

Yasai Itame (Sautéed mixed vegetables)

This is a quick yet tasty dish that can be prepared either vegetarian or with any meat (bacon, beef, chicken, ham or pork) and vegetables that you have on hand. This can be served as a side dish or on top of udon noodles, Chinese noodles or rice.

Ingredients:

- ¼ lb. pork or other meat, sliced thin
- 2 tsp vegetable oil
- 1 carrot (sliced thin)
- 1 inch fresh ginger, peeled & slivered
- 1 med. onion, sliced thin
- 1 T Shoyu (Japanese soy sauce)
- ½ small cabbage (sliced thin)
- 1 tsp salt
- ½ lb. bean sprouts
- 1 pinch Black pepper

Seasoning for meat:

- 1 tsp Shoyu (Japanese soy sauce)
- 1 T mirin (sweet cooking rice wine)

Directions:

1. Marinate meat in soy sauce and sake for about 20-30 minutes.
2. Heat oil in large skillet and stir fry the ginger and meat for about 3 minutes over high heat.
3. Add all vegetables, starting with those that take longer to cook (eg., carrot and cabbage).
4. When vegetables are tender, add soy sauce, salt, and pepper. Cook for additional 1-2 minutes.

Serve hot.

Serves 4.

[Source: <http://www.fs.tum.de/~beppi/recipe.html#yas>.

Photo source: <http://starsibones.multiply.com/recipes/item/5>]