



## Tapsilog Sukiyaki Recipe

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<b>Preparation Time</b>	<b>15</b>
<b>Cooking Time</b>	<b>20</b>
<b>Serving Size</b>	<b>5</b>

### Ingredients:

- 1/2 pouch DEL MONTE Quick 'n Easy BBQ Marinade (200ml)
- 2 tsp garlic, minced
- 1/2 tsp pepper, black
  
- 300 g beef, sirloin, sukiyaki cut
- 2 Tbsp oil
  
- 1 1/2 liter beef stock
- 1/2 pouch DEL MONTE Quick 'n Easy BBQ Marinade (200ml)
- 1 Tbsp sugar, white
- 1 cup shiitake mushrooms, fresh, cut into half
- 1/2 cup onion, white, sliced into rings
- 2 pack sotanghon, soaked in water
- 1/2 cup leeks, cut into 2-inch sticks
- 1 cup tofu, soft, sliced into 2 x 2-inch planks
- 3 pc egg, beaten

### Preparation:

1. Mix the DEL MONTE Quick 'n Easy Barbecue Marinade, garlic, and pepper. Marinate the beef for 5 minutes. Drain and reserve marinade.
2. Heat the oil and brown the meat. Set aside.
3. In the same pot, heat the beef stock, remaining DEL MONTE Quick 'n Easy Barbecue Marinade, sugar, and reserved marinade.
4. When the stock is boiling, add the mushrooms, onions, and drained sotanghon. Simmer for 2 minutes then add the leeks and tofu. When simmering, pour in the beaten eggs then cover the pot for the eggs to set. Add back the cooked beef.

### Chef's Tip

Sukiyaki cut beef is very thinly sliced and will absorb the marinade quickly. Marinating the beef longer will make it too salty.

### Lusog Notes

This recipe is a source of iron which is needed for normal metabolism and in making red blood cells, which transport oxygen around the body. It also has vitamin A that helps maintain healthy skin and normal vision.

### Cooking Skills Needed

- Mixing
- Marinating
- Slicing

## Cooking Tools

- Chopping Board
- Pot
- Wooden Spoon

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