

# **LOCO MOCO**

*September 22, 2022*

*A classic 'fusion dish' popular in Hawaii*

- 4-6 cups cooked white rice – short or mid-grain Asian rice recommended
  - 1 – 1½ pounds ground beef (at least 15-20% fat)
  - 1 tablespoon Worcestershire sauce
  - 1½ teaspoons salt
  - 1 teaspoon garlic powder (or 2 cloves minced garlic)
  - 1/2 teaspoon pepper
  - ½ teaspoon black pepper
  - 2-3 scallions, chopped
  - 4 eggs
- Combine all ingredients except rice & eggs. Make hamburger patties. Pan fry patties, cooking 3-5 minutes or until well done.
- Eggs to be cooked sunny-side up or over-easy.

## ***Gravy Mix:***

- 2 cups beef broth
  - 3 teaspoons soy sauce
  - 1½ teaspoons Worcestershire sauce
  - 2 teaspoons ketchup
  - 5 teaspoons cornstarch
  - 1 medium onion (optional)
  - ½ pound sliced mushrooms (optional)
  - butter
- Mix together the beef broth, soy sauce, Worcestershire sauce, ketchup and cornstarch. Whisk until the cornstarch has come off the bottom. Set aside.
- In the same pan used for frying hamburger patties (or in a new pan), melt 1 tablespoon of butter to caramelize the onions for about a minute, then fry the mushrooms for another minute or two (it is optional to add the mushrooms and onions).
- Melt the rest of the butter and add the gravy mix to the pan. Keep stirring the gravy until it begins to thicken and simmer.

## ***Assemble Loco Moco:***

- Place a cup of steamed white rice on a plate.
- Layer it with a hot cooked hamburger patty.
- Drizzle on the gravy generously.
- Top with sunny-side up egg and garnish with green onions.