

Hibachi



Yield 2 servings

For the hibachi fried rice

- 1 cup cooked long grain rice (cooked ahead of time and refrigerated)
- 1/2 tablespoons vegetable oil
- 1/4 cup white onion chopped
- 2 large eggs whisked
- 1 tablespoons butter cubed
- 1 tablespoons soy sauce

For the hibachi vegetables

- 1/2 teaspoon vegetable oil
- 1/4 teaspoon sesame seed oil
- 1/4 large white onion strips
- 1/4 large zucchini battonet
- 4 mushrooms halved
- 4 florets broccoli
- 1/4 bell pepper sliced
- 1/4 tablespoon butter cubed
- 1/2 tablespoons soy sauce
- 1 dash pepper

For the noodles

- 4 oz cooked lo mein noodles (Pre cooked and oiled)
- 1 tbsp soy sauce
- 1 tsp oyster sauce
- 1 tsp garlic minced
- 1 tbsp sesame oil
- 1 tsp grated fresh ginger
- 1 tbsp sliced green onions

For the hibachi beef and shrimp

- 4 oz beef tenderloin tips cut into 1" cubes (Any tender cut will do)
- 4 oz shrimp peeled and cleaned
- 1 tablespoon vegetable oil
- 1 teaspoon sesame seed oil
- 1 tablespoon butter cubed
- 1 tablespoon garlic minced
- 1 tablespoons soy sauce
- 1 teaspoon fresh lemon juice
- 1 dash pepper

For the hibachi bean sprouts

- 1/2 tablespoon butter
- 1/2 tablespoon soy sauce
- 1/2 cup bean sprouts

Carrots

- 2 each carrots peeled and cut on an angle. (Pre cooked until just soft)
- 1 tb brown sugar
- 1 tb butter

DIRECTIONS

Hibachi Fried Rice

1. Heat vegetable oil. Add onion and brown slightly. Move the onion to the side. Add eggs, lightly scramble. Add rice and butter. Cook for 3 minutes, stirring frequently. Add soy sauce and cook an additional minute

Hibachi Veggies

1. Heat the vegetable and sesame oil. Add onion, zucchini, pepper, mushrooms, broccoli, butter, soy sauce, salt, and pepper. Cook veggies until just tender

Hibachi Noodles

1. Heat oil. Add garlic and ginger and cook. Add onions, noodles, and sauces. Heat through

Hibachi beef and shrimp

1. Heat vegetable oil and sesame oil on the griddle. Add garlic and cook until just soft. Add beef to sear. Add shrimp to sear. Add soy sauce, butter, lemon juice, and pepper

Hibachi Bean Sprouts

1. Melt butter. Add soy sauce and bean sprouts. Cook for 1-2 minutes

Hibachi Carrots

1. Blanch carrots in boiling water until just starting to soften
2. Mix in sugar and butter
3. Place carrots on griddle and heat through

Chef John's Yum Yum Sauce

Ingredients:

- 1 cup Mayo
- 1 TB Ketchup
- 1 ½ Tsp rice vinegar
- 1 Tb Mirin
- 1 Tsp garlic powder
- ½ Tsp paprika

Directions:

1. Mix and serve