





## Recipe: Shabu Shabu



Ingredients: (this time I don't have exact amounts for you, because you can take as much as you like, so my ingredients are just suggestions)

- A thumb-sized piece of ginger, for the broth
- 2 peeled garlic cloves, for the broth
- if you have some at home, a piece of kombu for the broth
- approx. 150 - 200g of meat per person, I order a rump steak cut up like carpaccio from the butcher a few days in advance and ask him to put it on cellophane so that it doesn't "bach" together.
- 100ml soy sauce, 3-4 tbsp toasted sesame oil, 1 tbsp tahini, 100ml cold green tea and 3 tbsp chinkiang vinegar or dark balsamic vinegar and fresh chopped coriander for a sauce. If you're missing some sweetness, stir in coconut blossom sugar or agave syrup. I mix everything with a magic wand or in a blender so that the tahini emulsifies well with everything.
- if you don't want to make a sauce yourself, it's also perfectly ok to buy ponzu and/or sesame sauce in an Asian shop
- Vegetable suggestions:
  - Pak choi
  - fresh spinach
  - carrots
  - leek



- green onions
- shiitake mushrooms
- shimeji mushrooms
- enoki mushrooms
- Chinese cabbage
- further ingredients:
- Glass noodles (I like to use the Korean ones made from sweet potatoes)
- tofu

#### Preparation:

1. Chop the vegetables, arrange them on nice plates or platters and get the meat out of the fridge.
2. Put the rice on top and prepare the sauce.
3. Place the fondue pot in the middle of the table and pour in hot water, add garlic, ginger and kombu. Put the lid on and cook for a few minutes.
4. Now all you have to do is sit down at the table, remove the lid and get started. I always cook the vegetables like this in the broth and then fish them out with a slotted spoon (it takes a little longer and you just have more quantity ready) and "wipe through" the meat very briefly with a fondue fork or, as with us, with it Rod.  
Enjoy your meal!

hp If you want to cook glass noodles in the shabu shabu, this is traditionally done at the end. Because the starch in the noodles thickens the broth a lot. So that the other things don't cook so nicely anymore. PPS. You can get ponzu and sesame sauce in any well-stocked Asian shop.



