

Japanese-Style Pot-au-Feu

Serves 2

This is a light, kombu-based Japanese interpretation of pot-au-feu.

Seasoning is intentionally restrained so the broth remains clear and drinkable.



KOMBU STOCK

- 5–6 cm dried kombu piece
- 700 ml water
- Soak 30–60 minutes. Remove kombu before boiling.

VEGETABLES

- 120 g carrot, cut into chunky pieces
- 200 g daikon, quartered
- 150 g green cabbage, cut into large squares
- 75 g onion, cut into wedges
- 150 g potato (メークイン), quartered
- 100 g broccoli florets (blanched separately)

MEATBALLS (PORK BASE)

- 180 g ground pork
- 60 g firm tofu, drained and crushed
- 10 g panko (2 Tbsp)
- ½ large egg
- 1½ tsp ginger, finely grated
- 1 tsp soy sauce
- ⅛ tsp salt
- Pinch white or black pepper

BROTH SEASONING

- 1 tsp olive oil
- 1½ T soy sauce
- 1 T sake
- Optional: 1 tsp mirin
- Final salt, adjust only if needed

METHOD

1. Soak **kombu** in **water** for **30–60 minutes**.
2. Blanch **broccoli** separately; set aside.
3. Mix **meatball ingredients** gently; rest.
4. Heat **olive oil** in a wide pot over **medium heat**.
5. Add **carrot, daikon, onion** and **cabbage**; **sauté 2–3 minutes**.
6. Remove **kombu**. Add **soaking water, soy sauce** and **sake** (mirin optional).

7. **Simmer covered 10–12 minutes** until vegetables are nearly tender.
8. Add **potato**; **simmer 5 minutes**.
9. Drop **meatballs** in by spoonful; **simmer gently 8–10 minutes**.
10. Add **broccoli**; heat **2 minutes**.
11. Taste broth and adjust seasoning only if necessary.
12. Serve with **yuzu kosho** on the side.

NUTRITION (per serving)

Kcal: 420 | Protein: 27 g | Fat: 18 g | Sat. Fat: 5 g | Carbs: 38 g | Sugars: 7 g |
Fiber: 7 g | Sodium: ~420 mg | Omega-3: 0.1 g

VARIATIONS

Chicken meatballs: replace pork with 200 g ground chicken thigh (–40 to –50 kcal per serving).

Tofu-only meatballs: use 300 g tofu plus 1 large egg, no meat (–120 to –140 kcal per serving).