



# Cook / Local Japan



## Today's recipe

### "Saba-no-nikui"

*Hot pot with mackerel and vegetables.  
It is a popular local dish in Shimane prefecture which uses fresh local mackerel.*

>> Serves: 2

>> 15 mins to prepare and 15 mins to cook

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

## Place / Prefecture

**Shimane**

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



## Available at Ingredients & Preparation

Available at	Ingredients & Preparation
<input type="checkbox"/> R	2 <b>mackerel fillets (boneless)</b>
<input type="checkbox"/>	200ml <b>water</b>
<input type="checkbox"/> R J	1 tsp <b>ginger</b> grated
<input type="checkbox"/> J	100ml <b>cooking sake</b>
<input type="checkbox"/> R J	1 tbsp <b>mirin</b>
<input type="checkbox"/> R	4 tbsp <b>sugar</b>
<input type="checkbox"/> R J	100ml <b>soy sauce</b>

## Method

- 1 Put the **mackerel fillets, water, ginger, cooking sake, mirin, sugar** and **soy sauce** in the pot and simmer until the mackerel is cooked. Remove the mackerel.

<input type="checkbox"/> R	100g <b>carrot</b>	cut into quarter-rounds
<input type="checkbox"/> R J	100g <b>chinese leaf (chinese cabbage)</b>	cut into bite-sized pieces
<input type="checkbox"/> R	100g <b>onion</b>	cut into wedges
<input type="checkbox"/> R J	100g <b>soft tofu</b>	cut into 4 pieces
<input type="checkbox"/> R J	2 <b>shiitake mushrooms</b>	cut off the stem and cut into 3 mm slices

- 2 Put the **carrot, chinese leaf, onion, soft tofu** and **shiitake mushrooms** in the pot and simmer until the vegetables are tender.  
*\*Cook's tip: If the soup becomes too salty after boiling, add a little more boiling water.*

<input type="checkbox"/> R J	50g <b>salad onion (green onion)</b>	cut into 3 cm thick pieces
------------------------------	--------------------------------------	----------------------------

- 3 Return the mackerel with the **salad onion** to the pot and simmer for a few minutes. Serve in deep bowls.  
*\*Cook's tip: It is recommended to eat it as a side dish with rice.*