

All about 長ネギ



🔥 1. Classic French-Style Sauté (butter/olive oil base)

- Cut the **thick white part** into 1–2 cm rounds (or diagonals if you want more surface area).
- Heat **1 Tbsp olive oil (or mix with butter)** in a skillet over **medium heat**.
- Add the negi, cut side down. Cook **without moving** for **2–3 minutes** until lightly golden.
- Stir, season with **salt + pepper**, and **cook 3–5 minutes more** until tender.
- Finish with a splash of **white wine or stock** and reduce → makes a lovely side or base for chicken/fish.

🥢 2. Washoku Style (clean, umami-forward)

- Cut into **4–5 cm batons**, slice halfway lengthwise if very thick.
- Heat **1 tsp sesame oil** in a pan.
- Add negi and sauté gently until lightly browned.
- Splash in **1–2 tsp sake + dash soy sauce (or coconut aminos)** → cover briefly, steam 1–2 minutes until tender.
- Garnish with **shichimi** or **yuzu zest**.

🍲 3. Slow-Caramelized (for soups/casseroles)

- Slice diagonally into thin half-moons.
- Heat **low flame** with a mix of oil + butter.
- Sauté slowly 15–20 minutes, stirring occasionally, until softened and sweet.
- Use as a **base for lentil soup, casseroles, gratins**, or instead of onions.

💡 Tips

- **Don't rush the heat:** the white part burns easily but tastes amazing when gently browned.
- Works beautifully with **miso, ginger, and mushrooms** in Japanese dishes, or with **thyme and wine** in French cooking.
- The **green tops** can be sliced thin and sprinkled raw as garnish to add freshness.

Naga Negi Steak (Japanese Leek Steak)

Ingredients (for 2–3 servings as a side)

- Naga negi (長ネギ) – **2 large stalks (≈200 g)**, thick white part preferred
- Sesame oil – **1 tsp** (or olive oil for milder taste)
- Soy sauce or coconut aminos – **2 tsp**
- Mirin – **1 tsp** (optional, adds gloss + mild sweetness)
- Black pepper – pinch
- Shichimi togarashi or yuzu zest – garnish



Instructions

1. **Prep the negi:**
 - Trim roots and green tops (save greens for garnish or soups).
 - Cut the thick white stalks into **5–6 cm batons**.
 - Score lightly along the length to prevent splitting.
2. **Sear:**
 - Heat sesame oil in a skillet (cast iron or nonstick) over **medium heat**.
 - Place negi pieces cut side down.
 - Sear **2–3 minutes per side** until golden brown and slightly charred.
3. **Glaze:**
 - Lower heat to medium-low.
 - Add soy sauce/coconut aminos + mirin, swirl pan to coat.
 - Cook 1–2 minutes until liquid reduces to a light glaze.
4. **Serve:**
 - Sprinkle with black pepper.
 - Garnish with **shichimi** (for spice) or **yuzu zest** (for brightness).

Nutrition (per serving, 100 g cooked)

- Calories: ~55 kcal
- Protein: ~1.5 g
- Fat: ~2 g
- Carbs: ~9 g
 - Fiber: ~2 g
- Sodium: ~220 mg (if soy sauce; ~100 mg with coconut aminos)
- Omega-3: trace

Variations

- Add a **pat of butter** at the end (Japanese “butter shoyu” style).
- Pair with **miso glaze** (1 tsp miso + 1 tsp mirin + splash water).
- Works as a side for **grilled salmon, chicken, or tofu**.

Use ネギステーキ (**naga negi steak**) beyond being a side dish — folded into the kinds of **soups and casseroles**:

In Soups

- **As a flavor base:** Instead of onion, use seared naga negi batons. Start by pan-searing them (steak-style) until golden, then transfer to the pot with your broth. This gives a deeper, sweet-smoky onion note.

- **As a topping:** Cook the soup (lentil, black bean, barley) as usual. Just before serving, add 2–3 caramelized negi pieces on top of each bowl. This adds visual appeal and a concentrated flavor burst.
 - **Paired with Japanese spices:** Finish soups with miso or soy, then garnish with negi steak slices + a sprinkle of shichimi or yuzu zest.
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In Casseroles

- **Layered inside:** Cut seared negi into short segments and tuck between chicken or pork pieces before baking. Works especially well in tomato-based casseroles (like your chicken parmesan bake) because the sweet char balances the acidity.
 - **As a topping:** Place 1–2 whole browned batons on top of a gratin or casserole before adding cheese/breadcrumb topping → they roast further and infuse the sauce below.
 - **With creamy sauces:** Blend a few sautéed negi pieces into your béchamel or cream cheese sauces for casseroles (like the chicken–zucchini bake). This boosts umami without extra salt.
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Pairing Ideas

- With **lentil-barley soup** → roasted negi steaks as garnish + lemon.
- With **black bean soup** → seared negi slices + Greek yogurt topping.
- With **salmon noodle casserole** → caramelized negi tucked among the mushrooms.
- With **chicken parmesan casserole** → roast negi batons across the top with mozzarella.