

Short Rib Beef Udon

Yield: 4 min

Total Time: 145 min

Recipe from: <https://www.recipeschoose.com/recipes/samin-nosrat-japanese-short-rib-recipe>

Ingredients:

- 1/3 ounce kombu
- 4 cups water 960ml
- 1/8 ounce bonito flakes
- 2 pounds beef short ribs 900g, or slightly more/less
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 1/2 tablespoon vegetable oil
- 1/4 cup soy sauce 60ml
- 1/4 cup rice wine mirin, 60ml, or cooking sake
- 2 tablespoons sugar
- 1 tablespoon fresh ginger finely chopped
- 1 tablespoon garlic finely chopped
- 14 ounces udon noodles 400g, 2 portions fresh or 'ready to eat'

Nutrition:

1. Calories: 1310 calories
2. Carbohydrate: 83 grams
3. Cholesterol: 175 milligrams
4. Fat: 84 grams
5. Fiber: 4 grams
6. Protein: 45 grams
7. SaturatedFat: 36 grams
8. Sodium: 3150 milligrams
9. Sugar: 7 grams

Thank you for visiting our website. Hope you enjoy Short Rib Beef Udon above. You can see more 20 samin nosrat japanese short rib recipe Get ready to indulge! to get more great cooking ideas.