

Gyudon

Cooking Lessons with CGJNY

INGREDIENTS



200g Beef, thinly sliced or shaved
 150g Onion, sliced (roughly 5mm slices)
 75ml White wine
 60ml Soy sauce
 20g Ginger, julienned
 20g Scallion, finely chopped
 Topping (optional) Red pickled ginger

Directions

1. Combine the seasoning ingredients in a zip-lock bag.
2. Place the beef into the bag with the seasoning ingredients. Massage from the outside to help it absorb the marinade.
3. Once the beef is well-coated, add the onion slices and massage again.
4. Seal the bag while laying it down as flat as possible, letting out any excess air. Freeze completely.
5. Defrost the bag.
6. Add oil to a heated frying pan. Stir fry the contents of the bag together with the ginger.
7. Remove from heat when once the meat is cooked through. Serve on top of a bowl of rice with scallions as garnish. Try it also with some red pickled ginger.



TIP

Freezing breaks down the fiber in the onions, which helps draw out its sweetness.

MEET THE CHEF MR. SHOGO TSUTSUMI



Hello, I am a chef at the Consulate General of Japan Ambassador's Residence. Did you enjoy "Gyudon"?

When I first came to N.Y., I was surprised by the number of guests I came across with different religious food restrictions. I've been putting work into creating special menus that these guests can enjoy without any unease. On my days off, I visit the supermarket to see what's in stock and experiment with different dishes.