

Simple Beef Noodles

What you'll need:

- Noodles (soba, rice, udon, ramen, etc)
- Shaved beef
- Soy sauce
- Mirin (or rice vinegar)
- Brown sugar
- Garlic
- Onion (yellow or white)
- Optional green onions

Time: 20-30 minutes

Look, there is a million different ways to make beef noodles, and I don't claim to be an authority on Asian cuisine, hell I'm just some chud from Idaho who wears camo to the grocery store, but I can manage a pretty tasty dish, so can you.

Step 1: Marinade the shaved beef. When I say shaved beef, it's literally extremely thin strips of beef – I get mine from Trader Joes already cut that way. If you can't find shaved beef, pop a steak in the freezer for about a half hour, take it out and cut it as thin as you possibly can. Eyeball about 4-6 ounces of steak per person, put it in a bowl and add a tablespoon or two of soy sauce to it

Step 2: Preparing the sauce. Take a measuring cup and pour about a quarter cup of soy sauce in. Add a quarter cup of brown sugar. This recipe is typically made with mirin, but I prefer the more vinegary flavor - add two tablespoons of rice vinegar. Mince up as much garlic as your dainty body can handle, more is better, mix it all together. I give it a taste test at this point – it really should taste like a solid mix of sweet, salty and (depending whether you used vinegar or mirin) vinegary. Adjust as needed until you get this combo.

Step 3: Start your noodles. Read the back of the package to figure out how much and how long it needs to boil. If they finish before the rest of the steps are done, set them aside in a strainer.

Step 4: Chop up half an onion. Normally it doesn't matter for shit how you chop up the onions, but in this dish, I usually let them stay a bit longer, just easier to slurp up with noodles. Once chopped, take a pan, add half a tablespoon of butter, place it on the stove at a low/medium heat. Once the butter has melted, add the onions and start to sauté them. I would give them about 5 minutes to sauté.

Step 5: After sautéing the onions for about 5 minutes, stir up your marinade one more time, then add it to the onion pan. Turn the temp down a smidge – you want a low simmer at this point. Stir well about every 60 seconds. You want to leave it at a low simmer for about another 5-10 minutes. If it thickens up fast, go 5 minutes, if its still runny after 5, go 10.

Step 6: Cooking the shaved beef. You have two options:

A: cook the shaved beef in a second pan by itself. Since the beef is so thin, it will likely only take about 60 seconds on each side. Place in the onion marinade pan afterward.

B: put the marinated beef directly into the onion marinade pan. Mix it well, let it low simmer for about five minutes.

Step 7: After the beef has been cooked, add the noodles and mix everything together. Serve up in two bowls, add chopped green onions if you'd like, enjoy.

Step 8: Clean up after yourself - only you can prevent kitchen clutter.