

Grilled

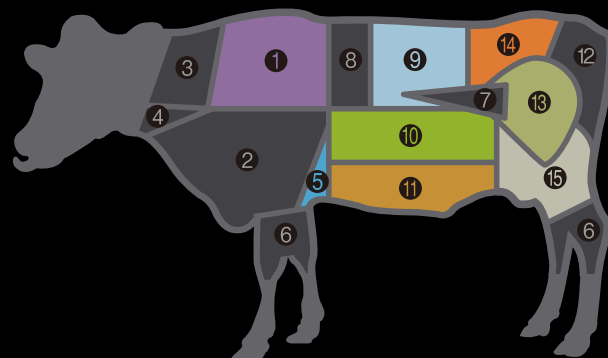
and Sautéed



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.

Recommended cuts

Chuck Roll	Fillet	Sirloin
		Top Round



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

- Heat a frying pan and brown the meat. Add salt and pepper to taste. Remove meat from the pan.
- 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.
- 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.
- 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 B |
| Seasoning A | 1 tablespoon sugar, |
| 1 tablespoon soy sauce, | 2 tablespoons soy sauce, |
| 1 tablespoon sake for cooking, | 1/2 teaspoon salt |
| 2 teaspoons potato starch | 2 teaspoons potato starch mixed |
| 1/2 leek | with 2 tablespoons water |
| 1 knob ginger | 1 teaspoon sesame oil |
| 1 clove garlic | Salad oil |
| 100g simmered bamboo shoot | |
| 200g spinach | |

Directions

- Cut beef into bite sized pieces and mix with seasoning A.
- 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.
- Add 2 tablespoons of oil to the frying pan, sauté the beef until it is whitish in color then remove.
- 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.
- 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.