



# Nikujaga

Cooking  
time

30  
min

Recommended  
cut

Shoulder clod, Chuck roll

Level of  
difficulty



## Ingredients (serves four)

Japanese Wagyu (thinly sliced shoulder clod, chuck roll) ..... 300g (10.6 oz)  
Potatoes ..... 3 (450g (15.9 oz))  
Onion ..... 1  
Salad oil ..... 15cc (1 tablespoon)  
Water ..... 300cc (1.27 US cups)

### (A)

Sugar ..... 18g (0.6 oz)  
Sake ..... 30cc (2 tablespoons)

### (B)

Mirin (sweet rice wine) ..... 15cc (1 tablespoon)  
Soy sauce ..... 45cc (3 tablespoons)

## How to cook

1. Chop the beef into bite-size pieces. Peel and cut each potato into 4 to 6 pieces, soak them in water, and drain them with a strainer. Cut the onion into large wedges.
2. Heat oil in a pan over medium heat and move the pan momentarily to rest on a wet cloth to cool the pan's bottom. Place the meat in the pan and bring the pan back to the heat to lightly saute the meat. When the meat browns, remove it from the pan. Add the potatoes and onions to the pan and stir-fry until they blend with the oil, then pour the water into the pan and boil. While skimming the surface, add **(A)** and place wax paper over the pan to braise the vegetables for about 10 minutes until the cooking sauce thoroughly soaks into the ingredients.
3. Turn the ingredients over (placing the bottom ingredients over the top ingredients), return the meat and add **(B)** to the pan, and continue to simmer for another 10 minutes until the potatoes become tender.