

Broccoli & Shrimp in Ginger Ankake Sauce

(ブロッコリーとえびの中華とろみ煮)

Serves 2

Ingredients

Main

- 300 g broccoli florets
- 120 g shrimp, peeled
- 100 g lotus root (renkon), thin slices (3–4 mm)
- 80 g carrot, thin half-moons
- 60 g shiitake, thinly sliced
- 40 g green onion, chopped
- 1 T fresh ginger, julienned

Sauce Base

- 1 T / 15 ml sake
- 1 tsp / 6 g low-sodium soy sauce
- 1 tsp / 4 g sugar
- $\frac{3}{4}$ tsp salt + MSG blend
- Pinch white pepper

Cooking Liquid

- 300 ml water or light chicken stock (or $\frac{1}{2}$ and $\frac{1}{2}$)

Thickening Slurry

- 2 tsp / 6 g potato starch (*katakuriko*)
- 4 tsp / 20 ml water

Finishing

- 1 T / 14 g canola oil
- $\frac{1}{2}$ tsp / 2 g sesame oil
- 1 large egg, lightly beaten



Instructions

1. Prepare vegetables.

- Cut **broccoli** into bite-size florets. Peel the stems and slice thinly.
- Slice **renkon** 3–4 mm thick.
- Slice **carrot** thinly.
- Julienne the **ginger**.

2. Prepare shrimp.

- If frozen, thaw in lightly salted water and pat dry.
- Velvet if desired, using your preferred method.

3. Start stir-fry.

- Heat **canola oil** in a wide skillet or wok over **medium-high heat**.
- Add **ginger** and cook about **20 seconds** until fragrant.

4. Cook vegetables.

- Add **carrot** and **renkon**. Stir-fry about **1 minute**.

- Add **broccoli** and stir another **30 seconds**.
- 5. Steam cook.**
 - Add the **cooking liquid**.
 - Cover and **simmer 3–4 minutes** until broccoli is bright green but still firm.
- 6. Season.**
 - Add **sake, soy sauce, sugar, salt + MSG** blend and **white pepper**. Stir gently.
- 7. Add shrimp.**
 - Add **shrimp** and cook about **1–2 minutes** until just pink. Avoid overcooking.
- 8. Thicken sauce.**
 - Stir slurry again and add gradually while stirring.
 - Simmer **20–30 seconds** until the sauce becomes glossy and lightly thickened.

Professional Ankake Trick

Once the slurry is added, allow the mixture to return briefly to a gentle boil before stirring again. This fully activates the starch and produces a clear glossy sauce rather than a cloudy one.

- 9. Egg ribbon finish.**
Reduce heat slightly. Slowly drizzle the beaten **egg** into the hot sauce while gently stirring in a circular motion so delicate ribbons form.
- 10. Finish.**
Add **green onion** and **sesame oil**. Stir once and serve immediately.

Chef Suggestions

- Replace half the water with chicken stock for deeper umami.
- Add 60 g sliced shiitake with the carrots for extra flavor.
- A drizzle of chili oil adds pleasant heat.
- Serve with steamed Japanese white rice.

Nutrition (Per Serving)

Kcal: 240 | Protein: 22 g | Fat: 9 g | Sat. Fat: 1 g | Carbs: 19 g | Sugars: 6 g | Fiber: 4 g | Sodium: 780 mg | Omega-3: 0.3 g

Nutrition (Total Dish)

Kcal: 480 | Protein: 44 g | Fat: 18 g | Sat. Fat: 2 g | Carbs: 38 g | Sugars: 12 g | Fiber: 8 g | Sodium: 1560 mg | Omega-3: 0.6 g