

【Kurumafu cuisine recipes】



Suki-yaki

Ingredients (For 4-5 servings):

3-5 Kurumafu, 300-400 g sliced beef, 40 g beef tallow, 3 long green onions, 4-5 eggs,
1/2 bundles of garland chrysanthemum, 3-5 fresh mushrooms, 1 bundle of shirataki(noodles made from starch), 1 yaki-dofu (grilled tofu)

Seasoning 1

1/3 cup soy sauce, 1/3 cup Japanese sweet wine, 2 tbs sugar

Seasoning 2

1/2 cup soup stock, 1 tbsp Japanese wine, 1 tbsp soy sauce

Preparation:

1. Put Kurumafu in water to soften them, and take them out, press water out softly and then cut them into bite-sized pieces.
2. Place the knife in a tilt position to cut the shaft of long green onion into an oval shape, and the shaft of fresh mushrooms could be cut off and then carve its heads into some shape for decoration purposes.
3. Boil the shirataki for a while.
4. Wash the garland chrysanthemum well.
5. Heat a little oil in a pan and fry some beef slices, and put the seasoning 1 together with the ingredients prepared in steps 1, 2, and 3, into the pan and boil fried beef together. (By looking at the amount of the remaining soup in the pan, if the soup made of seasoning 1 is decreased too much, please add seasoning 2 and boil them continuously.
6. Dip the cooked suki-yaki into the raw, beaten eggs, and you can get good taste of it.

* Even though Kurumafu is recommended to be boiled as long as possible to acquire a good taste, the soup should be tasted to see if it is too spicy for eating.