes to release kombu flavor. After soaking, bring to simmer over medium heat and remove kombu. Set aside 50 ml of dashi for tare sauce. Season dashi with sake and 1 teaspoon of salt.
2. Chop Chinese cabbage into 5 or 6 mm pieces, cut leek at angle into 1 cm slivers, and chop carrot into 5 mm thick rounds. Cut tough stems off shiitake mushrooms. Cut very end off enoki mushrooms and separate into bite-sized portions.
3. Mix together tare sauce ingredients (soy sauce, Kankitsu citrus juice, dashi) and set aside.
4. Bring seasoned dashi in shabu shabu pot to simmer. Using chopsticks, swish slices of meat around in seasoned broth until just cooked. Dip meat in tare sauce to eat.
5. Add Chinese cabbage, leeks, carrots, shiitake, and enoki mushrooms to pot and simmer until cooked. Dip vegetables in tare sauce to eat.