



Nikudofu

Recommended
cut

Shoulder clod, Chuck roll

Cooking
time

20
min

Level of
difficulty



Ingredients (serves two)

Japanese Wagyu (thinly sliced shoulder clod, chuck roll) 150g (5.3 oz)
Beef tallow 1 piece
Firm tofu 1 pack (350g (12.3 oz))
Banno negi (green onions) 50g (1.8 oz)

(A)

Dashi stock 100cc (0.4 US cup)
Sugar 18g (0.6 oz)
Sake 30cc (2 tablespoons)
Soy sauce 30cc (2 tablespoons)

How to cook

1. Wrap the tofu with a paper towel, place a weight on it to dehydrate, and rest it for 10 minutes. Remove the towel and cut into 8 pieces. Chop the banno negi into 6cm (2.4 in) cuts and the meat into 5cm (2 in) pieces.
2. Heat the beef tallow in a frypan over medium heat and sear the tofu until the surface turns brown. Remove the tallow, pour in the cooking sauce **(A)** and place a lid over the tofu to sweat for 5 minutes. Simmer for another 2 minutes after adding beef to the pan and skim the surface occasionally. Add the banno negi and cook until it becomes soft.