Japanese Beef Bowl

ELEANOR KONDO REAM, SALT LAKE CITY

A simple weeknight dinner full of flavor.

PREP AND COOK TIME: 30 minutes
MAKES: 4 servings
NOTES: To slice beef thinly, wrap and place in freezer for 30 minutes before cutting.

- 2 cups short- or medium-grain rice
- 1 teaspoon salt
- 1/3 cup soy sauce
- 2 tablespoons sugar
- 2 tablespoons sake
- 1 small onion, thinly sliced
- 1 tablespoon oil
- 1 pound beef sirloin, thinly sliced
- 2 tablespoons chopped cilantro
- Pickled ginger slices (optional)

1. In a 4-quart pan, bring 3 cups water to a boil. Add rice and salt. Cover and reduce heat to simmer, then cook until almost tender, 15 minutes. Turn off heat and let stand, covered, for 5 minutes before fluffing with a fork.

2. In a small pan, bring soy sauce, sugar, sake, and 3/4 cup water to a boil. Remove from heat and reserve.

3. In a 10-inch frying pan over high heat, cook onion in oil until it begins to brown, 3 to 5 minutes. Add beef and continue stirring for 2 minutes, then add 1/2 cup of soy-sake sauce and stir until beef is cooked, 2 minutes longer.

4. Divide rice among 4 bowls. Top with beef, remaining sauce, and cilantro. Serve with ginger, if desired.

Per serving: 687 Cal., 28% (189 Cal.) from fat; 30 g protein; 21 g fat (7.4 g sat.); 90 g carbo (1.5 g fiber); 2,003 mg sodium; 76 mg chol.

Cream Cake with Fresh Strawberries

HILDA INGRAHAM, EUREKA, MT

A great way to use all those ripe berries.

PREP AND COOK TIME: About 1 hour, plus at least 30 minutes to cool
MAKES: 12 servings

- 2 cups all-purpose flour
- 1/2 teaspoon salt
- 2 teaspoons baking powder
- 1 1/2 cups sugar, plus additional to taste for berries
- 2 1/2 cups whipping cream
- 2 large eggs
- 1 quart strawberries, sliced

1. Preheat oven to 325°. Grease a 9- by 13-inch pan. In a large bowl, mix flour, salt, baking powder, sugar, 1 1/2 cups cream, and eggs until smooth, creamy, and quite thick.

2. Pour batter into pan and bake until a toothpick inserted in the center comes out clean, 35 to 45 minutes. Let cool at least 30 minutes before serving.

3. Meanwhile, in a large bowl, toss strawberries with sugar to taste and let stand for at least 20 minutes. Whip remaining cup cream to soft peaks. Serve cake topped with strawberries and their juices and whipped cream.

Per serving: 347 Cal., 52% (180 Cal.) from fat; 4.5 g protein; 20 g fat (12 g sat.); 46 g carbo (1.8 g fiber); 210 mg sodium; 103 mg chol.

Sticky Chile Chicken

FIONA LLOYD, NEW CASTLE, CO

We couldn't make enough of this sweet and spicy chicken to satisfy *Sunset* staffers.

PREP AND COOK TIME: 1 hour
MAKES: 4 servings

- 1 tablespoon vegetable oil
- 4 skin-on chicken breast halves (2 lb. total)
- 2 each dried ancho and chipotle chiles, stems and seeds removed
- 1/2 cup soy sauce
- 1/2 cup white wine vinegar
- 2/3 cup sugar
- 1/4 cup chopped fresh cilantro

1. Heat oil in a large frying pan over medium-high heat; add chicken breasts in a single layer, skin side down, and cook until browned on that side, about 5 minutes. Remove with a slotted spoon and set aside. Discard oil in pan, leaving any browned bits on the bottom.

2. Add chiles, soy sauce, vinegar, sugar, and 1 1/2 cups water to pan; bring to a boil over high heat, then reduce heat and simmer until slightly thickened, about 5 minutes.

3. Return chicken, skin side up, to pan. Cover and simmer until no longer pink in the center, about 15 minutes. Transfer to a serving dish, cover with foil, and keep warm in a 200° oven. Meanwhile, simmer the sauce until it is reduced and coats the back of a spoon, about 25 minutes longer.

4. Remove chiles and discard. Spoon sauce over chicken and garnish with cilantro.

Per serving: 418 Cal., 26% (108 Cal.) from fat; 39 g protein; 12 g fat (3 g sat.); 39 g carbo (0 g fiber); 2,146 mg sodium; 103 mg chol.