



Shabushabu

Recommended
cut

Chuck roll, Top-round

Cooking
time

20
min

Level of
difficulty



Ingredients (serves four)

Japanese Wagyu (thinly sliced chuck roll or top-round) 500g (17.6 oz)
Konbu kelp 10cm (4 in)
Shungiku (chrysanthemum greens) 1/2 bunch (80g (2.8 oz))
Shiitake mushrooms 4

Shimeji mushrooms 100g (3.5 oz)
Carrot 1/2
Firm tofu 1 pack (350g (12.3 oz))
Bottled ponzu sauce To taste
● Lemon soy sauce (70cc (4 2/3 tablespoons) lemon, 30cc (2

tablespoons) soy sauce, 2g (1/2 teaspoon) sugar, 30cc (2 tablespoons) dashi stock)

Sesame sauce To taste
● Cashew nut sauce (100g (3.5 oz) cashew nuts, 45cc (3 tablespoons) soy sauce, 80cc (0.3 US cup) dashi stock)

How to cook

1. Wipe the konbu with a wet cloth, then soak it in 1,500cc (6.3 US cups) of water in a pot.
2. Remove the shungiku leaves from their stems and cut the stems into 5cm (2 in) chunks. Carve one star in each shiitake mushroom and cut the shimeji mushrooms into small pieces. Use a peeler to slice the carrots. Cut the tofu into bite-sized pieces.
3. Mix the lemon soy sauce ingredients. Blend the cashew nuts in a food processor or blender, or grind them with a mortar, then add the soy sauce and dashi stock to make the paste-like cashew nut sauce.
4. Heat the konbu and water from step 1 at low heat and remove the konbu before it boils. Raise the heat to a moderate temperature and add the vegetables from step 2 to the pot and simmer. When the water temperature reaches about 80 degrees °C, blanch the meat in the pot, piece by piece, and dip it in either of the sauces as desired.

\ arrange menu /



Cold shabushabu salad

Rinse cooked meat in chilled water, place it on top of fresh vegetables and add dressing.