

## Shabu Shabu (Japanese Hot Pot)

<http://userealbutter.com/2017/11/26/japanese-hot-pot-shabu-shabu-recipe/>  
from *Just One Cookbook*

1 piece of kombu (dried kelp), 3-inch square  
1/2 medium head of Napa cabbage, ribs and leaves cut into 2-inch squares  
3 medium matsutake or other fresh mushrooms, cleaned and sliced thin  
1 pkg fresh enoki mushrooms, stalks trimmed  
2-inch piece of carrot, peeled and cut into rounds or shapes  
8 oz. medium firm tofu, cut into 1/2-inch thick slices  
3 stalks green onions, 2-inch pieces sliced on the diagonal  
1 lb. flank steak, thinly sliced against the grain

### other items you can include, but I didn't

1/2 bunch of garland chrysanthemum  
8 fresh shiitake mushrooms, stems trimmed  
1 pkg shimeji mushrooms, stalks trimmed  
1 pkg udon noodles  
ponzu with optional grated daikon radish and shichimi togarashi (Japanese seven spice)

### sesame sauce

3 tbsps sake  
2 tbsps tahini  
1 tbsp ponzu  
1 tbsp miso paste  
1/2 tbsp canola or vegetable oil  
1/2 tbsp sesame oil  
1 tsp granulated sugar  
1 tsp mirin  
1 tsp rice vinegar  
1 clove garlic, minced or grated (optional)

**Prepare the shabu shabu:** Fill two-thirds of your pot (clay pot, stock pot, electric wok) with water. Soak the kombu in the water for a minimum of 30 minutes. Prep your vegetables and meat.

**Make the sesame sauce:** Whisk everything together in a bowl and store covered for up to a week in the refrigerator.

**Cook:** Simmer the pot of water with the kombu over medium heat for 10 minutes. When the water starts to boil, remove the seaweed. Add white ribs of the Napa cabbage, mushrooms, carrots, tofu, and green onions to the broth. Cover and let cook until the ribs of the cabbage are tender. Uncover the pot and add the leafy parts of the Napa cabbage to the broth. If your pot is at the table (i.e. electric or on a portable cooker), people can start cooking their beef by dipping a piece into the broth, cooking it to desired doneness, and placing it in their bowl. Dip cooked meat, tofu, and vegetables into dipping sauces (sesame or ponzu) to eat. Continue cooking other ingredients as needed. At the end of the meal, you can add the udon noodles to the broth to cook for a few minutes and dip in ponzu or season with salt and white pepper. Serves 4.