

わしよく ていばん  
和食のおかずの定番  
にく  
肉じゃがざいりょう にんぶん  
材料 (4人分)

●じゃがいも 4個 ●たまねぎ 1個 ●しらたき 1袋 (200g) ●薄切り牛肉 150g ●にんじん 1本 ●サラダ油 大さじ2  
 [煮汁] ●砂糖 大さじ3 ●料理酒 大さじ2 ●みりん 大さじ2 ●しょうゆ 大さじ4と1/2 ●水 400cc

つく かた  
作り方

- ① じゃがいもは皮をむいて大きめの一口大に乱切りします。にんじんは皮をむいてじゃがいもよりは小さめに乱切りし、たまねぎは皮をむいてくし形に切ります。牛肉は5cm程度に切ります。
- ② しらたきは3分ほど下茹でして水気を切り、ざく切りにします。
- ③ 鍋でサラダ油を熱し、じゃがいもとにんじんとたまねぎを炒めます。全体に油が回ったら、牛肉としらたきを加え、さっと炒めます。煮汁を③に入れ、沸騰したらアクを取り、蓋をして(あれば落とし蓋をして)、中火程度でじゃがいもが柔らかくなるまで煮たらできあがり。

- \* 下茹でしたさやいんげんやグリーンピース、きぬさやなどを最後に加えると、じゃがいもの色ににんじんの赤とさやいんげんなどの緑、と彩りもきれいです。
- \* じゃがいもの煮崩れが気になる時は「男爵」(お店で1番よく見かける、丸くごつごつしたじゃがいも)ではなく「メークイン」を使ってみましょう。メークインは細長い楕円形で表面にでこぼこが少なく煮崩れしにくい品種です。でもじゃがいもが煮崩れた肉じゃがも趣がありおいしいですよ。
- \* 肉じゃがの起源は意外にも1800年代後半に、ある日本人が留学先のイギリスで食べたビーフシチューだそうですが、今では「おふくろの味」の代名詞となっています。この料理が実際に食卓にのぼる回数以上に人々は肉じゃがに郷愁を憶えるようで、特に男性は肉じゃがの味に故郷の母や温かい家庭をイメージし、結婚したい女性は「得意料理は肉じゃが」を殺し文句に男性にアプローチすると良いともよく聞きますが、果たして……

**Niku jaga (Simmered meat and potatoes) – One of Japan's Staple Dishes**

Ingredients (serves 4)

4 potatoes 1 onion One 200 g package *shirataki* noodles 100 g thinly sliced beef 1 carrot 2 tbsp salad oilFor soup:3 tbsp sugar 2 tbsp cooking *sake* 2 tbsp *mirin* 400 tbsp soy sauce 400 cc water

Preparation

- 1) Peel the potatoes and chop into large pieces. Peel the carrot and cut smaller than potatoes. Remove the skin from the onion and cut into wedges. Cut the beef into about 5 cm pieces.
- 2) Boil the *shirataki* noodles for about three minutes; drain and cut coarsely.
- 3) Heat the salad oil in a pot, and sauté the potatoes, carrot and onion. When they are well coated with oil, add the beef and the noodles and fry quickly. Add the soup. When it boils, skim the surface, and cover the pot (use an *otoshibuta* – a small lid that can be placed directly on the ingredients – if you have one). Reduce the heat to medium, and simmer until the potatoes are cooked.

- If you add boiled green beans, peas or snow peas, etc., at the end, you can create a very colorful meal, with the orange of the carrots and the green of the extra vegetables contrasting with the color of the potatoes.
- If you are concerned about the potatoes getting mushy, then use waxy May Queen potatoes instead of starchy *Danshaku* potatoes. *Danshaku* potatoes are the rough, round potatoes that you see most often in stores. May Queen potatoes are long, thin and oval-shaped, and their surfaces are not as rough. They don't become mushy as easily. However, *niku jaga* in which the potatoes have become mushy is also very tasty.
- Surprisingly, it is claimed that the origin of *niku jaga* dates back to the second half of the nineteenth century, when a Japanese student studying in England tasted beef stew. Today, though, *niku jaga* has become synonymous with Japanese home cooking. People have nostalgic thoughts about the dish more times than they actually cook it, and for men in particular, *niku jaga* conjures up images of their mothers and the warmth of their family homes. It is often said that to clinch the deal, a woman who wants to get married should tell her prospective husband that *niku jaga* is her specialty. We wonder...