JAPANESE · DINNER

Shabu Shabu Hot Pot

50 min · Serves 4 · 671 kcal a serve · Video 6:39 · Just One Cookbook

No dairy listed · No nuts listed

Beef, tofu and about a kilo of vegetables are cooked in unsalted kombu broth rather than fried: about 50 g of protein and 9 g of fibre a serve, rich in calcium, iron, folate and vitamin C. The salt comes from the dipping sauces you control.

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Ingredients 22 · SERVES 4

- [ ] 1 piece **kombu** (dried kelp, 10 g, 8 cm square), soaked in the pot of water for the broth
- [ ] 450 g thinly sliced **beef** (chuck or rib eye), about 110–140 g per person
- [ ] 1 package (396 g) **medium-firm tofu**, cut into 2.5 cm squares
- [ ] **napa cabbage**, 8 leaves (340 g), cut into 5 cm pieces
- [ ] ½ bunch **shungiku** (garland chrysanthemum greens), 113 g
- [ ] 1 **negi** (long green onion), 113 g, sliced diagonally
- [ ] 1 package (200 g) **enoki mushrooms**
- [ ] 1 package (100 g) **shimeji mushrooms**
- [ ] 4 **shiitake mushrooms** (65 g)
- [ ] 5 cm **carrot** (65 g), cut into rounds
- [ ] 1 package (250 g) **frozen udon noodles**, to finish
- [ ] 5 cm **daikon** (143 g), grated, to serve
- [ ] 2 **green onions** (25 g), thinly sliced, to serve
- [ ] **shichimi togarashi**, to serve (optional)
- [ ] 60 ml **soy sauce**, steeped with kombu and katsuobushi for the ponzu (to serve)
- [ ] 60 ml **citrus juice** (lemon, orange or grapefruit), for the dipping sauce (to serve)
- [ ] 1 Tbsp **mirin**, for the dipping sauce (to serve)
- [ ] 3 Tbsp **Japanese sesame paste** (neri goma), for the sesame sauce (to serve)
- [ ] 4 tsp **sugar**, for the sesame sauce (to serve)
- [ ] 1 Tbsp **soy sauce**, for the sesame sauce (to serve)
- [ ] 4 tsp **rice vinegar**, for the sesame sauce (to serve)
- [ ] 2 Tbsp **dashi**, for the sesame sauce (to serve)

Amounts in metric units, converted from the cook's and rounded — the video has the originals.

Allergens found in the listed ingredients: Gluten, Fish, Sesame, Soy. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. Fill a donabe or large pot two-thirds with water, add a 10 g piece of kombu and let it soak for at least 30 minutes. 0:51
2. Cook the udon per the packet, chill in iced water and drain. Cut the napa cabbage, shungiku and negi into 5 cm pieces, trim and separate the mushrooms, slice the carrot into rounds and cut the tofu into thick squares. Arrange on a platter. 1:06
3. Grate the daikon and squeeze gently; slice the green onions. Set out small bowls of ponzu and sesame sauce for each person and let them add daikon, green onion and shichimi to taste. 2:49
4. Set the pot on a portable burner at the table. Remove the kombu just before the water boils, then add the tofu, the tough cabbage stems, negi, carrot and some mushrooms. Cover and simmer about 10 minutes. 3:26
5. Each person swishes a slice of beef in the simmering broth for about 10 seconds, then lifts out beef and vegetables to dip in ponzu or sesame sauce. Add the remaining vegetables and greens as you go, skimming any scum and fat. 4:25
6. To finish, drop the udon into the broth to reheat for 1–2 minutes, dilute a little ponzu with broth and eat the noodles in it. 5:02

> **Tip** Sauce amounts are our estimate (about 120 ml each of ponzu and sesame sauce for the table, from the cook's own recipes); store-bought works too. Use leaner sliced beef if you prefer less fat. Shungiku can be swapped for spinach.

The method is a summary in our words — the video shows every step.

One serve gives you 1 OF 4 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE
671 kcal 2,810 kJ	**50 g** 100% of a day	**48 g** 38 g net · 13 g sugars 17% of a day
FIBRE	**FAT**	**SODIUM**
9.2 g 33% of a day	**34 g** 9.6 g saturated 43% of a day	**1,280 mg** 55% of a day

Energy from net carbs 23% · protein 30% · fat 47% — low carb (under 26% of the energy from carbs)

High in (20%+ of a day) Vitamin K 171% · Selenium 124% · Vitamin B12 86% · Zinc 78% · Calcium 68% · Vitamin B6 64% · Vitamin C 58% · Folate 58% · Omega-3 51% · Iron 48% · Magnesium 42% · Vitamin A 35% · Potassium 32%

Source of (10–19%) Vitamin E 10%

⚠ One serve has about 55% of a day's sodium — less salt, stock or sauce (or reduced-salt versions) brings it down.

Recipe and video: Just One Cookbook (@justonecookbook) on YouTube — youtube.com/watch?v=tw8EXKWwudQ, published 11 December 2018. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/shabu-shabu