



The tastiest way to enjoy Shabu Shabu

Thin-sliced Beef



Scum Skimming Set



Top: Ladle (for the soup)
Center: Scum Skimmer (removes the scum)
Bottom: Pot to store the scum

Shabu Shabu Sauce



Right: Sesame Sauce
Left: Ponzu Sauce (grated radish peppered with red chili)

Generally, the Sesame Sauce is meant for the meat and the Ponzu Sauce for the vegetables. However, these are just guidelines. Use the sauces any way you like.

Skimming the scum

Scum from cooked meat is primarily made up of meat juices and blood. When the blood from the meat is left in the broth, it produces an odor, and the scum attaches itself to all the other ingredients and takes away from the taste. Skim off the scum for a tastier way to eat Shabu Shabu.



Table setting "Shabu Shabu"



How to cook "Shabu Shabu"



Shabu Shabu Soup

Other restaurants use a konbu seaweed-based Japanese broth, but at Mansei, we make our own Japanese Black beef tendon-and-vegetable simmered bouillon as our soup base. Konbu seaweed is added to this soup to boost the umami factor. Enjoy the flavors of Mansei's own creations



When cooking Shabu Shabu, keep the lid on slightly askew. (This helps prevent the broth from overheating and boiling over.) Iron pots get very hot. Be careful not to touch them directly.



When the soup begins to boil, adjust the heat, then use a pot holder to press down firmly into the top of the lid and lift the lid off vertically.



When removing the lid, drain the condensation from the lid, then quickly flip it over. This will prevent the condensation from dropping onto the table.



Remove the konbu seaweed from the pan. The best way to enjoy Shabu Shabu beef is to take out the seaweed once the broth begins to boil.



Place either the meat or the vegetables -- whichever you prefer to eat first -- into the broth.



Bean-starch Vermicelli noodles and Mochi disintegrate easily so remove them from the pan early. Bean-starch Vermicelli noodles are ready to eat when they become transparent.



When cooking vegetables, start with the hard vegetables (ones that take long to cook). (Suggested order: stem, then leaves of Chinese cabbage, Shiitake mushrooms, carrots, Enoki mushrooms)



When cooking the meat, dip in the broth 2-3 times until the meat turns pink, then dip it into the sauce of your choice.



Eat slowly and savor every bite.

Udon Noodle (for the closing of the meal)



To your right is the bowl for the Udon. It already has salt and pepper in it. Pour some of the broth into the bowl, adjust the spices according to your taste and enjoy!

【Shabu Shabu Sauce】 How about for souvenir?

Mansei's proud original. Making the best of meat's flavor.



Available at 3F on the 1st floor or the cashier at the 4th floor.