



Hayashi Rice

Cooking time

25 min

Recommended cut

Shoulder clod, Chuck roll

Level of difficulty



Ingredients (serves two)

Japanese Wagyu (thinly sliced shoulder clod, chuck roll)	150g (5.3 oz)
Onion	1/2
Weak wheat flour	9g (0.3 oz)
Salt, pepper	To taste
Butter	20g (0.7 oz)
(A)	
Demi-glace sauce	150g (5.3 oz)
Tomato paste	18g (0.6 oz)
Soy sauce	5cc (1 teaspoon)
Red wine	30cc (2 tablespoons)
Water	100cc (0.4 US cup)
Cooked rice	To taste
Boiled green peas	10g (0.4 oz)

How to cook

1. Cut the beef into 4cm (1.6 in) slices. Sprinkle salt, pepper and flour on the meat. Cut the onion in 0.8cm (0.3 in) thick slices across the fibers.
2. Melt half of the butter in a frying pan over medium heat and stir-fry the onion until wilted. Push the onion to the sides, add and melt the remaining butter, and saute the beef while separating the pieces until they turn brown. Mix **(A)** and pour into the pan to cook for 4 minutes.
3. Place the rice in a dish, serve the Hayashi sauce made in step 2 over it and top with green peas.