

'Niku-jaga (Simmered meat and potatoes)'**Ingredients (Serves 2)**

2 big potatoes
 1/2 carrot
 1/2 onion
 50g green beans
 200ml water
 2 teaspoons salad oil
 200g thinly sliced beef or pork or mince
 1 teaspoon *Dashi* (instant bouillon) *optional
 Dash of sugar
 1 tablespoon *Mirin* (sweet Sake) *optional
 1 tablespoon Sake
 3 tablespoons soy sauce

Enjoy the most popular home-style dish in Japan. Niku-jaga is reminiscent of mum's homemade meal.

Method

1. Peel the potatoes and cut each into 4 pieces. Soak them in water and drain.
2. Peel the carrots and cut them roughly. Peel the onions and cut them into 8 half-moon-shaped pieces.
3. Hull and remove the strings from the green beans. Blanch them in boiling water and immerse them in ice water.
4. In a pan, heat 2 tablespoons of salad oil over a moderate flame. Add beef and fry well.
5. Add the onions and fry for about 2 minutes. Add the drained potatoes and the carrots. Fry them together until the potatoes' colour is changed slightly.
6. Add *Dashi* and water. Cook them on high heat. When it comes to the boil, reduce heat to medium. Add sugar, *Mirin* and Sake, boil them for about 5 minutes.
7. Add soy sauce, cover with a small lid directly over the food and reduce it for about 20 minutes on low heat. Occasionally shake the pan and stir the meal to combine evenly.
8. Place in serving dishes along with the green beans. Pour the liquor over the meal and serve.

Put lots of love in when you cook and enjoy your delicious *Niku-jaga*.

Asian groceries are available at Lion Oriental Foods Co. and Loi's Eastern Supermart (Refer to P23).