



Gyudon (Simmered Beef) Recipe

Serves 2

Cook Time: 8 minutes

From *"The Cook-Zen Way to Eat"* by Machiko Chiba, Lake Isle Press, 2010



Dara O'Brien

Gyudon, a popular dish in Japan, consists of beef simmered in soy sauce and mirin served over a bowl of rice. This version gives you all the traditional flavors in a fraction of the cooking time.

INGREDIENTS

21 large onion, halved and sliced
 ½ pound beef round, thinly sliced
 2 ½ to 3 tablespoons soy sauce
 2 tablespoons mirin
 1 ½ tablespoons sugar
 1 tablespoon water

PREPARATION

Place all the ingredients in the Cook-Zen. Lightly mix. Cover and heat on medium-high for 7 to 8 minutes with the steam holes set to "close." Serve the beef with sauce over a bowl of rice*.

**Japanese white rice can be used, but you can substitute any kind of rice. Brown, jasmine, and basmati all work well.*

THE COOK-ZEN WAY TO EAT: MICROWAVING HEALTHY AND DELICIOUS MEALS IN MINUTES
 By Machiko Chiba

In *THE COOK-ZEN WAY TO EAT: Microwaving Healthy and Delicious Meals in Minutes*, Machiko Chiba, author of the *Cook-Zen Cookbook*, returns with more incredible Cook-Zen recipes made in minutes. From international favorites such as Asian-Style Spareribs, Thai Green Curry Chicken, and Steak Teriyaki, to all-American classics such as Chili Con Carne, Classic Mashed Potatoes, and Barbecued Beans—entire meals can be made in just one pot.

Featuring many inspiring and elegant photographs plus simple step-by-step instructions for how to use the Cook-Zen, Machiko Chiba's microwave cook pot. Its patented design locks in moisture and distributes heat evenly, producing dishes you'd never dream of making in a microwave. Like a pressure cooker, the Cook-Zen pot reduces cooking times to mere minutes for healthy, delicious meals made simply and quickly.

Find out more: <https://www.lakeislepress.com/books/the-cook-zen-way-to-eat>

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