Sukiyaki ingredients

Sliced Beef (Pork, Chicken)

Napa Cabbage

Onion

Green Onion

Shiitake (can use regular mushroom)

Tofu (medium firm desired)

Shirataki or Udon

Broth

Mirin ½ cup

Sugar 1/8 cup

Soy Sauce ½ cup

Water ½ cup

* If not using Mirin, increase the amount of sugar(you can adjust the sweetness of the broth with sugar)
* Instead of plain water, could use konbu (kelp)broth

(soak kelp in the water for at least 30 min)

Mix all the ingredients and heat them to boil

When the broth starts to boil add all the ingredients except meat. When the vegies are somewhat cooked, add the meat. Make sure to not to overcook the sliced beef.

How to eat:

Dip in a beaten raw egg (suggest pasture raised)

Place sukiyaki over the rice