



MORRIS INN CULINARY ACADEMY

INGREDIENTS

Ponzu dipping sauce

1/3 cup soy sauce

1/4 cup lemon juice

1 Tbsp. rice wine vinegar

1/2 cup dried bonito flakes

Seafood Shabu Shabu

1 1/2 pound seafood of choice: calamari, shrimp, scallops, salmon

7 cups dashi soup stock

1/4 pound chinese cabbage/hakusai

1 leek

1/4 pound shimeji, shiitake, or enoki mushroom

1/4 cup Fish sauce

SHABU SHABU

PREPARATION

Ponzu dipping sauce

Boil soy sauce in a pan. Add bonito flakes in the pan and cool it. Drain the soy sauce. Mix soy sauce, vinegar, and lemon juice.

Seafood Shabu Shabu

Cut beef, chinese cabbage, leek, and mushrooms into bite-sized pieces. Place the ingredients in a large plate. Put dashi soup in a pot at the table and heat. Add some vegetables in the pot and simmer. Cook beef slices in the pot for 5-10 seconds as you eat with a dipping sauce of your choice.

NOTES:
