

Loco Moco with Ume Rice & Shiitake Gravy

Yield: 4 min
Total Time: 85 min

Recipe from: <https://www.recipeschoose.com/recipes/chinese-rice-with-gravy-recipe>

Ingredients:

- 227 grams ground beef medium
- 1 batch rice see below
- 1 batch gravy Shiitake, see below
- 2 eggs
- furikake for sprinkling
- 14 grams mixed mushrooms dried
- 1 cup boiling water
- 2 shallots halved and thinly sliced
- 2 tablespoons olive oil
- 100 grams shiitake mushrooms stems removed and coarsely chopped
- 100 grams oyster mushrooms
- 3/4 teaspoon salt
- 1/2 cup sake
- 2 cups beef stock
- 1 1/2 tablespoons cornstarch
- 1 cup short grain rice uncooked
- 4 umeboshi pitted and minced
- 1/4 cup fresh mint leaves chiffonade
- 1 tablespoon fresh ginger minced

Nutrition:

1. Calories: 540 calories
2. Carbohydrate: 59 grams
3. Cholesterol: 145 milligrams
4. Fat: 20 grams
5. Fiber: 3 grams
6. Protein: 24 grams

7. SaturatedFat: 5 grams
 8. Sodium: 810 milligrams
 9. Sugar: 2 grams
 10. TransFat: 0.5 grams
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