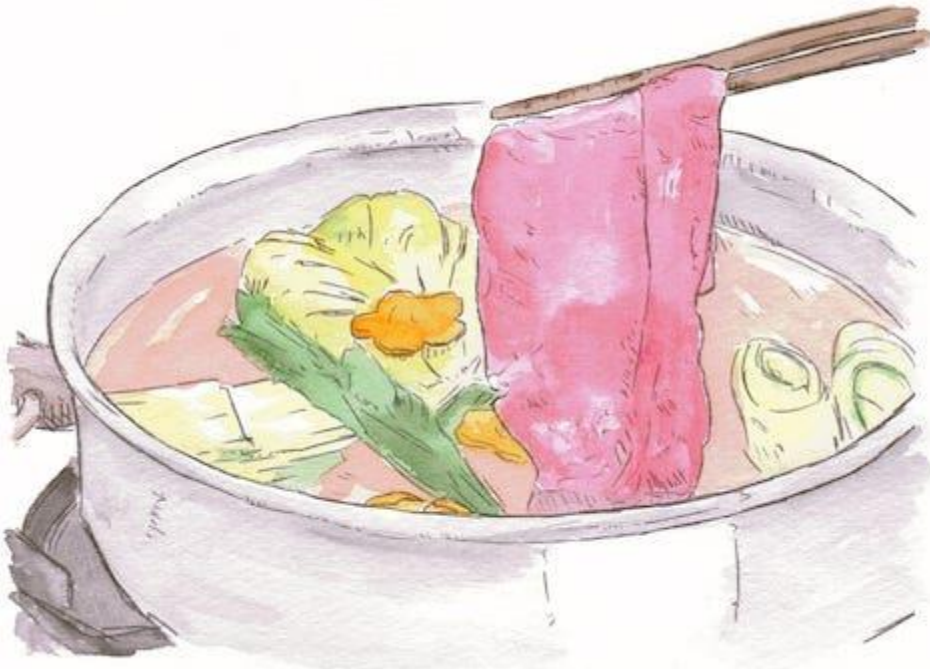


Japanese: Classic kombu-based Nabemono, Courtesy of Kaki Okumura



Nabemono, or often known as hot pot in the United States, is a popular wintertime dish in Japan. Like how American households may bring out their winter shovels or clean out their fireplaces when it gets cold, Japanese households bring out their clay pots and counter-top stoves so they can pull together nabemono meals for the rest of winter.



Ingredients:

- Napa cabbage
- Carrots
- Leeks

- Maitake mushrooms
- Firm tofu
- Thinly sliced pork (or choice of protein– chicken thighs, salmon, and shrimp also make good choices!)
- Sheet of kombu
- Sesame dipping sauce (or ponzu dipping sauce)
- Rice (or noodles)

Instructions:

1. Wash and chop up the vegetables into bite-sized pieces.
2. Place the portable stove top on the table, with the clay pot on top.
3. Add the kombu sheet to the pot as instructed, and put on high heat. Once it starts simmering, lower the heat and add in cut vegetables, meat, and rice to personal liking and pace. Enjoy!

Bonus: 3 tips to make it even easier

1. Buy pre-washed and pre-chopped vegetables (carrots, broccoli, mushrooms, work great pre-cut)
2. Use frozen meat or seafood(Don't worry about timing your grocery shopping, frozen allows you to always have options at home)
3. Buy prepared dashi broth

- Kombu sheets can be intimidating for those who haven't used them before. You can instead buy prepared dashi broth, one of my favorites being [Kayanoya's dashi packs](#).
- They also have [pre-made nabemono soup packs](#) if you're looking for more creative flavors.

Reminder: Convenient cooking doesn't mean not healthy!