



Japanese Nikujaga

Ingredients (for 2 servings)

- 3 potatoes
- 5 oz (150 g) thinly sliced beef
- 1/2 onion
- 1/2 carrot
- 1 tsp vegetable oil
- 7 fl oz (200 ml) water
- 1 Tbsp sugar
- 2 Tbsp sake
- 2 Tbsp mirin
- 2 Tbsp soy sauce



Instructions



Step 1. Prepare the ingredients

Peel the potatoes and cut them into large, bite-sized pieces. Slice the onion into wedges, and cut the carrot into irregular chunks. Cut the beef into bite-sized pieces.



Step 2. Brown the beef

Heat the vegetable oil in a pot over medium heat. Add the beef and stir-fry briefly until just browned. Remove from the pot and set aside.



Step 3. Stir-fry the vegetables

In the same pot, add the potatoes, onions, and carrots. Cook lightly, stirring so the oil coats everything evenly.



Step 4. Add water and simmer

Pour in the water and bring to a gentle simmer over medium heat.



Step 5. Add sugar

First stir in the sugar and simmer over medium-low heat for about 3 to 4 minutes. Adding sugar early helps the potatoes absorb sweetness more fully.



Step 6. Add sake and mirin

Pour in the sake and mirin, then simmer for another 3 to 5 minutes.



Step 7. Return the beef and add soy sauce

Return the beef to the pot, then add the soy sauce last. Cover with a drop lid or cover partially, and simmer over medium-low heat for 5 to 7 minutes.



Step 8. Finish and serve

Turn off the heat and let the dish rest for a few minutes so the flavors meld. Serve in a bowl and enjoy.



Tips:

- Even without dashi, the rich flavor from the beef and onions is more than enough.
- Letting the dish cool helps the seasoning soak in more deeply.
- Adjust the sweetness by adding more or less sugar to suit your taste.