

Dashi-Rich Wagyu Nikujaga



853 kcal
(per serving)



2.5 hrs



Nikujaga is a popular dish in the Japanese home kitchen, here gently stewed to bring out the sweetness of the vegetables and Wagyu deliciousness. A dish that will appeal to everyone.

Makes 2 servings

Wagyu rump	200 g
Carrot	1/3 medium (70g)
Potatoes	3 and 1/2 medium (400 g)
Onion	1/2 large (150 g)
Sake	1 tablespoon
Beer	60 ml
Sugar	20 g
Soy sauce	1 and 1/2 tablespoons
Mirin	1 and 1/2 teaspoons
Sesame oil	1 teaspoon
Dashi	
Water	2 to 2.5 L
Kombu	25 g
Katsuobushi	40 g

1. Make the dashi. In a pot, add water and kombu. Heat over medium heat and turn off just before boiling. Remove kombu and add katsuobushi. After 2 or 3 minutes, strain katsuobushi and reserve dashi.
2. Peel carrot and potatoes. Dice into large bite-size pieces along with onion.
3. In a pot, heat sesame oil over high heat. When oil is hot, add Wagyu rump (cut into bite-sized) and brown over medium-low heat. Add sake and beer.
4. Add a quarter of the dashi to the pot and simmer. Skim off any scum and add sugar, soy sauce, and mirin. Simmer over low heat for about 50 minutes, skimming as needed.
5. Add carrots and just enough of the remaining dashi to cover the carrots. Simmer over low heat for about 40 minutes. Add more dashi if needed.
6. Add diced onions and simmer for about 5 minutes, then add potatoes. Cover the contents with a drop lid and simmer for about 20 minutes until potatoes are tender.