

SHABU SHABU

(BROTH FONDUE)



INGREDIENTS

BROTH

6 c. low sodium broth
2 scallions (chopped)
2 garlic cloves (mashed)
1 T. ginger (minced)
2 T. Ponzu or Lt. Soy Sauce

DIPPING ITEMS

1 lb. shrimp cleaned and deveined
1 lb. thin chicken cutlets sliced in thin strips
1 lb. beef tenderloin sliced in thin strips
1 c. broccoli floret
2 red or green peppers sliced in thin strips
1 c. fresh mushroom caps

OPTIONAL DIPPING SAUCE

4 T. Ponzu or Lt. Soy Sauce
2 cloves garlic minced
3 T. chopped scallions
2 T. minced ginger
1 t. water
1 t. Wasabi mustard
2 T. sesame seeds
Liquify using blender or food processor

DIRECTIONS

Arrange dipping items on serving platter
Combine broth ingredients in pot and bring to a boil and then let it simmer.
Use fondue forks to immerse dipping items in broth and cook until tender.
You may eat as is or elect to use optional dipping sauces.

