



Niku-jaga / taste of japanese Mom's cooking

NIBBLEDISH CONTRIBUTOR

Ingredients

4 servings

- 300 g / 10 oz beef sirloin, thinly sliced
- 800 g / 28 oz potatoes
- 200 g / 7 oz onion
- 10 green beans
- 1pack [ito-konnyaku](#)

stock

- 800 ml / 3 1/3 U.S. cups [dashi](#)
- 3TBS sake
- 5TBS sugar
- 3TBS [mirin](#)
- 5TBS soy sauce

Instructions

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1. Cut beef into 1 1/2-inch lengths.
2. Cut potatoes into 4-6 pieces each, and soak in cold water for 15 min.
3. Cut shirataki into 2-inch lengths, Cut onion in half top to bottom, slice into 3/8 inch lengths.
4. Heat oil in a pan, stir-fry beef lightly. Add potatoes, onion, ito-konnyaku and green beans, and continue stir frying.
5. Add dashi, sake and sugar, bring to a boil and remove scum.
6. Add mirin and soy-sauce. Cook over medium heat until potatoes are tender.
7. Serve in a bowl.