

# The Japanese Table

## Meat and Potato Stew, Hot Spring Eggs, Sesame Apple

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**Serves 4**

### Meat and Potato Stew

300 g potato  
200 g thin-sliced roast beef  
8 pods of snow peas  
1/3 pack shirataki noodles

#### Broth

(2 cups dashi, 2-1/2 tbsp sugar,  
2 tbsp mirin, 2-1/2 tbsp soy sauce)

### Hot Spring Eggs

4 eggs

### Sesame Apple

1/2 apple  
2 tbsp sesame paste  
1 tbsp sugar  
1 tbsp soy sauce

#### 1. Meat and Potato Stew

1. Wash and peel the potatoes, and boil until soft enough to easily skewer.

2. Cut the thin-sliced roast beef 3 or 4 times to an easy-to-eat

3. Remove the snow peas from their pods, and boil them in salted until they are a good color.

4. Put the dashi in a pot, add the potatoes, and heat.

5. Add the sugar once the water starts boiling, then after 3 more minutes of boiling, add the mirin, put a sinking lid on, and boil over medium heat.  
(Aluminum foil may be used in place of a sinking lid.)

6. Once the broth has reduced to about half its original quantity beef, and boil over low heat for a further 3 minutes. Then add the drained peas, and take off the heat.

7. Decoratively arrange the potatoes, beef and peas on a platter

#### 8. Hot Spring Eggs

1. Let the eggs reach room temperature.

9. Put the eggs in a 21 cm pot, and add just enough water to cover them.

10. Take the eggs out, and heat the water until boiling.

11. Gently put the eggs back in, put the lid on the pot, and let boil for 20 minutes.

12. Once the 20 minutes is up, remove the eggs, and put them in cold water.

#### 13. Sesame Apple

1: Remove the seeds from the apple. Cut the apple into 1 cm-long sticks, and soak them in salted water.

14. Put the sesame paste, sugar and soy sauce in a bowl and mix them well to create the sesame dressing. Remove excess water from the apple and dress the apple with the dressing just before eating.

# 「日本的餐桌」

薯仔炆牛肉、溫泉蛋、芝麻醬撈蘋果

柳原尚之

近茶流嗣家  
普及日本料理的親善大使



## 4 人分量

### 【薯仔炆牛肉】

薯仔 300g  
牛里脊肉（薄切片）200g  
荷蘭豆 8 條  
芋絲 1 / 3 個  
煮湯（昆布柴魚高湯 2 杯、砂糖 2 又 1/2 大匙、  
味醂 2 大匙、醬油 2 又 1/2 大匙）

### 【溫泉蛋】

雞蛋 4 隻

### 【芝麻醬撈蘋果】

蘋果 1/2 個  
白芝麻醬 2 大匙  
砂糖 1 大匙  
醬油 1 大匙

1. 【薯仔炆牛肉】  
1: 將薯仔用水洗過後去皮，煮至可刺入竹串。
2. 2: 將牛五花肉切成 3 ~ 4 等分便於食用的長度。
3. 3: 荷蘭豆去筋，放進加入 1 撮鹽的熱水中汆燙後過冷河。
4. 4: 將昆布柴魚高湯倒入鍋中，放入薯仔後開火。
5. 5: 湯沸後加砂糖，煮 3 分鐘後加入味醂和醬油，蓋鍋中蓋以中火煮。（也可以使用鋁箔紙等）
6. 6: 待煮湯剩下一半時放入牛五花肉，再以小火煮 3 分鐘。最後放入瀝過水的荷蘭豆後關火。
7. 7: 將新薯仔、牛五花肉和荷蘭豆擺盤。
8. 【溫泉蛋】  
1: 將雞蛋放至常溫。
9. 2: 將雞蛋放入 21cm 的鍋中，倒水至蓋過雞蛋即可。
10. 3: 先取出雞蛋，將水煮沸。
11. 4: 水沸後輕輕放入雞蛋，蓋上鍋蓋靜置 20 分鐘。
12. 5: 20 分鐘後取出雞蛋冷卻。
13. 【芝麻醬撈蘋果】  
1: 蘋果去籽，切成 1cm 粗的蘋果條後浸入鹽水。
14. 2: 將白芝麻醬、砂糖與醬油放入碗中充分攪拌均勻，在食用前放入瀝過水的蘋果攪拌即可。