



Cook / Local Japan



Today's recipe

"Towada Gyu-barayaki"

Sweet and spicy soy sauce stir-fried beef and onions. It is a popular local dish in Towada, a city rich in nature such as Lake Towada in the northeastern part of Japan.

>> Serves: 2

>> 10 mins to prepare and 15 mins to cook (ex. 1 hour for marinating)

↓ Regular supermarket(R), Japanese grocery store(J), Asian grocery store(A)

Place / Prefecture

Aomori

Why not visit the official tourism website (while eating this dish)?



Available at

① Ingredients & Preparation

<input type="checkbox"/>	R	J	A	200g	ribeye beef	cut into 2 mm slices
<input type="checkbox"/>	R	J		1tsp	garlic	grated
<input type="checkbox"/>	R	J		1tsp	ginger	grated
<input type="checkbox"/>	R			1 pc	apple purée	
<input type="checkbox"/>		J		1 tbsp	cooking sake	
<input type="checkbox"/>	R	J		3 tbsp	soy sauce	
<input type="checkbox"/>	R			1 tbsp	honey	
<input type="checkbox"/>	R	J	A	1 tsp	gochujang (Korean red chili paste)	

<input type="checkbox"/>	R			200g	onion	cut into wedges
<input type="checkbox"/>	R	J		1 clove	garlic	sliced

<input type="checkbox"/>	R			100g	sweet heart cabbage	shredded
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② Method

⇒ 1 *Cook's tip: If making thinly sliced beef is too much trouble, you can buy fresh or frozen beef at Japanese grocery stores and Asian grocery stores.
⇒ Add the **beef**, **garlic**, **ginger**, **apple purée**, **cooking sake**, **soy sauce**, **honey** and **gochujang** to the bowl and mix well.
⇒ Wrap with cling film and keep it in fridge.
(Marinate for 1 hour.)

⇒ 2 Heat the oil in a pan over a medium heat, add the **onion** and **garlic** and fry them. Then add beef and marinade and fry further until some of the moisture is gone.

⇒ 3 Serve on a plate and garnish with **cabbage**.