



JAPANESE

Gyusuji Nikomi

COMPLEXITY	SERVES	PREP	COOK	TECHNIQUE	CUT
Involved	4	20 min	3 hr	Simmer	Shank

Ingredients

- 600 g (1½ lb) beef shank meat with its tendons, cut into 4 cm (1½ in) pieces
 - 1 piece ginger, about 5 cm (2 in), sliced
 - 2 spring onions, green parts only
 - 1 litre (4 cups) water
 - 1 block konnyaku (about 250 g / 9 oz), torn into pieces (or 200 g / 7 oz shirataki noodles, rinsed; or leave out)
 - 1 daikon radish, about 400 g (14 oz), cut into thick half-moons
 - 4 tbsp sake (or dry white wine or dry sherry)
 - 3 tbsp mirin
 - 3 tbsp soy sauce
 - 2 tbsp sugar
 - 1 tbsp miso (red or mixed)
 - 1 tsp sesame oil (optional)
- TO SERVE**
- Sliced spring onion
 - Shichimi togarashi (or chilli flakes)
 - Steamed rice

Steps

1. Put the beef in a pot, cover with cold water and bring to a boil over high heat. Boil 5 minutes, until grey scum rises. Drain and rinse the meat under cold water.
2. Boil the torn konnyaku in a separate pot for 2 minutes and drain; this removes its odour.
3. Return the beef to a clean pot with the 1 litre of water, ginger and spring onion greens. Bring to a boil, then reduce to a gentle simmer.
4. Cook partly covered for 1½ hours, skimming, until the tendon pieces are soft and translucent.
5. Add the daikon, konnyaku, sake and mirin, and simmer 30 minutes, until the radish is tender.
6. Stir in the soy sauce and sugar. Simmer uncovered for 30 minutes more, until the liquid has reduced by half and the beef is glossy.
7. Dissolve the miso in a ladle of the broth and stir it in. Cook 5 minutes without boiling hard. Add the sesame oil for aroma.
8. Serve in small bowls with the sliced spring onion and a shake of togarashi, with rice.

Notes

- **Tendon:** gyusuji means beef sinew; if you can find only plain shank meat, it works but the texture will be less sticky and gelatinous.
- **Make ahead:** nikomi is traditionally better the next day, when the flavour has soaked through.
- **Pressure cooker:** cook the blanched beef for 30 minutes at high pressure, then follow from step 5.
- **Freezer:** freeze the beef and broth for 3 months; daikon and konnyaku turn spongy, so add fresh when reheating.
- **Pair with:** a cucumber and wakame sunomono, lightly dressed with rice vinegar.