

HAWAII GAS
THE CLEAN ENERGY COMPANY
presents

Healthy Lunchtime Challenge

for KEIKI

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Dish: Meat Jun
Age: 16
School: Pearl City High School



Inspiration:

We use locally grown ingredients such as beef, green onions, eggs and shoyu. Ever since I was a small child I would always get excited to smell the aroma of freshly cooked meat jun! I would get so happy because I could never get tired of it.

INGREDIENTS

- 1: Beef (sukiyaki or thinly cut beef) Amount needed: ½ lb
- 2: Shoyu Amount needed: 1 cup
- 3: Sugar Amount needed: 1/2 cups
- 4: Garlic Amount needed: 2 cloves
- 5: Chopped Green Onion Amount needed: 1 tbsp
- 6: Roasted Sesame Seeds Amount needed: ½ tbsp
- 7: Flour Amount needed: 1 cup
- 8: Eggs (beaten) Amount needed: 3-4
- 9: Vegetable oil Amount needed: enough to fill ½ the pan

DIRECTIONS

- Step 1: Mix shoyu, sugar, garlic, sesame seeds and green onion together Prep time: 10
Cooking time: 0
- Step 2: Soak meat for at least 30 min. Prep time: 30 Cooking time: 0
- Step 3: Coat each piece with flour then dip each piece in the egg Prep time: 15 Cooking
time: 0
- Step 4: Deep fry the meat until the egg is cooked (look for a yellow-brownish
color) Prep time: 0 Cooking time: 15