

Grilled

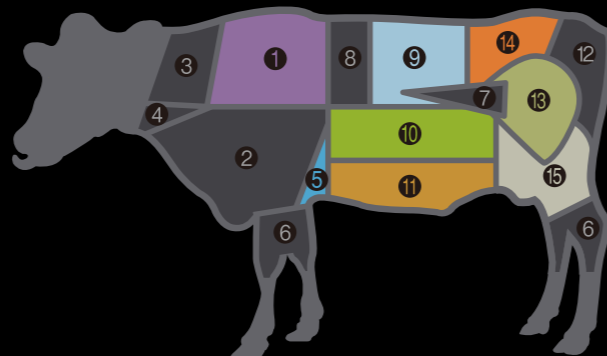
and Sautéed



Recommended cuts

- 1 Chuck Roll 9 Sirloin 10 2Rib Short Rib
11 Short Plate 13 Top Round 14 D Rump 15 Knuckle

Enjoy a variety of dishes using different cuts of Wagyu, from deep red and fleshy to just the right amount of marbling. In every tender bite you'll find good taste, sweetness and depth of flavor. With juices overflowing from the smallest amount of marbling, the end result will be rich in flavor whether thinly sliced and stir fried or as steak served in small diced bites.



Volume conversions : 1cm=0.39 inches /100g=3.5 oz/1kg=35 oz/1 teaspoon=0.01pt/1 tablespoon= 0.03pt/100°Celsius= 212°Fahrenheit



Sliced beef and eggplant

In this dish, you will enjoy the tender texture of high quality beef. Lightly grilling on both sides concentrates the flavor of the beef. A garnish of eggplant goes well with rich Wagyu



Ingredients

- 300g beef (Top Round)
- 2 small Japanese eggplants
- 1 teaspoon vinegar
- Sesame vinegar sauce
 - 90ml soy sauce,
 - 90ml vinegar,
 - 30ml of orange or other citrus juice,
 - 30ml sesame oil

Directions

1. Salt the beef and grill on both sides. While hot, sprinkle with vinegar and tenderize lightly with the palm of your hand. Cut into 5mm slices.
2. Remove the stem from the eggplant. Cut lengthwise into 5mm slices and boil briefly.
3. Arrange the dish by alternating beef and eggplant and add the sesame vinegar sauce.



Diced steak with refreshing lemon sauce

Dice marbled Wagyu to thoroughly taste the flavor in each bite. Refreshing lemon sauce adds an extra kick to the flavor of the ingredients.

Recommended cuts		
Chuck Roll	Sirloin	Top Round
D Rump		Knuckle

Ingredients

- 2 150g cuts (Top Round) thickly sliced
- Pinch of salt and pepper
- Juice of half a lemon
- Pinch of Italian parsley
- Pinch of salt and pepper
- 20g unsalted butter
- 1 tablespoon white wine
- Small amount of strong flour
- 1 tablespoon olive oil

Directions

1. Heat a frying pan and brown the meat. Add salt and pepper to taste. Remove meat from the pan.
2. Remove excess oil from the frying pan and add olive oil and 10g of butter. When butter is half melted, add white wine and burn off alcohol.
3. Add the lemon juice and 1 tablespoon of water and reduce to two thirds. Add chopped parsley, salt and pepper. Mix the remaining butter with flour and add to pan to emulsify.
4. Spoon sauce over the meat placed on a dish.



Stir fried beef and greens

The tender texture of thinly sliced Wagyu beef balances with the crispy crunch of julienned vegetables to make a filling dish.

Recommended cuts	
Chuck Roll	Brisket

Ingredients

- 300g thinly sliced beef
- Seasoning A
 - 1 tablespoon soy sauce,
 - 1 tablespoon sake for cooking,
 - 2 teaspoons potato starch
- 1/2 leek
- 1 knob ginger
- 1 clove garlic
- 100g simmered bamboo shoot
- 200g spinach
- Seasoning B
 - 1 tablespoon sugar,
 - 2 tablespoons soy sauce,
 - 1/2 teaspoon salt
 - 2 teaspoons potato starch mixed with 2 tablespoons water
 - 1 teaspoon sesame oil
 - Salad oil

Directions

1. Cut beef into bite sized pieces and mix with seasoning A.
2. Thinly slice the leek diagonally. Smash the ginger and garlic with a knife. Thinly slice the bamboo shoot. Parboil spinach and cut into pieces 4-5cm long.
3. Add 2 tablespoons of oil to the frying pan, sauté the beef until it is whitish in color then remove.
4. Increase oil from step 3 with an additional tablespoon then add the leek, ginger and garlic and sauté. When this mixture becomes fragrant, add the bamboo shoots and spinach and sauté on high heat.
5. Return the meat to the frying pan. Add seasoning B and mix to incorporate ingredients from the bottom of the pan. Thicken with the potato starch and water mixture. Lastly, add the sesame oil.