**Italian Cuisine**

Italian cuisine that effectively uses the inherent flavor of beef can be further enhanced with Wagyu. Italian cuisine provides a wide range of uses for block meat in an extensive range of recipes.

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**Ragout of Beef**

**Recommended cuts**

- Beef brisket
- D Rump
- Shank

**Ingredients**

- 500g/1kg block beef
- 1/4 onion
- 1/4 carrot
- 1/2 stick celery
- 2tbs olive oil
- 500cc red wine

**Method**

1. Finely chop onion, carrot and celery.
2. Sauté onion, carrot and celery until soft.
3. Season beef with salt and pepper and coat with flour.
4. Place lard in frypan and cook beef over high heat until both sides are lightly browned.
5. Transfer beef to large pot and add vegetables from step 2. Add red wine and leave over high heat to burn off alcohol.
6. Peel and seed tomatoes and mash while adding to the pot together with the canned tomatoes. Add with water until ingredients are just covered.
7. Lightly season with salt and pepper and simmer gently for approximately 1 hour.
8. Season with salt and pepper to taste.

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**Beef Tagliata**

**Recommended cuts**

- 2 Rib short rib
- Short plate
- Top-round

**Ingredients**

- 100g/200g block beef
- 2 sprigs oregano
- 3 mushrooms
- 20g parmesan cheese
- Salt & pepper to taste

**Method**

1. Combine finely chopped rosemary and garlic in a bowl. Dress with olive oil, salt, pepper and balsamic vinegar and mix well.
2. Cut endives into bite size pieces, slice mushrooms and use a poacher or grater to slice parmesan cheese.
3. Season both sides of beef strongly with salt and pepper, heat olive oil in fry pan and lightly sear beef over high heat on both sides.
4. Remove beef from frypan and slice thinly.
5. Serve endives onto plates and top with sliced beef, parmesan cheese and mushrooms. Drizzle with dressing prepared in step 1.

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**Beef Red Wine Stew**

**Recommended cuts**

- Beef brisket
- 2 Rib short ribs
- Shank

**Ingredients**

- 400g block beef
- 1/2 onion
- 1/3 carrot
- 1 small stick celery
- 1 clove garlic
- A bay leaf
- 2 sprigs Italian parsley
- 1 sprig sage and rosemary
- Flour
- 400cc red wine
- 1 can tomatoes
- 2tbs olive oil
- Salt & pepper to taste
- Lard

**Method**

1. Cut beef into generous bite size pieces. Finely chop onion, carrot and celery and remove skin from garlic and cut into halves.
2. Heat olive oil in frypan and sauté onion, carrot and celery until soft.
3. Season beef with salt and pepper and coat with flour. Place lard in separate frypan and cook beef over high heat until browned on both sides.
4. Transfer beef to oven-proof pot and add sautéed vegetables from step 2. Add red wine and cook over high heat to burn off alcohol. Add ingredients from A and the can of tomatoes, bring to the boil and reduce to low heat.
5. Lightly season with salt and pepper and replace lid. Transfer pot to oven preheated to 200°C and bake for approximately 90 minutes.
6. Remove soup and reduce until slightly thickened. Serve meat on plates and top with thickened sauce.

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**Milan-style Cutlets**

**Recommended cuts**

- Chuck roll
- Shoulder clod
- Top-round

**Ingredients**

- 200g/85g beef steaks
- 100g flat bread crumbs
- 50g parmesan cheese
- 5g garlic
- 1/2 tsp Italian parsley
- 2 eggs
- Flour
- Salt and pepper to taste
- 200cc Olive oil
- Lemons

**Method**

1. Combine bread crumbs, finely chopped garlic, Italian parsley and grated parmesan cheese in a shallow tray bowl.
2. Wine beef in plastic and gently stretch out with a meat mallet, removing excess sinew and season with salt & pepper.
3. Combine egg with 1tbs of water.
4. Place flour, egg and combined bread crumbs from step 3 into separate trays/bowls. Coat individual beef steaks in flour, egg and bread crumbs (in that order).
5. Use back of knife to create a lattice pattern on steaks.
6. Heat olive oil in frypan and when bubbling, add steaks and cook over medium heat on both sides until golden brown.
7. Remove oil and serve onto plates with lemon slices.
8. Serve with salad if desired.