

Donburi

Donburi are very common, “home-cooking” kinds of dishes that can be found almost anywhere in Japan. These meals consist of meat, fish, vegetables or other ingredients served over rice in oversized rice bowls. The main ingredients of certain types of *donburi*, such as *tempura* or *tonkatsu*, are often leftover main dishes from the day before. So as not to be wasted, they are frequently re-used by simmering them together in a sweetened sauce made with *dashi*, soy sauce, and *mirin*, and often set at the last minute with egg.

Traditional Japanese *donburi* include *gyuu-don* (beef, egg, and onion on rice), *katsu-don* (breaded, deep-fried pork cutlet or *tonkatsu* in Japanese) with onion and egg on rice, *oyako-don* (chicken, onion and egg on rice), and *ten-don* (shrimp tempura with egg on rice). This simple meal is often made by sautéing the onions until cooked and then adding the simmering sauce and other ingredients. One or two lightly beaten eggs and sliced scallions are added and all is simmered until everything is cooked and the eggs are nearly set. The nearly set egg and meat concoction together with the *donburi* simmering sauce are poured on top hot rice in a *donburi* bowl. You may want to use a spoon when eating this dish as the liquids make using chopsticks somewhat difficult. Try these *donburi* recipes; they make wonderful fall and winter dishes!

Oyako-don (Chicken and egg over rice)

Ingredients:

12	ozs.	boneless skinless chicken breasts
4-6	large	mushrooms (preferably <i>shiitake</i>)
2	C	water (or chicken stock)
4	Tbs.	Shoyu (soy sauce)
4		eggs
1		onion
3	Tbs.	<i>mirin</i>
4	C	steamed rice
1	Tbs.	sugar

Preparation:

1. Cut the chicken breasts, onion, and mushrooms into thin slices. (If using dried shiitake mushrooms, soak them in luke warm water until soft, and then slice, cutting off the hard stems.)
2. In a large skillet, mix water, soy sauce, *mirin*, and sugar, and bring to a boil.
3. Add chicken, mushrooms, and onion and cook over medium heat for 3-4 minutes or until chicken is done and onion is tender.
4. Beat eggs in a small bowl, then pour over the chicken and cover with a lid. Cook until the egg is set, about 1 minute on low heat.
5. Gently lay ¼ of the chicken and egg mixture onto a mound of rice. Pour a little of the simmering sauce over it and serve immediately.

Serves 4.

***Gyuu-don* (Beef and egg over rice)**

Ingredients:

1	lb.	thinly-sliced beef
2	Tbs	sugar 1 1/3 cup <i>dashi</i> (or beef stock)
1		onion
5	Tbs.	Shoyu (soy sauce)
3	Tbs.	<i>mirin</i>
2		eggs
1	tsp.	<i>sake</i> or white wine
4	C	rice, steamed

Preparation:

1. Cut the onion into thin slices and the beef into bite-sized pieces.
2. Put *dashi*, soy sauce, sugar, *mirin*, and *sake* in a pan. Add the onion slices and simmer for a few minutes.
3. Add the beef and simmer for a few more minutes.
4. In a separate bowl, lightly beat the eggs. Add the mixture to the pan of simmering ingredients, and cook until the eggs are nearly set.
5. Gently lay 1/4 of the beef, onion, and egg mixture onto a mound of rice, and serve immediately. Serves 4.