



BEEF NIKU UDON WITH TEMPURA

SHOPPING FOR YOUR CLASS

Your recipes include some specialty ingredients, like Konbu and Katsuoboshi. These ingredients are available at Asian grocery stores.

Mai recommends using Beef that has been pre-sliced (for Hot Pot). But if you prefer to use your own, use sirloin or ribeye, and partially freeze before slicing, for 30 minutes.

MISE EN PLACE

- **Soak konbu in 1.25 L of water 30 minutes prior to the class.**
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BEEF NIKU UDON WITH TEMPURA *(serves 4)*

Recipe by Mai Nguyen

Dashi (recipe below)

4 frozen udon noodle portions

Cooked marinated beef (recipe below)

1/4 cup soy sauce (or more to your taste)

2 tbsp mirin

1/2 cup thinly sliced green onion

Salt and pepper to taste

Tempura (recipe below)

- Bring a large pot of water to a boil and cook the udon noodles until al dente.
- Rinse the noodles under cold water and portion them into bowls.
- Divide cooked beef among the bowls.
- Bring dashi, 1/4 cup soy sauce and mirin to a boil in a pot.

- Ladle hot broth over the noodles and the beef and top with sliced green onions. Serve with fresh tempura.

Dashi

5 cups (1.25 L) of water

6" x 6" sheet of konbu (30g)

3 cups katsuobushi/bonito flakes (25g)

3 dried shiitake mushrooms (optional)

- Add the water in a pot and soak the konbu for about 30 minutes.
- Place the pot over high heat. When small bubbles start appearing in the pot, reduce heat to a simmer and cook for 15 minutes.
- Turn off the heat and add katsuobushi. Allow the bonito flakes to steep for at least 15 minutes.
- Strain the dashi through a fine mesh strainer and discard the solids.

Marinated Beef

1.5 lbs of thinly sliced beef (marbled cut preferred)*

1 large yellow onion (thinly sliced)

1/3 cup soy sauce

1/3 cup mirin

1 tbsp sugar

1 tbsp ginger (grated)

- Mix the sliced beef and thinly sliced onion together with the rest of the ingredients. Marinate for at least 15 minutes.
- Heat a pan over medium-high heat and add 2 tbsp of a neutral cooking oil. When the oil and pan is hot add the marinated beef and onion. Using a wooden spoon move the beef and onion around so it cooks evenly. Cook for 5 minutes or until the onions are softened and most of the liquid has reduced. Remove from heat and set aside until needed.

*NOTE: Mai recommends using Beef that has been pre-sliced for Hot Pot. But if you prefer to use your own, use sirloin or ribeye, and partially freeze before slicing, for 30 minutes.

Tempura

1 cup all-purpose flour

1/2 cup corn-starch + extra for dusting

1 can soda water

1 tsp salt

Assorted veggies, sliced (mushroom, peppers, asparagus, yam, pumpkin, etc.)

8 large black tiger shrimp (peeled and deveined)

Oil for frying

- Heat up oil in a pot/pan
- In a bowl mix together flour, cornstarch, and salt. Pour in soda water and stir until well mixed and there are no lumps in the batter.
- When oil reaches 360 F, lightly coat shrimp and veggies in cornstarch.
- One at a time dip shrimp and veggies into tempura batter and fry. Make sure not to overcrowd oil.
- Once the battered shrimp and veggies become golden in colour, remove from oil onto a paper towel lined tray.

EQUIPMENT

Cutting board and knife

Large pan for deep frying, and deep frying or instant read thermometer

Pan for making dashi

Fine mesh strainer

Bowls

Wooden spoon