
Sukiyaki

Bonnie Welch and Deanna White
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Servings: 4

2 tablespoons cooking oil
1 pound beef tenderloin, sliced thinly across the grain
2 tablespoons sugar
1/2 cup beef broth
1/2 cup soy sauce
2 cups green onions, bias-sliced
1 can (16 ounce) bean sprouts, drained
1 cup mushrooms, thinly sliced
1 can (5 ounce) water chestnuts, drained and thinly sliced
1 can (5 ounce) bamboo shoots, drained
hot cooked rice

In a large skillet or wok, heat the oil. Add the beef and cook quickly, turning the meat over and over just until browned. Sprinkle with sugar.

In a bowl, combine the broth and soy sauce. Pour over the meat. Push the meat to one side. Let the soy mixture bubble.

In the Japanese style, keep the vegetables in separate groups as you cook them. Add the onions and then the celery, stir-frying each group over high heat for about 1 minute and then pushing aside. Add the other vegetables in separate groups, stir-frying each just until heated through. (You do not have to use each of these vegetables to make sukiyaki. You may substitute spinach, snow peas or zucchini for any of the vegetables mentioned.)

Serve with hot cooked rice and extra soy sauce.

(If you are daring and want to try sukiyaki the Japanese way, dip each biteful in beaten raw egg before you eat it. It is really a taste treat.)

Beef

Per Serving (excluding unknown items): 410 Calories; 26g Fat (57.5% calories from fat); 26g Protein; 18g Carbohydrate; 3g Dietary Fiber; 81mg Cholesterol; 2283mg Sodium. Exchanges: 3 Lean Meat; 2 Vegetable; 3 1/2 Fat; 1/2 Other Carbohydrates.