

## Gingery Ground Meat (*Soboro* そぼろ) + Kelp Stock



### Ingredients

- 14-16 ounces ground, raw, meat (beef, pork, veal, chicken, turkey, lamb or a combination of them) preferably dark meat if chicken or turkey and not too lean if beef or pork. Some fat is needed to make the meat succulent and juicy.
- 2 tablespoons *saké*
- 2 tablespoons Kelp Alone Stock (recipe follows after main recipe)
- 2 teaspoons sugar
- 2 tablespoons soy sauce
- 1 small (3/4-inch) knob of fresh gingerroot

### Method



Place the ground meat in a skillet. Add the *saké*, stock, and sugar BEFORE applying heat. Stir to break up clumps of meat and evenly distribute seasonings



Place the skillet over low heat and cook, stirring constantly to break up the bits of meat into crumb-like clusters. At first the liquid will look cloudy, but within a few minutes it will clear, and the meat will turn white. Add the soy sauce and continue to simmer for another 2-3 minutes.

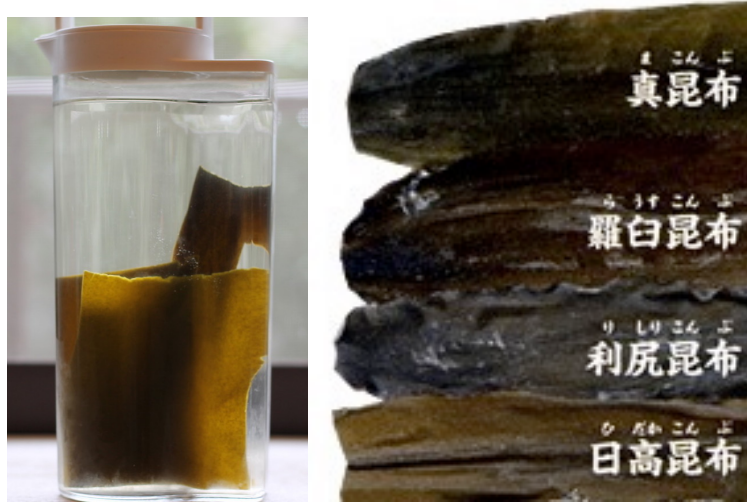


Scrape or peel the gingerroot and grate it. With your fingertips, collect the grated ginger bits into a pile, squeezing to release the juice. You should have about 1 teaspoon ginger juice. Add it to the skillet, discarding the pulp.

Turn up the heat to reduce excess liquid in the skillet. Ideally, about one teaspoonful will remain. Serve warm from the pan, or cooled (this is a favorite *obentō* lunchbox item in Japan).

Freeze whatever you will not be consuming the day you make the *soboro*.

## KELP ALONE STOCK *Kombu Dashi* 昆布だし



A simple stock can be made with just *kombu* (kelp) and tap or bottled water.

The four types of *kombu* most commonly found in Asian markets are from top to bottom: ***ma kombu***, ***Rausu kombu***, ***Rishiri kombu***, ***Hidaka kombu***. Any (or combinations of several) will make a flavorful broth by soaking in tap or bottled water for a minimum of 20 minutes (and up to 12 hours). Use a glass (or other non-reactive material) jar or beaker to soak the *kombu*. If you will be soaking for more than a few hours, or its a warm day, cover and refrigerate.

For deeper, rounder flavor, place the *kombu* and water in a pot over low heat. Gradually apply heat until you see a few bubbles appear to travel from the bottom of the pot to the surface. That is about 70 degrees Celsius/ 160 Fahrenheit, the ideal temperature for extracting *umami seibun* (flavor-enhancing glutamates) but not activating bitter tannins. Let the warm *kombu* broth cool naturally before refrigerating for longer storage (up to 3 days). Use this *kombu dashi* broth in any recipe that calls for stock.

