

In Chapter 15 of **TANABATA WISH**, Skyler learns how to make shabu shabu from her step-great-grandmother while out in the Japanese countryside. Later in Chapter 24, Sky makes this popular Japanese dish again when she invites David to join them for Family Dinner.



## How to Make Simplified Shabu Shabu

1 large piece of kombu (dried kelp)

½ head napa cabbage, cut into bite-sized pieces

1 pkg enoki mushrooms, separated & stalks removed

1 block firm tofu, cut into bite-sized pieces

1 bunch green onions, cut into bite-sized pieces

1½-2 lb thinly sliced beef (chuck or rib eye)

Kikkoman Roasted Sesame Sauce and/or Kikkoman Ponzu Sauce

fill a nabe pot or large pot two-thirds full with water. Add a 3"x3" piece of kombu and soak for 30 minutes. Cut up all the vegetables and tofu. Arrange all the ingredients on a serving plate with the raw meat on a separate plate. Place nabe pot on a portable gas burner and bring to a boil. Remove kombu and add in the veggies. Give each guest a bowl of rice, a bowl for their cooked food, and a small sauce dish. Add the tofu to the pot. Each person cooks their own beef by dipping a slice of beef into the boiling broth with their chopsticks and gently swishing it around for about a minute. Guests take out the cooked veggies and tofu as they are done and dip them in sauce. After the first batch of food, use a spoon or small sieve to skim the oily foam off the surface of the broth. Add the remaining veggies and repeat the process.

Shabu Shabu is an onomatopoeia. "Shabu" is the swishing sound of the meat cooking in the broth.

Don't have a nabe (earthenware) pot? You can find them at Asian grocery stores and online. In a pinch, use a deep pan.

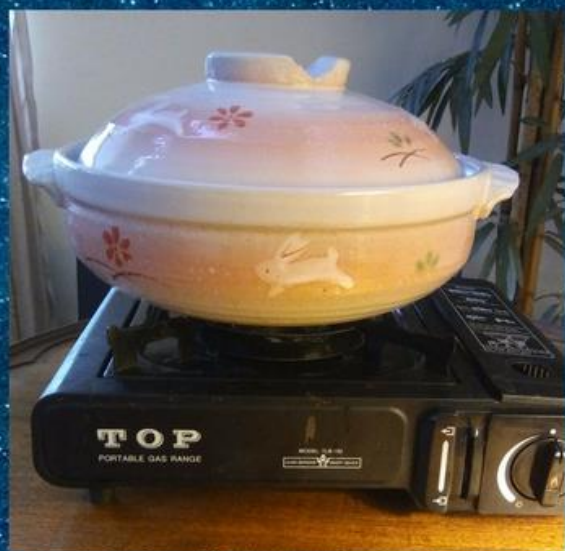
You want the meat sliced super thin so it cooks in the boiling water in 1 minute or less. You may have to go to an Asian grocery store to find it cut this way.

Shabu shabu is fun to make at dinner parties.

Want to make a vegan or vegetarian version? Ditch the meat and add more types of mushrooms, carrots, and udon noodles to your pot.

There are lots of ways to make shabu shabu, but above is what I used in TANABATA WISH.

Itadakimasu!



七夕の願い★  
藤村セラ



My teapot has a cameo in TANABATA WISH at the end of Chapter 25. Want to learn how to make ocha (green tea) from scratch? It's easier than you think!

## How to Make Ocha

- ★ Use 1 tsp of dried green tea leaves to every 8 oz of water. If you are making ocha in a traditional Japanese teapot, then add "one for the pot" (1 extra tsp).
- ★ Heat the water, but DON'T let it come to a boil. Steep the leaves for 2-5 minutes depending on how strong you like your tea.
- ★ If your teapot doesn't come with a mesh insert, you'll need to pour your tea through a fine strainer into the cup.
- ★ Do not add sugar, milk, or lemon to your ocha.
- ★ Warning: Ocha and matcha are not the same thing.



Don't be afraid to play around with your tea until you find the perfect blend, amount, and steeping time that works for you. Mess it up? No worries! Pour it in your smoothie and call it a win. Ocha is filled with antioxidants.

# Playlist for Tanabata Wish

Sam Tsui & Kina Grannis  
"Bring Me the Night"

Sam Tsui  
"Don't Want an Ending"

Jordin Sparks & Chris Brown  
"No Air"

Gavin DeGraw  
"I Don't Want to Be"

Børns  
"Seeing Stars"

Want to take TANABATA WISH  
for a test drive?  
<http://bit.ly/TanabataWishSample>