

# Sukiyaki: Japanese Beef Hot Pot Dish

## すき焼き鍋



### GLOSSARY

#### GREETINGS

**Itadakimasu**—Japanese greeting before the meal. It expresses gratitude to the person who prepared the meal, the person who grew the ingredients, and the privilege to be able to have food.

**Gochisosama**— Japanese expression of thanks after a meal.

#### TYPES OF DISHES

**Donburi**—Japanese “rice bowl dish.” It is served in a oversized bowl with cooked fish, meat or vegetables over a bowl full of rice.

**Nabe**—means “cooking pot” in Japanese; however, it also means any dishes cooked at the eating table and eaten directly from the pot.

**Shabu Shabu**—is treated as a special cuisine because it has thin sliced prime beef and vegetables.

**Mizutaki**—one of the most popular *Nabe* which has chicken and variety of vegetables.

**Sukiyaki**—has thinly sliced beef and vegetables sautéed and seasoned in a pot.

#### INGREDIENTS

**Enoki mushrooms**—long and thin white mushrooms that have a mild flavor.

**Mirin**—is an essential condiment used in Japanese cuisine. It is a kind of rice wine similar to *Sake*, but with a lower alcohol content and higher sugar content. The content is a complex carbohydrate formed naturally via the fermentation process; it is not refined sugar.

**Sake**—Japanese rice wine.

**Shichimi**— Literally “seven flavors”, a mild Japanese spice with a mix of seven types of spices.

**Shirataki**—noodle made from *Konnyaku* potato (scientific name is *Amorphallus konjac*.) A substitute of *Kuzukiri* (made from Kudzu plant.)

**Shun-giku**—edible chrysanthemum greens which have a distinct herbal flavor. (Tongha in Chinese)

**Warishita**—Japanese base sauce for hot pot dishes or *Donburi* dishes. It often consists salt, sugar, *sake*, *Mirin* and soy sauce.

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**INGREDIENTS—4 to 6 servings**

½ Bunch	Napa Cabbage, cut 3"– 5" long	1 – 1 ½ Lb	Beef, thinly sliced
1 Bunch	Shun-giku 春菊 (Shanghai Market), cut 2" – 3" long	2"	Beef fat
1 Bunch	Mizuna, cut 2" – 3"	2 packages	Cooked <i>Udon</i> Noodle
1 ½ Bunches	Green Onion, cut 2" – 3" long	4 – 6	Eggs (pasteurized if prefer)
1	Sweet Onion, cut ¼" thick		
6" Long	<i>Daikon</i> Radish, cut 1/8 " thick	<b>Warishita</b>	
8 – 12	Shiitake Mushrooms, cut off stems	½ C	Soy Sauce
1 Package	<i>Enoki</i> Mushrooms (Kim's)	½ C	Sake (cooking rice wine)
1 Large	<i>Shirataki</i> Noodle (Kim's) , cut in ¼	½ C	<i>Mirin</i>
1 Package	Tofu—firm (Kim's), cut into ½" thick, 12 pieces	¼ C	Sugar

**DIRECTIONS**

1. Make **Warishita** by mixing the ingredients in a pot. Boil it lightly then turn off the heat. Serve in a bowl with a small ladle.
2. Rinse eggs with dish detergent and dry them. Serve them in a bowl.
3. Prepare the vegetables, tofu and *shirataki*. Arrange them on a large serving plate. Arrange the thin sliced beef on another large serving plate.
4. Have a portable burner with a cooking pan ready on a table.
5. Set the table.
6. **Start cooking on the table.** Turn on the burner. Heat the pan with high heat and sauté the beef fat.
7. Sautee green onion or onions first then sauté some beef.
8. When beef is lightly cooked, pour about 3 – 4 Tb of *Warishita*, the sauce, over the food.
9. Start adding all other ingredients starting with tofu. Pour more sauce over the food when it is needed.
10. Whisk the egg in the individual bowl to dip the sauce if you prefer to eat it with the raw egg.
11. When the food is cooked dip the cooked food in the sauce to eat it.
12. While you are eating, keep adding beef, vegetables and sauce.
13. The timing of when to eat the cooked food is all up to individual preference. If you like lightly cooked beef and vegetables you can start eating earlier. If you prefer the food to be cooked until very tender, you can wait longer to eat it.
14. Controlling the amount of sauce is up to the group of people you are eating with. You discuss how much sauce to add while you are eating. That is the one of the fun parts!
15. At the end of Sukiyaki, you may add cooked *Udon* noodles and cook it until tender.

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### TABLE SETTING

#### To Share

1. Gas or electric portable burner
2. A cast iron cooking pan
3. Long serving chopsticks
4. *Warishita* in a bowl with a ladle
5. A bowl with eggs
6. A bowl for egg shells
7. Large serving plate with vegetable, tofu
8. Large serving plate with beef slices
9. A bowl with *Shirataki*



#### Individual Table Setting

1. Chopsticks
2. Chopstick rest
3. A bowl
4. Glass for a drink

### ADDITIONAL REFERENCES

#### UTENSILS & EQUIPMENTS

Zojirushi EP-RAC50 Gourmet d'Expert Electric Skillet \$85 –  
\$99



Gas Portable Burner \$24



Cast Iron *Sukiyaki* Pot



*Shirataki*



#### STORES

Kim's Oriental Market  
Mississippi Market  
Shanghai Market  
United Noodles Asian Supermarket

KIMIKO MOLASKY  
Kimiko's Japanese Home Cooking  
[www.kimikomolasky.com](http://www.kimikomolasky.com)  
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