



Japanese Braised Beef and Potatoes

NIBBLEDISH CONTRIBUTOR

Ingredients

- 200g thinly sliced beef [i used rump, as suggested by the butcher]
- 2 tsp sesame oil
- 1 white onion, peeled and cut into wedges
- 4 baby potatoes, peeled and cut into chunks, and left to soak in cold water to get rid of excess starch
- 2 medium carrots, peeled and cut into chunks
- A handful of string beans, ends trimmed and cut into 4 cm pieces, blanched
- 300ml hot water
- 1 tbsp + 1 tsp mirin
- 1 tbsp + 1 tsp sugar
- 2 tbsp Japanese light soy sauce
- Rice, to serve

Instructions

1. Heat sesame oil over medium heat in a medium sized saucepan. Add onions and beef in, frying for about a minute till fragrant. Add mirin, sugar and light soy sauce in, stirring well. Cook till sauce is almost completely absorbed.
2. Add drained potatoes, carrots and hot water in. Bring mixture to a boil, then lowering heat and allowing it to simmer for about twenty minute or till sauce is significantly reduced and potatoes and carrots are tender. Stir in string bean and cook for another minute. Turn heat off and serve stew hot over rice. *Serves 2*