

untagged, needs pic, incomplete



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## Japanese Beef Stew (Nikujaga)

Date added: 2021/04/22 serves 8

### Ingredients

- 2 T canola oil
- 2 lb. chuck roast cut into 2 inch pieces
- 2 yellow onions cut into lengthwise strips
- 1/2 lb. carrots cut into 2 inch chunks
- 6 large potatoes cut into quarters
- 4 cups dashi
- 1/2 cup soy
- 1/4 sugar
- 1/4 cup mirin
- noodles to serve, see notes

### Method

1. Add canola oil to pressure cooker and saute beef to brown, but don't worry about cooking through.
2. Add onions to pan and brown slightly.
3. Deglaze pan with dashi, scraping up any flavorful browned bits.
4. Add remaining ingredients except the carrots and onions. Set to high pressure for 30 minutes.
5. When time is up, release pressure and quickly add carrots and potatoes to the pressure cooker. Re-seal and set on high pressure for 10 minutes.
6. While stew finishes at pressure, prepare noodles. When stew is finished add a generous serving of noodles to a large bowl and spoon over stew.

### Notes

Weigh vegetables, potentially more salt after veggie weights determined.

This dish is traditionally served with shirataki noodles. We used maroin instead because it's what we had on hand. Each serving of stew requires about 1/2 cup of cooked noodles per serving. For a single meal, we cook 150g of dried noodles for the two of us. Inspired by:

<https://www.thespruceeats.com/japanese-nikujaga-recipe-2031282>

From:

<https://wiki.cookiemountain.org/> - **Recipe Book**

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