

Hayashi Rice (ハヤシライス)

(Japanese Beef & Tomato Demi-Glace Stew)

Servings: 2–3

Ingredients

Beef Prep

- 200 g thinly sliced **beef** (shoulder or sirloin)
- 1 g **salt** + 0.3 g **MSG** (about ¼ tsp total)
- 1 T all-purpose **flour**

Aromatics

- 1 medium **onion** (200 g, thinly sliced crosswise)
- 1 clove **garlic** (5 g, minced)
- 1 T **sugar** (12 g)
- 50 g carrot, thinly sliced

Sauce Base

- 4 T **ketchup** (60 g)
- 400 ml **tomato juice** (unsalted)
- 50 ml **dry red wine**
- 2 T **miso** (about 40 g, red or mixed type)

Other

- 2 packs **maitake** mushrooms (160 g total, separated)
- 1 T **low-sodium soy sauce** —or Kevala coconut aminos
- 1 T **olive oil** (+ extra as needed)
- 10 g **unsalted butter** (to finish)
- 1–2 tsp Japanese **mustard** (or Dijon)
- Cooked **rice** (150–200 g per person)

Instructions

1. Prepare beef.

Lightly season sliced **beef** with **salt + MSG**, then dust with **flour** to coat.

2. Sear beef.

- Heat **olive oil** in a large frying pan over **medium-high heat**.
- Add **beef** and sear until browned on both sides.
- Remove to a plate and set aside.

3. Sauté aromatics.

- In the same pan, add a bit more **olive oil**.
- Sauté **onion**, **garlic**, **sugar**, and **carrot** over **medium-low heat** until softened and lightly caramelized (**8–10 minutes**).

4. Build the sauce.

- Stir in **ketchup** and cook briefly until it thickens and turns glossy (**about 1 minute**).
- Add **tomato juice**, **wine**, and **miso**, stirring to combine into a smooth sauce.

5. Simmer.

- Add **maitake mushrooms** and the browned **beef**. Cover and **simmer gently for 5–6 minutes**.



6. Finish seasoning.

- Add **soy sauce (or coconut aminos)**. Taste and adjust with a bit more salt + MSG if needed.
- Turn off the heat, then stir in butter and mustard before serving.

7. Serve.

Spoon generously over hot cooked rice.

Notes & Suggested Enhancements

- • Optional garnish: Chopped parsley or grated Parmesan.
- • For thicker sauce: Mix 1 tsp cornstarch with 1 T water and stir in at the end.
- • Leftovers: Excellent over pasta or toasted bread next day.

Nutrition (per serving, $\frac{1}{3}$ recipe) (rice not included)

Kcal: 445 | Protein: 27 g | Fat: 19 g | Sat Fat: 5 g | Carbs: 39 g | Sugars: 16 g | Fiber: 4 g | Sodium: 720 mg (incl. MSG)