

Gyudon

by Caitlin Wolf and Ella Baylis

Ingredients

1 onion
1 tablespoon of olive oil
200g of thin-sliced beef
1 tablespoon of sugar
1 tablespoon of soy sauce
1 tablespoons of mirin
1 tablespoons of sake
1 cup cooked of rice

Preparation

- Cut the onion into strips.
- Heat oil in a frying pan and then add the onion. Cook at medium heat until the onion becomes translucent.
- Add the beef and sugar.
- Stir until the meat is browned.
- Add soy sauce, mirin and sake and continue to stir.
- Stir occasionally until the liquid boils away (5 mins approx.)
- Serve over rice

(You can add veg, like green peppers and green onions too!)

Put the rice on!!!!
Start cooking when the rice
has 20 mins left



Notes:

- You can substitute pork for the beef if you'd like. Upside: it's cheaper. Downside: it tastes a little more bland and greasy than the beef, imo.
- Be careful with the olive oil – if you add too much the end result will be very greasy. I find that less is more in this recipe with both the olive oil and the soy sauce/mirin/sake mix. If it doesn't turn out perfect the first time, keep experimenting until you get a flavor you like!
- This is the simplest version of this recipe, which I've adapted from JustOneCookbook.com. You can also add fixings such as green onion, pickled ginger, and even an egg if you want to get fancy.