Sukiyaki Bowl
Serves 4

For the sukiyaki sauce:
3 tablespoons sake
1/3 cup mirin
2 tablespoon brown sugar
1/3- ½ cup soy sauce

To prepare the sukiyaki:
Oil and or butter
16 oz thinly sliced rib eye or other thinly sliced beef
1 leek, thinly sliced, only white and light green sections
8- 10 shitake mushrooms, stems removed and thinly sliced
4 cups napa cabbage cut into bite size pieces
10-12 oz soft or silken tofu, cut into bite size pieces
1 package enoki mushrooms roots trimmed off
3 cups chrysanthemum greens or other leafy green
1 large pack of shirataki noodles
3-4 cups dashi stock or desired broth or stock

Brown rice to serve (optional)

Combine all the sauce ingredients together and set aside.

Heat a deep sauté pan or pot over medium high heat, once hot coat with oil and butter if using.

Cook the meat in the pan just until browned don’t overcook, remove and set aside.

Reheat the pan and add more oil and butter if desired and add in leeks, mushrooms and napa, mix around a little then pour sauce over the top. Arrange tofu, enoki, chrysanthemum greens, and noodles over the top, pour stock over everything, cover and cook until greens are wilted, about 3- 5minutes, remove lid and return meat to pan. Serve sukiyaki with brown rice.

Fresh fruit oat pies
Makes 8- 10

For crust
1 3/4 cup whole wheat flour
3/4 cup oat flour
2 tablespoon granulated sugar
1 cup cold unsalted butter, grated
1/4 - 1/2 cup ice water

Fruit Filling
3 nectarine, apples, peaches, peeled and diced small
1/3 cup brown sugar
1 tsp cinnamon
½ teaspoon almond or vanilla extract
1 tablespoon arrowroot starch or cornstarch
2 tablespoons rolled oats
Egg wash
1 egg mixed
1 teaspoon milk or cream
Turbinado sugar to sprinkle on top

Maple Glaze (optional)
2 tbsp Maple Syrup
1 cup icing sugar

Combine flours, and sugar in a large bowl, toss in butter and using a fork toss butter with flours and sugar. Add 2 tablespoons of water mix well and add more water as needed to form a dough. Form dough into 2 disks about ½ inch thick and wrap with plastic wrap and refrigerate for 20-30 minutes.

Remove dough from the refrigerator and roll into a rectangle about ¼ inch thick. Cut 16-20 equal size rectangles and refrigerate until ready to use.

To make the filling; combine all the ingredients and mix well.

To make an egg wash, combine the egg with milk or cream and set aside.

Preheat your oven to 375 degrees and line 2 baking sheets with parchment paper. Place about 2- 2 ½ tablespoons of filling on half of the rectangle dough pieces, then lay another piece of dough on top, leave about ¼” of the crust around the filling, so it doesn’t leak. Seal the edges with a fork and then brush the tops with egg wash and sprinkle on sugar. Using a sharp knife make 2-3 slits on the top of each pie to allow the steam to escape while baking.

Bake pies in the oven for 25-30 minutes and then remove and allow to cool for 20 minutes before drizzling with maple glaze or serving.