

Gyudon

Rezept für 4 Personen



Laktosefrei, Glutenfrei

Nährwert / Portionen 508 kcal

Zubereitung

Zutaten Rice

- 280 g sushi rice
- 400 ml water

Zubereitung Rice

Wash the rice well and cook according to the instructions provided on the packaging.

Zutaten Braised Beef

- 480 g sliced beef
- 3 tbsp vegetable oil
- 2 onions, chopped
- 1 tsp sugar
- 40 ml sake
- 5 dl water
- 100 ml soy sauce
- 1 tbsp ginger, grated
- 4 dried shiitake mushrooms

Zubereitung Braised Beef

Soak the shiitake mushrooms in water for 15 minutes and cut into slices. Season the beef with pepper, fry briefly in hot oil and take out. Place the onions in the same pan and fry slowly, add the sugar and allow to caramelize slightly, then deglaze with sake. Now add the soy sauce and water and let it boil down. Add the shiitake mushrooms, beef and grated ginger, cover and simmer until soft.

Zutaten Pickled Radish

- 20 g red radish
- 2 tbsp rice vinegar
- 1 tsp sugar
- Salt and pepper

Zubereitung Pickled Radish

Cut the radish into finely sliced strips, marinate with vinegar and sugar and leave to marinate overnight. Season with salt and pepper just before serving.

Zutaten Vegetables

- 120 g green peas
- 160 g pumpkin, diced
- 1 spring onion, chopped
- salt, pepper

Zubereitung Vegetables

Cook the peas and diced pumpkin as desired and season with salt and pepper. Mix with the spring onions.

Plate up the rice with the meat and vegetables. Garnish with spring onions, sesame seeds and peperoncini.

Garnish

- 2 spring onions
- 1 tsp sesame seeds, toasted
- 1 red peperoncini