

## 【波城|Quincy】格调日式小火锅Shabu

Original柚子打边炉 吃掉波士顿 5月24日

等你点蓝字关注都等出蜘蛛网了



**今晚吃什么？**这个问题永远是个世纪难题。即便柚子家住素以美食城而闻名的Allston，也不免天天思索这个问题。

可是，**有什么问题是一顿火锅解决不了的？**如果有，那就是两顿。

中国人出门吃饭，火锅可以说是个to-go-choice。

是中国人，哪有不喜欢吃火锅的道理？

逢年过节、接风践行、红白喜事、朋友聚餐、升职乔迁、相亲约会.....

或者只是**simply**享受一个放松的周末，宜火锅，忌减肥。

今天柚子给大家介绍全波士顿最有格调的火锅店：Shabu。



坐落在Quincy, Shabu的店面是很明显的性冷淡日式风格。在熙熙攘攘热热闹闹挤了各种档次不一、五花八门的店铺的昆西市中心可谓独树一帜。

| 上湯底      | 湯底 soup bases                 |               |
|----------|-------------------------------|---------------|
| 韓式泡菜湯    | Regular                       | 不收費 no charge |
| 泰式冬蔭湯    | Kimchi (spicy marinated napa) | \$4.00        |
| 四川麻辣湯    | Tom Yum                       | \$4.00        |
| 日式麵豉湯    | Spicy Szechuan                | \$4.50        |
| 日式豚骨湯    | Miso                          | \$3.00        |
| 濃甜素湯     | Tonkotsu                      | \$4.00        |
| 清甜黃豆湯    | Vegetarian or Mushroom        | \$3.00        |
| 蕃茄牛肉湯    | Soybean                       | \$3.00        |
| 中式芫西皮蛋湯  | Beef & Tomato                 | \$4.00        |
| 日式咖喱湯    | Cilantro w/ preserve duck egg | \$3.00        |
| 越南粉湯     | Japanese Curry                | \$4.00        |
| 強身枸杞湯    | Vietnamese Pho                | \$4.00        |
| 三文魚芫西生薑湯 | Goji Berry                    | \$6.00        |
|          | Salmon w/ cilantro & ginger   | \$6.00        |

**Soup Base Flavor Descriptions**

**Regular:** Mild pork flavoring.

**Kimchi:** Kimchi is of Korean origin. With the ingredients being vegetables and a mixture of seasoning, the flavor is mildly spicy with a hint of sweetness.

**Tom Yum:** Tom Yum is of Thai origin. It's characterized by its distinct hot and sour flavors. Some ingredients include the following: lime juice, lemon grass, chili peppers, and herbs.

**Spicy Szechuan:** The spicy szechuan is the spiciest soup base out of the three. It comes in regular as well as extra spicy. The flavoring is fiery hot. Ingredients include many different types of spicy peppers and seasoning.

**Miso:** Miso is of Japanese origin made from soy. Its flavors are described to be salty and sweet. Miso is known to be high in protein and rich in vitamins and minerals.

**Tonkotsu:** Tonkotsu is also of Japanese origin. It carries a very strong pork flavoring and is made by boiling pieces of pork bone for many hours to extract its taste and nutrients.

**Vegetarian:** The vegetarian soup base contains no meat. Its main ingredients are corn, soybeans, mushrooms and other vegetables. The flavoring can be described as being sweet and salty.

**Soybean:** The soybean soup base also contains no meat. The main ingredient is soybeans. This soup base is very pure and is recommended to those who are very health conscious.

**Beef & Tomato:** This soup is very flavorful. It is made of fresh pieces of beef and fresh slices of tomato. The flavors are sweet and mildly salty.

**Cilantro & Preserved Duck Egg:** When in boiling water, cilantro releases a very refreshing and appetizing aroma. The preserved duck egg is of Chinese origin and its natural, subtle, salty taste comes about when it undergoes a process in which its flavorless proteins and fats within in the egg are transformed into a variety of smaller flavorful compounds.

**Goji Berry:** The goji berry a.k.a. the wolfberry, aside from its unique sweet and refreshing taste, it is renowned in Asia as a highly nutritious food. They are known for their nutrient richness and antioxidant qualities. This soup base is also recommended to those who are health conscious.

**Salmon w/ Cilantro & Ginger:** This soup base contains several pieces of fresh sushi quality salmon. Again, when in boiling water, cilantro releases a very refreshing and appetizing aroma. The ginger removes any hints of a "fishy" taste.

www.shaburestaurant.com • 617.689.0288

Shabu的菜单品类丰富，中英双语解释非常详细，带外国友人用餐再也不怕说不清楚汤底是啥了！一个人吃可以选择坐在吧台，享用小锅。两个人或以上则可以坐大桌，享用大锅。







小锅VS大锅，你更爱哪一种？



海陆双拼套餐，一次过足瘾。





西

冷牛排，都是厨房现切，非常新鲜。

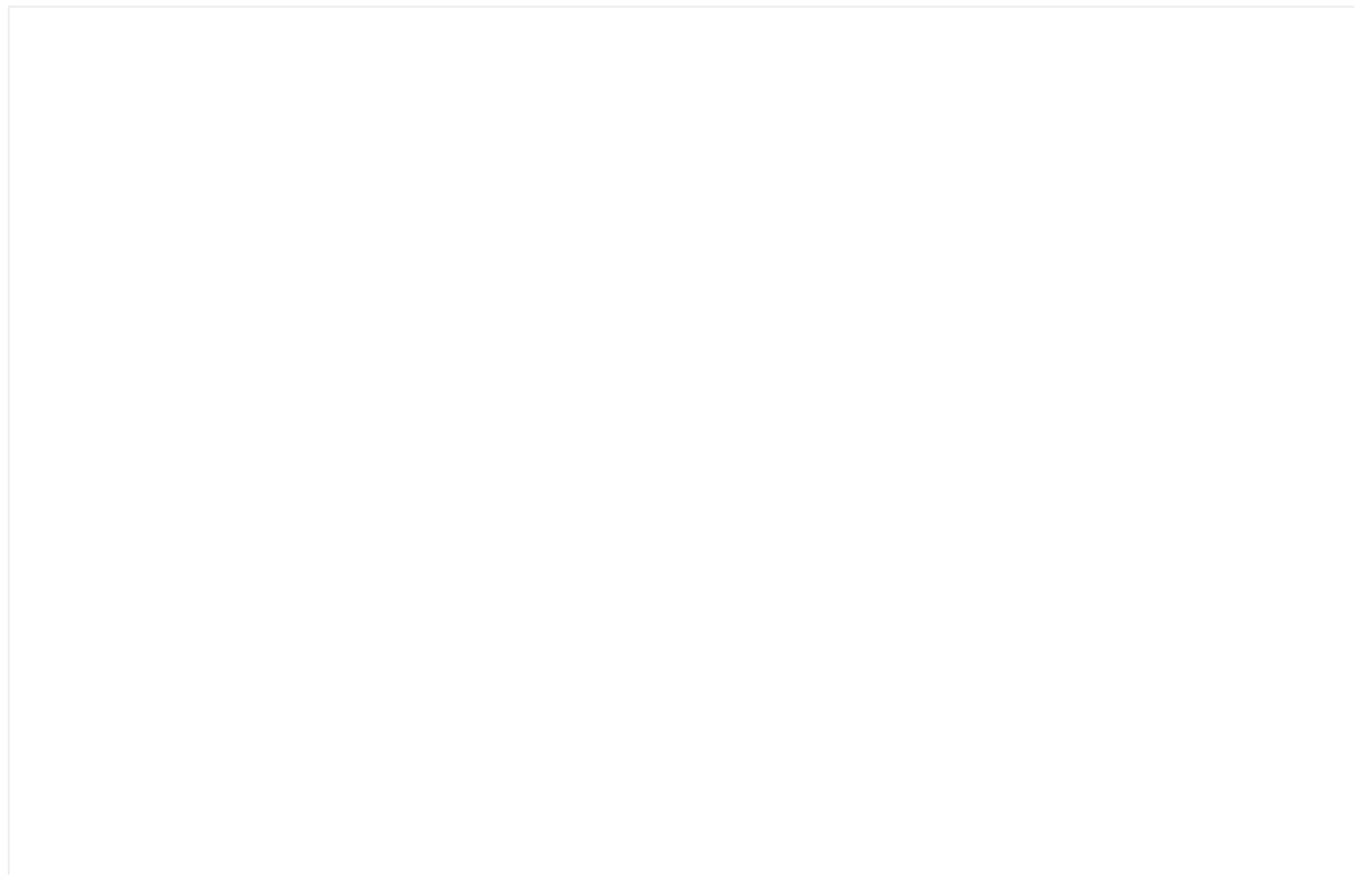


其实柚子的最爱还是他们家的饮料甜品。  
涮完一锅，再吃个冰淇淋或者smoothie，

火锅那种脑满肠肥的感觉瞬间消失，一点也不腻！







## Shabu Restaurant

### 地址

397 Hancock St  
Quincy, MA 02171

### 营业时间

Sunday - Thursday / 11am to 11pm  
Friday & Saturday / 11am to 12am

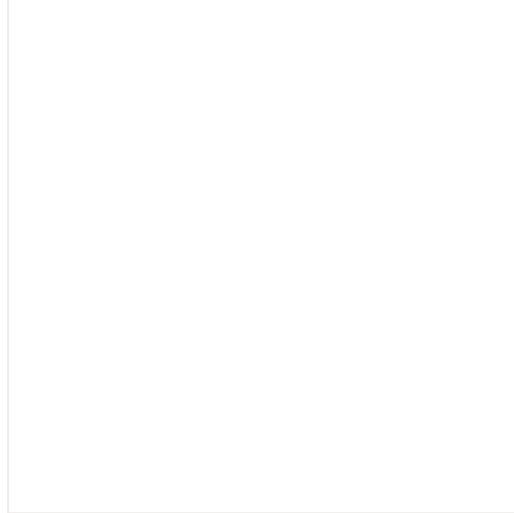
### 网站

<http://www.shaburestaurant.com>

### 交通

红线地铁在North Quincy Station下车

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