

Breakfast

Royal Loco Moco



Ready in **35 minutes**

Serves 4

Ingredients

2-3 cups cooked rice

GRAVY

- 2 cups beef broth
- 4 Tbsp shoyu (soy sauce)
- 2 Tbsp Worcestershire sauce
- 1 clove garlic, minced
- 2 Tbsp catsup
- 6 tsp cornstarch
- 2 Tbsp butter
- ¼ cup sweet purple onion, thinly sliced
- 1 cup Ali'i (oyster) mushrooms, chopped
- Green and purple onion for garnish

HAMBURGER PATTIES

- 1.5 lb 80/20 ground beef
- 2 Tbsp Worcestershire sauce
- 1 tsp seasoned salt (I use my brand Original with Chili)
- 1 tsp garlic powder
- ½ tsp black pepper

EGGS

- 4 fresh large eggs
- 4 Tbsp butter, divided
- Dash salt and pepper

Preparation

1. **GRAVY** - In a large bowl, whisk together the beef broth, shoyu, Worcestershire sauce, catsup, garlic and cornstarch. Set aside.
2. Heat 2 tbsp butter In a large pan on medium high. Add purple onions and mushrooms. Cook 3-4 minutes until soft.
3. Add ingredients from step 1 and bring to a boil to thicken. Simmer for 5 minutes. Set aside.
4. **Hamburger Patties** - In a large bowl, mix together the ground beef, Worcestershire sauce, seasoned salt, garlic powder and pepper.
5. Divide hamburger into 4 equal portions and form into 1" thick large patties.
6. Fry in a medium pan on medium high for 4-5 minutes on each side, until well done.
7. Set aside on a paper towel lined plate.
8. **Eggs** - If using the same pan you fried hamburger in, discard remaining grease. Melt 2 Tbsp of butter and fry 2 eggs sunny side up. Repeat for the last 2 eggs. Sprinkle it with salt and pepper.
9. **Putting it all together** - On a large plate, add a scoop of rice, top with hamburger patty then with the egg. Add desired amount of gravy. Repeat for the remainder of the items.

If desired, add more gravy and garnish with minced purple and chopped green onions. So ono (delicious)!

Tips

You can top with furikake (seasoned seaweed) for added flavor.

Spiritual Message from this recipe

Yin & Yang in a loco moco. The firmness of the hamburger patty makes you appreciate the soft lusciousness of the egg yolk. The dark gravy contrasts and compliments the white rice. They come together in a sumptuous alchemy of flavors. Just as in life, we need the hard to appreciate the (over) easy.