

Sukiyaki

This is the time honored “1 pan meal” for the Japanese. It is **really** a family fun time meal provided the kids are over five years old.

Prep time: 20 minutes

Cook time: At the table

Serves 4-6

Cooking sauce ingredients:

6 Cups Chicken Broth

¼ Cup Sugar

1/8 to ¼ Cup Soy Sauce (more soy equals more salty)

1/8 Cup Mirin (Japanese cooking wine) don't sweat it if you don' have it.

Presentation ingredients:

½ lb Breakfast steaks

½ lb Boneless, skinless chicken breasts

¼ lb Bean Sprouts

1 Package of Cellophane noodles (broken and pre-soaked)

½ lb Mushrooms (button, Shitake, white) sliced

2 Carrots, thinly sliced at an angle

1 Sweet onion cut in pleasing manner (see below)

1 Can sliced bamboo shoots (drained)

1 Can sliced water chestnuts (drained)

6 Green onions cut in a pleasing manner

¼ Bean sprouts

1 Package of Tofu, cut into cubes

Served at the table:

1 beaten egg in a bowl (1 per diner)

Mix the sauce in advance and have it ready.

One of the fun things about Sukiyaki is the presentation of the raw food. Think of things you'd like to cook this way and slice them very thin. Put them on a plate and arrange the plate to look good. I've given some guidance, but it's OK to use your imagination (see pictures).

Anyway, back to cooking. At the table, using an electric skillet or a skillet on a hotplate, heat it up on high. Brown the meat and chicken. Remove them from the pan. Pour in the cooking sauce and cut the heat to low. Return the meat to the cooking sauce. Let the diners select vegetables and put them into the cooking sauce.

When the part of the food they want to eat is done, they take it out of the pot (usually with chopsticks), dredge it through the raw egg, which cools the food and cooks the egg, and eat it.

