

KITAZAWA SEED CO.

R E C I P E S

Shabu-Shabu

This is a hot-pot method of cooking derived from a Mongolian style. Shabu-shabu can be cooked at the stove or table using a cast iron pot or shabu-shabu ceramic pot. A favorite dish served during cold winter months. Enjoy cooking shabu-shabu together with family and guests.

- Vegetables from your kitchen garden such as bunching onions, Chinese cabbage, chrysanthemum greens, spinach, mizuna, mustards, daikon, mushrooms, etc.
- Very thinly sliced beef, small chunks of chicken, tofu and/or seafood
- Chicken broth or water

Cut vegetables to desired size. Pour chicken broth or water (water will make a lighter broth from all the meats and vegetables being cooked) into cooking pot to cover the quantity of items being cooked. Bring chicken broth to a boil. Add meats, and cook until it is slightly done. Add vegetables and cook until desired. Dip meat and vegetables into the Ponsu sauce with grated daikon and enjoy.