



Sukiyaki

Total active time: 30 minutes | Yields: 4 servings

Ingredients:

- 1 lbs beef thinly sliced (available at Japanese/Korean markets or ask your butcher)
– or – thinly sliced chicken
- 5 green onions (or a large Japanese negi) cut into 2 inch pieces
- 1/4 lbs mushrooms such as shitake, shimeji, maitake, enoki or any other kinds
- 1 pack tofu (seared or unseared)
- 2 Japanese or Chinese eggplant cut in thick pieces
- 1 bunch shungiku chrysanthemum greens, komatsuna or spinach like greens
- 1 pack shirataki noodles drained & rinsed and cut or cooked udon noodles (optional, available at Berkeley Bowl, Tokyo Fish & Asian markets)
- 3 tablespoons canola oil

Ingredients for sukiyaki sauce:

- 1 cup soy sauce
- 2 cups sake
- 3/4 cup brown sugar

1. Combine the ingredients for sukiyaki sauce, set aside.
2. If searing tofu (optional), heat a frying pan, add a small amount of canola oil and sear both side until slightly brown. Cut in 8 pieces.
3. Heat a large pot or Dutch oven, and add canola oil to coat
4. Add meat/chicken and lightly sear
5. Add the remaining vegetables, tofu and noodles (optional), then pour the sukiyaki sauce over them.
6. Bring the pot to boil, then lower the heat to a simmer. Cook until the meat and vegetables are cooked through, about 5-7 minutes
7. Enjoy with some steamed rice!

Itadakimasu!

Asuka Uchida, Executive Chef, Fish & Bird Sousaku Izakaya

2451 Shattuck Ave. Berkeley, CA 94704 | <https://fishbirdizakaya.com/>

* Cook at home sukiyaki kit will be available at Fish & Bird starting mid July 2020!



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