



Buri Shabu Nabé

鰯しゃぶ鍋

Broth-Swished Yellowtail Hot-Pot

BURI (yellowtail) is fabulous in the winter! If you can source top-quality tenderloins you could opt for luscious slices of *buri* served as *sashimi*, but ... my favorite way to enjoy fresh *buri* is swished-through-bubbling-broth ***buri shabu*** – barely poached slices of yellowtail that get dipped in *ponzu*. The richly flavored broth that remains in the pot afterwards makes divine *ozōsui* porridge, a perfect *shimé* finish to the meal.

Makes 4 portions

1 sashimi-grade tenderloin of yellowtail, 12 ounces/350 grams,
cut into 1/8-inch/1/2-centimeter-thick slices (about 35-40 slices)
1/4 teaspoon salt (for sprinkling on fish)

Small wedge of *hakusai* (Chinese) cabbage, 10 ounces/285 grams, cut into pieces
Small bunch *shungiku* (chrysanthemum or dandelion greens), 7 ounces/200 grams
4 fresh *shiitaké* mushrooms, 3 ounces/85 grams, slashed decoratively
1/2 small carrot, scraped then shredded into ribbons with a peeler, 1 ounce/25 grams
1 Japanese *naganegi* leek, sliced on the diagonal, 5 ounces/140 grams



Hot-Pot Broth:

- 5-inches/12cm *kombu* kelp, preferably *ma kombu* or another high-glutamate variety
- 6 (American-sized) cups/ 1500 cc water
- 2 tablespoons *saké*
- 1 teaspoon salt

Ponzu Dip Sauce (Makes about 1/3 American-sized/1/2 Japanese-sized cup):

- 1-inch/2.5 cm *kombu* kelp, preferably *ma kombu* or another high-glutamate variety
- 3 tablespoons/45 cc water
- 4 tablespoons/60 cc freshly squeezed citrus juice (*yuzu*, *sudachi*, *kabosu*, grapefruit, lemon, orange and/or lime or a mixture of these)
- 1 tablespoon/15 cc light-colored soy sauce (*usukuchi shōyu*)
- 2 teaspoons/10 cc *mirin*

Condiments (optional):

- 1-2 scallions, trimmed and minced, about 3 tablespoons
- 1/4 cup grated *daikon* radish
- 2 tablespoons grated ginger
- Shichimi tōgarashi* (blend of 7 spices including dried red chili pepper); optional
- Yuzu Koshō* (blend of green yuzu and green chilies); optional

<https://tasteofculture.com/wp-content/uploads/2020/09/YUZU-KOSHO-KitCul-updated.pdf>

Shimé ozōsui porridge:

- 1 and 1/2 cups cooked rice (leftovers are fine)
- 1 jumbo egg, lightly beaten

Begin by placing the sliced fish on paper towels and lightly salting it. Set aside as you arrange your vegetables and mushrooms attractively on a platter. After a few minutes, blot up any moisture from the fish with a fresh sheet of paper towel. Arrange the sliced fish on a separate platter. Cover and refrigerate until ready to serve (fish can be held for up to 2 hours after salting).

Next, make the hot-pot broth. Place the *kombu* and water in your cooking pot. An earthenware *donabé* pot is ideal for this sort of *nabémono* but any shallow, wide Dutch oven-type casserole that can sit directly on the stove would work well, too. Let the *kombu* soak in a mixture of the water and *saké* for 10 minutes.



In the meanwhile, prepare your *ponzu* dip sauce. Combine the *kombu*, water, citrus juice, light-colored soy sauce and *mirin* in a 2-cup ceramic or glass container. Stir or lightly shake to distribute evenly.

Bring the seasoned broth to a gentle simmer and add carrot, leeks, mushrooms and *hakusai* (these take a few minutes to become tender and need a head start). While simmering, assemble your condiments.



Add the *shungiku* greens to your pot. Finally, add the sliced *buri*, one piece at a time, swishing it through the broth until it barely changes color.

Pull items from the pot, dip in *ponzu* sauce, add condiments if you like, and **EAT!**



After eating the vegetables and fish the broth remaining in the pot will be richly flavored. Skim away any froth and make **ozōsui porridge** as a *shimé* (finishing dish). Ingredients are:



1 and 1/2 cups cooked rice
(leftovers are fine)
2 cups or more broth remaining
after making *Buri Shabu Nabé*
1 egg, loosely beaten

Water, to thin porridge (optional)
1/4 teaspoon salt (optional)
Minced scallions (optional)

If you like your porridge stick-to-your-ribs thick and creamy, place the cooked rice directly into the remaining broth in your cooking pot. If you prefer a thinner, rice gruel, rinse your cooked rice (place rice in a fine mesh strainer and shower with cold water; drain) BEFORE adding it to the pot. Stir with a wooden spoon to break up any clumps of rice.

Cook over low heat, stirring frequently, until the grains of rice swell and begin to lose their shape, about 3-4 minutes. Season the soup with a scant 1/4 teaspoon salt if you wish, and continue to cook, stirring occasionally for a minute. Add remaining condiments if you wish.

Just before serving, stir the porridge clockwise and pour in the beaten egg. Wait 3-4 seconds and stir counter-clockwise to break up the curds.

Serve piping hot in individual deep bowls. Eat with a spoon and/or chopsticks.

