

Nikujaga

Cooking Lessons with CGJNY



INGREDIENTS (serves 3-4)

200g	Thinly sliced beef		
2	Large potatoes		
1	Large onion		
15g	Sugar	30ml	White wine
40ml	Soy sauce	300ml	Water
15ml	Oil		



Directions

1. Prepare the ingredients: roughly chop potatoes into large chunks, carrots into smaller chunks, and onions into thick vertical slices. Cut beef slices into bite-size pieces.
2. Parboil carrots to reduce the time needed for them soften in the stew.
3. Add oil to skillet on medium heat.
4. Once the pan is hot, add onions. Briefly stir-fry the onions, then add beef followed by the seasoning ingredients.
5. Stir beef to separate the individual pieces. Continue stir-frying the contents of the pan together until beef is fully cooked.
6. Add water, potatoes, and carrots. Arrange the contents so that they sit uniformly in the pan. Cover with an *otoshibuta* (drop lid) and stew for about 10 minutes.
7. Test a potato chunk for doneness. If it is tender all the way through, remove the *otoshibuta* and stir.
8. Cook uncovered until most of the liquid has boiled off. Remove from heat and adjust flavors as needed.

MEET THE CHEF MR. SHOGO TSUTSUMI



Q: Can you share an experience that helped you grow as a chef?

A: When I first started working, I got scolded by a senior colleague for only focusing on my own work and not observing others. At the time I didn't understand what the issue was since I was already fulfilling my role. Time passed into my 2nd then 3rd year, and I was assigned with a junior to teach myself. It was then that I realized that I had a very limited skill set to teach. I regretted not using my time to learn outside the scope of my own duties, and from then on I made it a goal to pick up as many techniques as possible by observing others, researching, and practicing.