



JAPANESE

Gyudon (Beef Rice Bowl)

COMPLEXITY	SERVES	PREP	COOK	TECHNIQUE	CUT
Basic	3	15 min	15 min	Simmer	Ribeye

Ingredients

- 400 g (14 oz) boneless ribeye, partly frozen and sliced paper-thin
- 1 large onion, thinly sliced
- 250 ml (1 cup) dashi (or water with ½ tsp dashi powder, or in a pinch low-sodium chicken stock)
- 3 tbsp soy sauce
- 3 tbsp mirin
- 1 tbsp sake (or dry sherry)
- 1 tbsp sugar
- 1 cm (½ in) fresh ginger, finely sliced
- 3 portions hot steamed short-grain rice
- Pickled red ginger (beni shoga, or pink sushi ginger) and sliced spring onion, to serve
- Optional: 3 egg yolks or soft onsen eggs

Steps

1. If the beef is in large sheets, cut them into pieces about 5 cm (2 in) wide so they cook evenly.
2. Combine the dashi, soy sauce, mirin, sake, sugar and ginger in a wide, shallow pan. Bring to a gentle boil over medium heat, about 2 minutes.
3. Add the onion and simmer for 5 minutes, until soft and translucent.
4. Reduce the heat to medium-low. Lay in the beef, separating the slices with chopsticks so they do not clump.
5. Simmer for 2 to 3 minutes, skimming off any grey foam, until the beef has just lost its pink colour. Do not boil hard or the meat turns tough.
6. Taste the broth; it should be savoury-sweet. Add a splash of soy or a pinch of sugar if needed.
7. Divide the rice among deep bowls. Spoon the beef and onions over the top with enough broth to soak into the rice.
8. Top with red ginger, spring onion and an egg yolk if you like.

Notes

- **Slicing:** ask the butcher to shave it, or look for hot pot or shabu-shabu beef in Asian markets.
- **Make ahead:** the beef and broth keep 2 days in the fridge; reheat gently.
- **Other cuts:** thin-sliced chuck or sirloin also work; the dish suits any tender, fatty cut.
- **Shortcut:** use dashi granules or a dashi packet and microwave rice pouches for a 15-minute dinner.
- **Pair with:** a quick pickled cucumber or sesame spinach (ohitashi).