



鉄板焼肉

しゃぶしゃぶ

## Sukiyaki, Shabu-shabu and Teppanyaki

### Sukiyaki

The main ingredients in **teppanyaki**, **sukiyaki** and **shabu-shabu** are red meat and seafood. Among the three, **sukiyaki** has the longest history. **Sukiyaki** gets its name from an old-fashioned method of cooking (**yaki**) seafood and poultry on top of a farmer's spade (**suki**). Early 19th-century Japanese cookbooks describe a similar dish of grilled poultry and seafood such as yellowtail flavored with grated **daikon** radish and green onions, eaten with **yuzu\*** soy sauce or **wasabi** soy sauce. However, after Japan opened the country in 1854, more and more Western food

was introduced, and around 1870, the name **sukiyaki** came to be used to describe thinly sliced beef and green onions simmered in a thick broth of soy sauce, **miso**, **mirin** and other ingredients. In the next era, **sukiyaki** evolved from a stewed meal-for-one into a meal shared from a single pot among family members or close friends. It is nutritionally balanced by the inclusion of green onions, napa cabbage, edible chrysanthemum, mushrooms and **tofu**.

\*yuzu : a Japanese citrus fruit



Sukiyaki



Shabu-shabu



Teppanyaki



In the Kansai region, **sukiyaki** is prepared by first grilling the beef in the pot, then adding soy sauce, sugar and broth stock in which to boil the vegetable ingredients. In the Kanto region, after a broth made of stock, soy sauce, sugar and **mirin** has been heated in the pot, the meat and vegetable ingredients are added at the same time. In some regions, hot-from-the-pot morsels are dipped into raw beaten egg to cool them before eating.

### Shabu-shabu

While its history in Japan is relatively short, **shabu-shabu** is said to have originated from Chinese lamb hot-pot dishes. **Shabu-shabu** starts with a broth in which napa, **shiitake** mushrooms and **tofu** are simmered. Thin slices of beef or pork are swished around in the broth to cook them, and then immediately dipped in a sauce, usually a citrus-infused soy sauce using the juice of the **yuzu** or **kabosu\***, or a sesame-based sauce blending numerous ingredients including ground sesame, **miso**, soy sauce, sugar, sake, **mirin**, rice vinegar, soup stock, chili pepper and garlic. Each region of Japan has its own variant of this kind of stew, usually eaten during the winter. These include stews based on fish sauce that contain boiled fish, red meat and vegetables. There are also stews made from a

\*kabosu : a Japanese citrus fruit

**konbu** seaweed broth stock that contain boiled blowfish and vegetables. These are eaten with a dipping sauce mixture of citrus-infused vinegar and grated **daikon** and chili pepper.

### Teppanyaki

**Teppanyaki** is said to have originated as meat cooked on an iron griddle made from scrap metal. It has evolved into a cuisine that friends or family members might gather to eat while out camping and typically consists of meat, vegetables and potatoes. In recent years, a popular type of **teppanyaki** restaurant consists of an iron griddle installed in front of counter seating, allowing customers to watch the chef cook steaks, seafood and vegetables right in front of them.