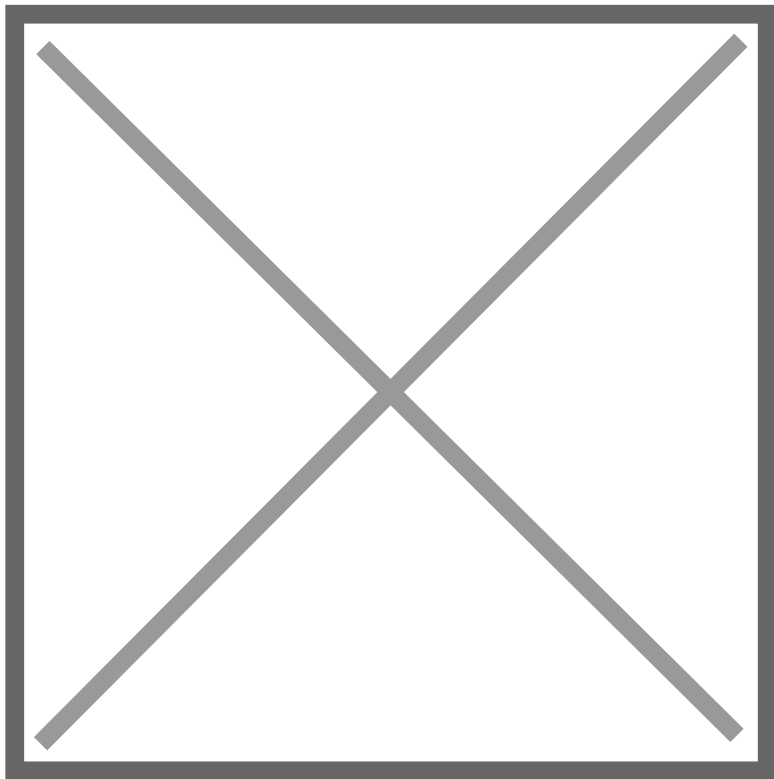


# Gyudon (Japanese Beef Bowl)

From: [pepperplate.com](https://pepperplate.com)



Gyudon (or Beef Bowl) is like a comfort food for Japanese. It can be prepared quickly and it has nutritious ingredients like beef, onion, egg, and rice.

Cook 0:20	
Yields	2 servings

## Ingredients

For the teriyaki sauce:

- 2 tbsp sake
- 2 tbsp mirin
- 3 tbsp soy sauce

For the gyudon:

- 1 glass Japanese short grain rice
- 1 onion, cut in half-rings

- 340 g thinly sliced beef, chuck or rib eye
- 1 tbsp neutral flavor oil (vegetable, canola, etc)
- 2 tsp sugar
- 0.5 cup dashi, Japanese stock

For the garnish:

- 2 green onions/scallions, cut in small slices or rings
- Pickled red ginger, for garnish
- 2 onsen eggs
- Japanese chili powder with sesame

## Instructions

1. Cook the rice.
2. Put beef to a freezer for an hour. Then take it out and now slice it in thin slices. (You may prepare in such a way in advance and keep thinly cut slices in the freezer for the future).
3. (Optionally) prepare the onsen egg.
4. Bring in one pot water for beef to boil, and heat the oil in a large frying pan over medium-high heat.
5. Boil the beef slightly, until no longer pink.
6. Fry the onion until tender.
7. Remove (and drain) the beef from the pot and add to the pan.
8. Add sugar and fry for 30 seconds.
9. Add teriyaki sauce and dashi to the pan.
10. Lower the heat and simmer for 2-3 minutes.
11. Add rice to the bowl. Then cover it with beef. On a side add pickled ginger onion and onsen egg. Sprinkle the garnish with chili-sesame powder.

---

Revision #1

Created 2023-06-22 06:47:05 UTC by Žygimantas

Updated 2023-06-22 07:21:15 UTC by Žygimantas