



SUKIYAKI

Sukiyaki is sometimes called the Japanese friendship dish since it is served from a communal pot. Preparation takes longer than cooking and can be done ahead. Feel free to make substitutions.

Bundle Bean thread noodles (oriental section of supermarket; these are sometimes called cellophane noodle because they are clear when cooked) Soak these in warm water as you prepare other ingredients.

Meat (could substitute Portobello or tofu)

6-8 oz sirloin steak sliced thinly across the grain. Marinate in a 1/4 c soy sauce mixed with 2 T brown sugar and 1/2 c or so of beef stock. Add 1 clove of sliced garlic and 1 teaspoon grated ginger to marinade.

Veggies

Slice 3 golf ball size turnips into rounds. Slice 1 carrot into diagonal rounds. Remove red skins from 6-8 green onions- trim root, but leave tops intact. Remove ribs from 6-8 stalk of Swiss chard and cut into 4 inch segments. Pull strings from 12-16 snow pea pods. Arrange these vegetables attractively on a platter. Part of the fun is watching the cooking process.

Cooking

Use a large electric skillet or any other skillet with a relatively high domed lid. Preheat skillet to high and remove meat from marinade (save marinade). Stir fry meat for 1-2 min and remove to a small plate. Lower heat slightly. Next stir-fry the vegetables till barely tender starting with the turnips, then carrots, then green onions, then chard stems. Then peas.

Pile each vegetable up (attractively) in its own area at the edge of the skillet. Find a place at the edge of the skillet for the meat. Place the noodles in the center of the skillet, add the chopped chard over all. Pour the marinade over everything (with additional stock if necessary) and cover tightly. Steam 2-3min. Have each guest serve their own plate from the skillet. Spoon sauce over everything

Nice side dishes- Sliced oranges, cucumber salad, rice if desired. Makes 4 servings.
Recipe provided by a member of A Place on Earth CSA member.