

# 牛肉の八幡巻

## Gyuniku no Yawata-maki

### Beef and vegetable rolls

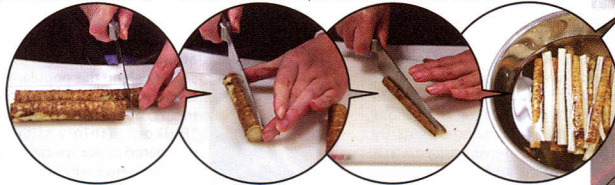
#### Ingredients (serves 4)

300 g thinly sliced beef	Stock for cooking the burdock (#1)	Sauce (#2)
100 g burdock root (the thinner the better)	2 cups dashi stock	4 tbsp soy sauce
1 carrot (~50 g)	2 tbsp soy sauce	2 tbsp sugar
50 g kidney beans	3 tbsp sweet rice cooking wine (mirin)	1½ tbsp mirin
Potato starch (katakuriko)		2 tbsp sake
1 tbsp salad oil		Shichimi Japanese pepper



#### Cooking directions:

Scrub the burdock root and peel. Cut into pieces 15 cm long. If the root is thick, cut it into four pieces lengthwise, and then cut into pieces about 7mm by 7mm thick. Soak in water for a while and then drain.\* Place the burdock into #1 sauce in a pan, place a smaller lid on the burdock, and cook for 15 minutes over medium heat to soften.\*\* When it is softened, drain and cool in a colander.



Cut the carrot into pieces about 5 mm by 5 mm thick. Remove stem end of the kidney beans. Place the carrot in a pan, add water to cover the carrot, and boil. Ten minutes later, add the kidney beans and cook for three more minutes. Drain and cool in a colander.



When scrubbing the burdock root, use a scrubbing brush and peel under running water.

Lay out slices of beef (one or two) to make a sheet about 30 cm long and 10 cm wide. Lightly sprinkle the surface of the beef with the potato starch.\*\*\*

Place about five pieces of the burdock at the end of the beef at an angle and roll into a cylinder. Place the rolls with the exposed edge down so they do not unroll.

In a similar way, make beef rolls with the carrot pieces and the kidney beans.

Heat the salad oil in a frying pan, and place the rolls in the pan edge down. Carefully and slowly turn the roll while browning until the entire surface is brown.

Remove the remaining oil from the pan using a paper towel. Add sauce #2, reduce the sauce over medium heat. When the surface of the rolls is glazed, remove from heat, and cool.

Cut the roll into bite-size pieces and place on a plate.



Using a tea strainer to sprinkle the potato starch is a cool idea!

#### Tips:

\*After cutting, soak the burdock root in water to remove any bitterness. But soaking too long lessens the flavor, so soaking for about five minutes is best. If you like the bitter flavor, delete this process.

\*\*Placing a lid smaller than the pan circumference on ingredients is called "otoshibuta," a technique used to season the ingredients evenly with stock. If you don't have a special lid, aluminum foil can be used.

\*\*\*Use a tea strainer to sprinkle the potato starch on the beef slices to get a light, even covering.



Place the rolls in the pan edge down so they do not unroll.



#### Instructor: Kazuko Karasawa

I learned cooking from my parents, who ran a Japanese restaurant, and my grandmother, who lived to be 100 years old. As a housewife, I've been cooking for 18 years. I like cooking everyday, taking care of my family's health.

#### Student: Laetitia Ogawa

I was born in France and grew up there. I married a Japanese man. Because Japanese food is good for the health and my son and husband both like it very much, I want to master Japanese recipes.

I've never eaten the burdock root in France, but it is tasty! My husband also likes burdock root. It is one of the very Japanese flavors.



For more details, go to <http://www.att-japan.net/recipe/>

Japanese Liquid Measures: 1 cup = 200 ml = 6.76 fl oz / 1 tablespoon = 15 ml = 0.5 fl oz / 1 teaspoon = 5 ml = 0.16 fl oz