

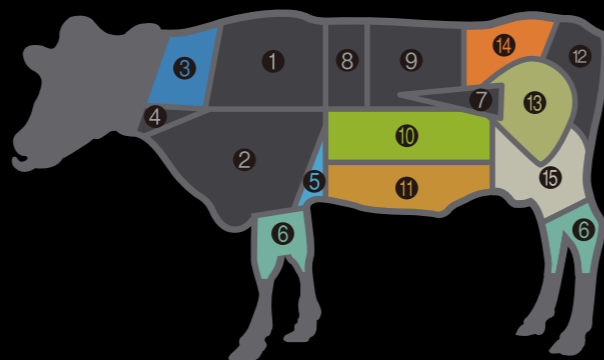
# Simmer and Steam



## Recommended cuts

③ Neck ⑤ Brisket ⑥ Shank ⑩ ⑫ Rib Short Rib  
⑪ Short Plate ⑬ Top Round ⑭ D Rump ⑮ Knuckle

The delicious taste of Wagyu can be enjoyed when cooked slowly over low heat as a simmered dish like stew. Cuts like “Brisket,” with the appropriate proportions of marbling and lean meat, are the best way to enjoy the fine texture and tender meat. Tough cuts with little marbling, like “Shank” and “Neck” are also suited for use in dishes that are simmered for a long time. The meat becomes tender and the delicious flavor is drawn out of the meat for a deeply flavorful meal.



## Blanched beef

Quickly immersing the meat in hot water reduces fat for a different kind of delicious taste. Wagyu features the same tender texture and rich flavor even when fat is reduced.



## Ingredients

- 200g thinly sliced lean beef for *shabushabu* (Top Round)
- 1 slice of ginger
- Pinch of salt
- Sauce
  - 50ml soy sauce
  - 65ml orange juice
  - 1/2 teaspoon *sake* for cooking
  - 1 teaspoon vinegar
  - Wasabi* or horseradish

## Directions

1. Slice ginger. Mix sauce.
2. Boil a generous amount of hot water in a pot. Add the slice of ginger and a pinch of salt.
3. Pass one piece of beef at a time through the water in the pot in step 2. Place on a serving dish, add sauce and enjoy. Garnish with *wasabi* as desired.



## Boiled beef with green sauce

The Shank and Neck are recommended for stewed dishes. Because of the delicious taste of Wagyu, first taste the beef with no flavorings. Then, enjoy variations on the taste with sauces.

Shoulder Clod

Neck

Shank

Recommended cuts

Gooseneck Round

### Ingredients

600g whole cut of beef  
(Shank, Gooseneck Round)  
1 carrot  
1 onion  
1 stalk of celery  
1 bay leaf  
5-6 black peppercorns

**Green sauce**  
4-5 anchovies, 80g oil packed  
tuna, 5-6 cloves garlic, about  
15 stalks of Italian parsley,  
100ml olive oil, 1 ½ tablespoons  
red wine vinegar, pinch of salt  
and pepper

### Directions

1. Make the green sauce. Combine and finely mince Italian parsley and garlic. Combine anchovies and parsley until they are of a minced consistency. Mix all ingredients.
2. Tie the whole cut of beef to hold it together. Put beef in a pot with enough water to cover with the carrot, onion, thinly sliced celery, bay leaf, pepper and salt. Skim the scum while simmering on low heat for 2-4 hours.



## Shank simmered in soy sauce

Simmer with plenty of herbs for a moist and delicious dish. No need for a long simmer with high quality Wagyu. This dish is easy to make.

Neck

Shank

Recommended cuts

### Ingredients

1 kg whole cut shank  
10 cm leek  
3-4 thin slices of ginger  
100ml sake for cooking  
400ml soy sauce  
2 tablespoons of sugar

### Directions

1. Remove sinew from around the meat of the shank.
2. Put the shank, onion, and ginger into a pot and add enough water to cover.
3. Turn heat to high. When boiling, skim off scum and lower heat. Add sugar, soy sauce, sake and simmer for about 1 ½ hours. Remove from heat and cool.
4. Slice thinly and serve.