

Nikujaga

A popular dish is Nikujaga, which literally means meat & potatoes, although you can make this dish with just potatoes and onions which is what we are doing..... It is a lot like a vegetable stew and very yummy!!!

Ingredients:

Potatoes	4 (600g)
Carrot	1 (1 cup)
Onion	1
Shiitake mushrooms	4
Dashi	500ml
Soy sauce	80ml
Sugar	3 ½ tblsp
Water	60ml (if required)

Directions:

1. Peel potatoes, cut into halves cubes. Peel carrots and slice circles. Remove Shiitake mushroom stems and cut into 4 pieces. Peel and slice the onion into half circle slices.
2. Place the dashi, soy sauce and sugar in a shallow pan and bring to boil. Add onions, carrots and potatoes. After 10 minutes add the mushrooms and simmer for approx. 30 minutes or until potatoes are tender.
3. Once cooked spoon out into serving bowls and enjoy.....

