

# Grilled



## 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.

Recommended cuts



### 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.

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

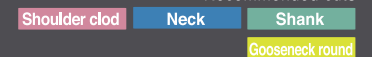


# Simmer

## 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.

Recommended cuts



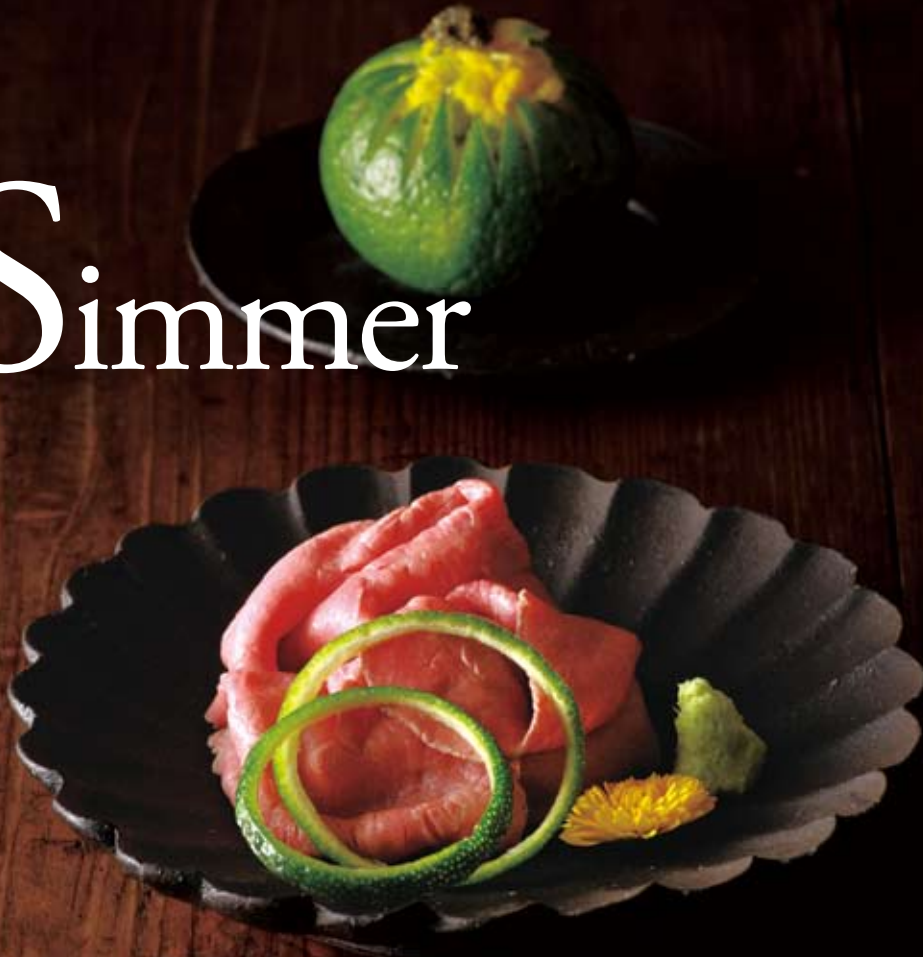
### Ingredients

- |   |                                    |
|---|------------------------------------|
| 600g whole cut of beef (Shank, gooseneck round) | Green sauce                        |
| 1 carrot  | 4-5 anchovies                      |
| 1 onion   | 80g oil packed tuna                |
| 1 stalk of celery                               | 5-6 cloves garlic                  |
| 1 bay leaf                                      | about 15 stalks of Italian parsley |
| 5-6 black peppercorns                           | 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.

# Simmer



## 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.

Recommended cuts

Top round D rump Knuckle

### Ingredients

200g thinly sliced lean beef for <i>shabushabu</i> (Top round)	Sauce
1 slice of ginger	50ml soy sauce
Pinch of salt	65ml orange juice
	1/2 teaspoon <i>sake</i> for cooking
	1 teaspoon vinegar
	<i>Wasabi</i> 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.

# Fried



## Fried Mango Rolls

The mild taste of Wagyu is more compatible with fruit than you'd ever imagine. Wagyu is tender when thinly sliced and that texture isn't lost even when paired with fruit.

Recommended cuts

Chuck roll Top round

### Ingredients

200g thinly sliced beef (Top round)	2 teaspoons soy sauce
1 fully ripe mango	Pinch of salt and pepper
Seasoning A	Corn starch
2 dried chili peppers,	Oil
2 teaspoons <i>Touchi</i> (if available),	Seasoning B
A pinch each of garlic, ginger and the white part of a leek	50ml soup, 2 teaspoons soy sauce, 1 teaspoon sugar,
1 tablespoon <i>sake</i> for cooking	1 teaspoon oyster sauce,
	1 teaspoon of potato starch with water, Sesame oil

### Directions

1. Crust the beef with *sake*, soy sauce, salt, a pinch of pepper and a pinch of cornstarch to season. Prepare seasoning A by finely chopping the ingredients.
2. Peel the mango, cut into 1 by 4cm rectangles and dredge in cornstarch.
3. Spread out the meat from step 2, top with the mango and roll tightly.
4. Dredge 3 in cornstarch, grasp in your hand and press lightly. Fry in 170°C oil.
5. Heat 1 tablespoon of oil in a pan and heat seasoning A while avoiding scorching. Add seasoning B. When the mixture has thickened, add rolls from step 4 and mix. When finished, add sesame oil.