

GYUDON

INGREDIENTS

Bonito Flakes	: 2 tablespoon
Kelp	: Approximately 5cm
Water	: 600ml (1.5 cups)
Yellow Onion	: 1 medium sized
Thinly Sliced / Shaved Beef	: 14 oz (400 grams)
Uncooked Short Grain Rice	: 2 cups

Time Required : 30 mins

Level of Difficulty : Easy

Make 4 servings

Soy Sauce Mixture

Cooking Wine / Sake	: 2 tablespoon
Mirin	: 3 tablespoon
Soy Sauce	: 6 tablespoon
Sugar	: 1.5 teaspoon

METHOD OF PREPARATION

1. Rinse uncooked short grain rice at least 3 times or until water becomes clear. Place short grain rice in a rice cooker and add in 2 cups of water to cook rice. Press the 'Start' button on the rice cooker to cook rice. Alternatively, the rice can be cooked on a stove top or a pressure cooker. Other types of rice can be used but it tastes much better with short grain rice. Short grain rice is round, fluffy and absorb the gravy better than other types of rice.
2. Combine all the ingredients listed under soy sauce mixture in a clean bowl and set aside.
3. Use a knife to cut off the sprout end of the yellow onion and peel off the papery skin.
4. Cut the onion into half and slice to approximately 2mm in thickness.
5. Place a medium frying pan on the stove top. Add in water, kelp and bonito flakes. Bring it to a boil on medium heat. This is called dashi (soup base). Once boiled, strain dashi and return dashi into the frying pan.
6. Next, place the sliced onions into dashi (soup base) followed by soy sauce mixture. Close the lid. Cook on medium heat until onions become soft. This will roughly take 5 minutes.
7. Once onions become soft, place in the thinly sliced / shaved beef batch by batch and use a pair of chopsticks to separate the beef. Make sure that the beef does not lump together.
8. Once the beef is just cooked, let it simmer for another 5 minutes to absorb the gravy.
9. Turn off heat and serve on rice immediately.