



JAPANESE

Brisket Nikujaga

COMPLEXITY	SERVES	PREP	COOK	TECHNIQUE	CUT
Basic	4	20 min	1 hr 50 min	Simmer	Brisket

Ingredients

- 500 g (1 lb 2 oz) beef brisket, cut into 3 cm (1¼ in) pieces
- 3 medium potatoes (about 500 g / 1 lb), cut into large chunks
- 1 large onion, cut into wedges
- 2 carrots, cut into rough chunks
- 1 tbsp vegetable oil
- 400 ml (1⅔ cups) dashi (or water with 1 tsp dashi powder, or in a pinch low-sodium chicken stock)
- 3 tbsp soy sauce
- 2 tbsp mirin
- 2 tbsp sugar
- 1 tbsp sake (or dry sherry or dry white wine)
- 100 g (3½ oz) shirataki noodles, drained (optional)
- 50 g (⅓ cup) frozen peas, to garnish

Steps

1. Soak the potato chunks in cold water for 10 minutes, then drain. This rinses off surface starch so the broth stays clear.
2. Heat the oil in a wide pot over medium heat. Cook the brisket for 4 minutes, until it loses its raw pink colour on the outside.
3. Add the onion and stir for 2 minutes, until glossy. Add the dashi and sake, bring to a boil, and skim the foam for 2 minutes.
4. Stir in the sugar, mirin and soy sauce. Lower the heat to a gentle simmer, cover, and cook the brisket alone for 1½ hours, until nearly tender when pierced.
5. Add the potatoes, carrots and shirataki (if using). Lay parchment paper or a drop lid directly on the surface and simmer 20 to 25 minutes, shaking the pot now and then instead of stirring so the potatoes do not break.
6. Stir in the peas for the last 2 minutes. The potatoes should be soft but intact, the brisket tender, and the sauce slightly syrupy.
7. Turn off the heat and let it sit 15 minutes so the potatoes drink up the broth.

Notes

- **Other cuts:** thin-sliced beef is the usual home version and cooks in 20 minutes; brisket gives a richer, chewier result.
- **Make ahead:** nikujaga tastes best the next day, reheated gently. Keeps 3–4 days; potatoes turn grainy when frozen, so freeze the beef and sauce only.
- **Serving:** eat with rice and miso soup, and top with a soft egg if you like.
- **Slow cooker:** do steps 2–3 on the stove, then cook the brisket on low 6–7 hr. Add the potatoes, carrots and shirataki for the last 2 hr on low, and skip the drop lid.