

Japanese **WAGYU** Beef

*Recipe Inspiration Book*



Japan Livestock Products Export Promotion Council

# Discover Detailed Japanese Wagyu Beef Information on Your Smartphone



Japanese Wagyu quality assurance information is now available via QR code on your smartphone.

Only in Japan are Wagyu cattle registered through a traceability system, allowing you to check the certified status of individual heads of Wagyu, from wherever you are.

Try Sample Code

## Individual ID Number

Japanese Wagyu Beef Safety Based on Traceability System



Farm A Birth



Farm B Breeding / Fattening

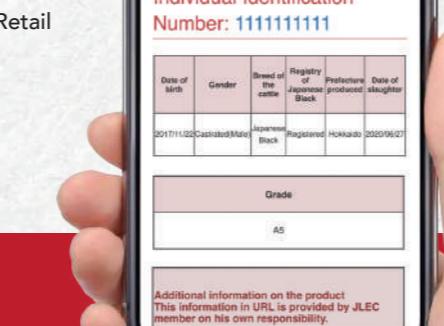
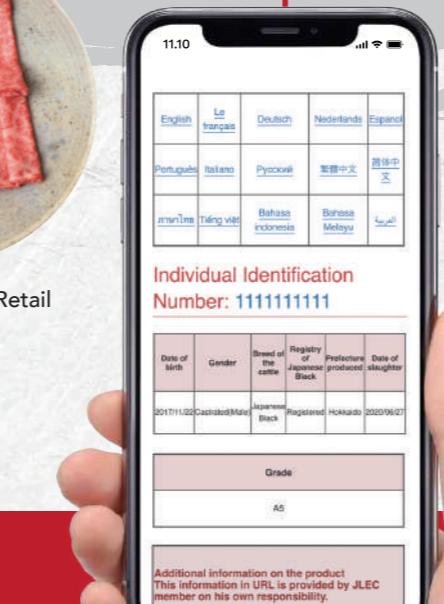


Click!

Easily review a variety of Japanese Wagyu topics, in 15 languages.

Discover:

- Wagyu facts and special features
- Wagyu recipes and at-home menu suggestions
- Restaurants and retail for Japanese Wagyu



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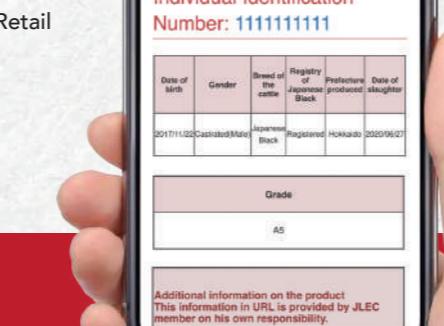
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## Special Feature

Andrew Zimmern

# “In the presence of something holy”

Andrew Zimmern is an Emmy and four-time James Beard Award winning TV personality, chef, writer, teacher and social justice advocate. Andrew has devoted his life to exploring and promoting cultural acceptance, tolerance and understanding through food. Andrew is a proven thought leader in the culinary space and he is passionate about his philanthropic endeavors, as comfortable serving on a non-profit board of directors as he is in the kitchen.



Food is life changing, and Japanese Wagyu is one of the most compelling foods I know.

As you get into exploring different cuts of beef from Japanese Wagyu cattle, you'll really develop a keener appreciation for every aspect of beef eating. I love eating the rich, intense beef of Japanese Wagyu. The flavor is second to none, and the texture is absolutely sublime.

When I'm talking to people, I always joke around that the expression of beefy flavor and texture in Japanese Wagyu is what all meat aspires to be. It's a real privilege to be able to work with this product.

I first tasted Japanese Wagyu the first time I ever went to Japan, almost three decades ago, and I was absolutely blown away by it. The experience made me feel like I was

in the presence of something holy. I had never tasted beef with the level of kind of deep, earthy flavor and minerality that really good Japanese Wagyu has, not to mention the mouthfeel, elegance and sheer expression of marbling. It is truly second to none, and my toes curled. I thought I was in the presence of a higher power, truly!

Over the course of the last 30 years, we've seen more and more Japanese Wagyu pop up on menus all over America, which is a fantastic opportunity for people who love beef to sample it. It's available many different ways, in a wide range of venues, and it truly is the best beef in the world.

For this recipe book, I was honored to create two different beef preparations using two different cuts of Wagyu with just one pan. Simple, easy, elegant and respectful—the great traditions of Japanese Wagyu cuisine shining through the prism of an American chef.



## Reverse Seared Wagyu with Mustard-Miso Sauce

Trimmed Wagyu .....	1lb	Rice wine vinegar .....	1/2 cup
tenderloin or sirloin			(or more to taste)
<i>Mustard-Miso Sauce</i>			
Egg yolks.....	3 pc	Dashi no Moto.....	1/2 tsp
Blond miso paste .....	1 cup	S&B mustard powder.....	4 tbsp
Sugar.....	1/2 cups	Soy sauce .....	1 tbsp
		Sake.....	1/4 cup



## Wagyu Tataki

Ponzu Sauce	Wagyu
Naturally brewed .....	6 tbsp
aged soy sauce	Trimmed and squared..... 1 lb
Rice wine vinegar .....	Wagyu sirloin or tenderloin
2 tbsp	Salt, Pepper, Sesame seeds ... (to taste)
Lemon juice.....	Peanut oil..... 1 tsp
1 tbsp	Sesame oil .....
Kombu.....	1 tsp
Two 1-inch	Hot chile sesame oil .....
square pieces	1 tsp
Fresh ginger .....	(or more to taste)
a few small slices	Scallions..... 2 pc
Katsuo ito kezuri.....	Thinly sliced chives, for garnish
1 tbsp	(shaved dried, smoked
or katsubushi	bonito or skipjack tuna flakes)

## Reverse Seared Wagyu

Season the beef with sea salt. Place skillet on a cold burner. Using a low heat setting, turning several times every 30 seconds or so, for about 8–10 minutes to warm the beef all the way through. Raise burner to highest setting and sear the beef for 30 seconds or so on each side to develop a deep brown crust.

## Mustard-Miso Sauce

Combine all ingredients in a metal work bowl. Set bowl over water that is lightly simmering, and whisk slowly, scraping down the sides until eggs have set and sauce has tightened.

Reserve. Leftover sauce can be reheated or used cold, it's delicious on everything.

## The Greens

Make sure your greens are very dry if you wash them. Preheat a wide sauté pan over high heat. Hard sear a few big bowls of mixed greens, over very high heat in batches. You can use mustard greens, spice cress, shiso leaves, turnip greens, beet greens, baby kale, any and all in combination or on their own, with a bit of peanut oil, sea salt and a few pinches of chile flake. Toss until just wilted, it shouldn't take long at all.

## Assembly

Let rest for 10 minutes and serve sliced on plates perched against a small bundle of the greens and over a small puddle of the sauce.

## Ponzu Sauce

Combine the ponzu ingredients in a mixing bowl. Place in the fridge for 24 hours. Strain before serving.

## Wagyu Tataki

Allow Wagyu to come to room temperature, about 30 minutes. Season the beef on all sides with salt, pepper and a sprinkle of sesame seeds. Place a cast iron or heavy sauté pan over medium heat for 5 minutes. Add the peanut oil. Place the beef in the pan and raise heat immediately to high. Hard sear for a brief period, no more than a minute per side to create a deep brown crust, making sure to keep the center cool/rare. Let meat rest for a few minutes. Slice thin and arrange on a large platter with a drizzle of ponzu sauce. Slice the scallions paper thin, sprinkle on the beef along with the sesame oil and hot chile sesame oil. Season with salt and garnish with additional sesame seeds and chives. Serve, passing more ponzu at the table. Or you can plate individually and serve the ponzu on the side for dipping.

# THE WAGYU

*Recipe Inspiration Book*

by 20 chefs

Featuring ten chefs in  
New York City and  
10 chefs in California

*Presented by:*  
Japan Livestock Products  
Export Promotion Council



When Japanese Wagyu beef first hit the international market, it was mostly known for one popular variety. Today, consumers and chefs should know that Wagyu refers to beef with a unique pedigree raised across Japan with ultimate care.

The defining trait of Wagyu is its resplendent fatty marbling, but each local brand has unique characteristics that are exciting to explore, with different chemical compositions and flavor profiles.

Wagyu can be grilled, broiled, fried, slow cooked with sous vide, reverse seared, prepared rare or sliced thin for hot pot dishes like shabu-shabu or sukiyaki. The only limit is your imagination!

This Wagyu recipe inspiration book features different chefs with profoundly different approaches to Wagyu beef. We hope it gives you fresh ideas that could start the next Wagyu sensation!

## Made for Culinary Creativity

Wagyu beef has different applications depending on the cut or parts used. Many consumers and chefs may opt for the highest grade Wagyu by default, but more uncommon and affordable cuts of Wagyu also have unique potential.

This recipe book details a number of these options, including zabuton, literally “cushion,” or the bottom part of the chuck roll, and rich and decadent Wagyu tallow, perfect for dipping bread or creating an oil-based dish.

The luscious quality of Wagyu speaks for itself, and the traditional Japanese preparation—seared rare on a teppan (plancha) with wasabi and sea salt—allows the beef to take center stage. Dishes like Wagyu tataki and tartare take a similar approach that lets the product shine.

But that doesn’t mean it can’t be dressed up—or pared down—and incorporated into creative recipes: tossed with fragrant spices and skewered, heaped onto a mouth-watering cheesesteak, brined into Wagyu pastrami, featured in classic Italian or French dishes, made into fondue, or blended in as Wagyu tallow for an upper-echelon chocolate cake.



## Flavor at the Forefront

While other cuts of beef may pair well with rich flavors, Wagyu’s inherent unctuous, fatty depth benefits from elements that complement it—acidic, bitter or fragrant embellishments that give contrast to Wagyu’s natural richness.

It doesn’t pair as well with rich, heavy sauces or accompaniments. If you’re still learning about Wagyu, simple seasoning may allow you to understand its real flavor more effectively.

It’s also important to know that Wagyu’s intense layers of marbled intramuscular fat melt easily, even at room temperature. It’s best left cool until approximately 15–30 minutes before cooking, and when touched by hand, it should be in a cool environment with a pair of gloves.

When cooking Wagyu, its natural aroma will release when heated to approximately 175°F (80°C). Many say this unique aroma is reminiscent of coconut or peaches.

## Peak Quality, Certified Pedigree

Wagyu shines on its own—rarely does it need extra fat or oil. The luxurious mouthfeel and umami richness of Japanese Wagyu beef is made possible through rearing and fattening stages at the farm that impart unique flavor.

Wagyu cattle could be considered lucky—they enjoy an extremely rich diet that promotes intramuscular fat high in oleic acid and omega fatty acids, partially responsible for their trademark marbling and intense flavor.

The Japan Livestock Products Export Promotion Council has collaborated with official organizations to create the universal Wagyu mark, which signifies genuine, purebred Wagyu beef.

In a world where imitations and cross-breed Wagyu are prevalent, it’s critical to know that your product comes from certified Wagyu cattle. In Japan, this pedigree information is available through a system that goes back over 100 years.

We hope you get inspired and show the world what Japanese Wagyu can do!



### chef Andrew Pastore

Chef Andrew Pastore has worked in various capacities over his thirty year career, including stops at top New York and L.A. restaurants along the way. Born in Brooklyn, NY, Chef Pastore embarked upon the culinary industry at the early age of fourteen, and has turned his many years of experience into winning restaurant concepts and dynamic menus.

### 📍 Meat on Ocean

1501 Ocean Ave.  
Santa Monica, California 90401

📷 @meatoncean

## WAGYU TWO WAYS:

### TARTARE

*with yuzu avocado mousse*

### SEARED TATAKI

*with butternut squash and garlic chips*

by Andrew Pastore

Dark and light. Hot and cold. As chefs, we perceive the changing of the seasons and adjust flavors accordingly. Wagyu speaks for itself, and we've kept this recipe simple to reflect that.

### INGREDIENTS (serves 4)

Wagyu Cut:

Ribeye

Wagyu Tartare with Yuzu Avocado	Seared Wagyu Tataki
Wagyu tartare ..... 4 oz	Wagyu Ribeye ..... 6 oz
Yuzu avocado mousse ..... 3 oz	Butternut squash puree
Quail egg yolk	Garlic chips
Sesame crisps	Pickled peppers
Daikon sprouts	Thai Basil

### PREPARATION

#### • Wagyu Tartare with Yuzu Avocado

1. Spread 3 oz of yuzu avocado mousse on the left side of the board.
2. Sprinkle mousse with togarashi.
3. Place a metal ring over the mousse and pack with Wagyu tartare mixture.
4. Garnish tartare with quail yolk and daikon sprouts.
5. Plate sesame crisps fanned out next to tartare.
6. Serve immediately.

#### • Seared Wagyu Tataki

1. Prepare butternut squash puree, heat and reserve. Sprinkle mousse with togarashi.
2. Season Wagyu with salt and togarashi, and sear.
3. Spread puree at the base of the board in a thin line.
4. Plate sliced Wagyu on top of puree.
5. Garnish sporadically with garlic chips, peppers and Thai basil.

### Thoughts On Wagyu

Wagyu should be kept cold during preparation because the fat melts easily. Marbling refers to the intramuscular fat that melts in your mouth—the texture you're looking for. You want the Wagyu to take center stage without overkill, so preparation should be minimalist.



QR code for chef interview and cooking instructions on YouTube



### chef Danielle Duran-Zecca

Chef Danielle Duran-Zecca is a California-born culinary master, graduating with honors from California's Le Cordon Bleu School of Culinary Arts where she focused on classic French cuisine. While cooking in New York, Chef Danielle won first place in the Food Network's cooking show, "Kitchen Casino." Her style of cooking is "New Age Italian" which subtly combines the Mexican food influences of her heritage, with a dash of that unique California approach to food.

 @chefddz

### Amiga Amore

5137 York Blvd  
Los Angeles, CA 90042

 @amigaamorela

## SEARED TENDERLOIN TATAKI

*served on salt rock with Calabrian Chili Oil and Giardiniera*

by Danielle Duran-Zecca

Our love of food is sincere, and there is no greater love! This dish uses Wagyu tenderloin, which is the best for being eaten seared, or nearly raw, in a unique and fun Mex-Italian preparation.

### INGREDIENTS (serves 4)

Wagyu Cut: Tenderloin

House-made Tajin	Calabrian chili oil	Fresno chilies.....
Guajillo peppers (dried)..... 4 pc	Grapeseed oil..... 1 cup	Rice vinegar .....
California peppers (dried)..... 4 pc	Calabrian chilis (ground) ..... 1 tbsp	Sugar ..... 4 oz
Ancho peppers (dried)..... 2 pc	Giardiniera	Salt..... 1 oz
Salt ..... 1 tbsp	Carrots..... 1 cup	Chili flakes ..... 1 pinch
Sugar ..... 1 tsp	Cauliflower..... 1 cup	
True lime powder ..... 1 tbsp	Watermelon radish ..... 1 cup	

### PREPARATION

1. De-stem chilies and grind in a food processor. Once powdered, transfer to a bowl and mix with other ingredients. Place on a sheet tray and hold.
2. Shave the vegetables with a mandolin into a large container. Add vinegar, sugar, salt and chili flakes to a pot and bring to a boil. Pour hot liquid over shaved vegetables, and let sit at room temperature for approx. one hour.
3. Place oil and Calabrian chilis in a blender and blend for two minutes on high speed. Strain and put aside.
4. Spread house-made tajin powder mix across a sheet tray and delicately roll the tenderloin to coat. Heat oil in a pan and quickly sear meat on all sides, ensuring that a crust has formed.
5. Let meat rest before slicing.
6. Place pickled vegetables onto a salt rock slab, slice Wagyu very thin and plate it. Warm up chili oil and drizzle over Wagyu.
7. Enjoy!

### Thoughts On Wagyu

*When I first tasted Wagyu I was blown away—the unctuous bites that melted in my mouth.*

*After learning about the love Japanese farmers put into production, I was further impressed by the sheer appreciation that goes into the lives of Wagyu cattle. I've been a fan ever since.*



QR code for chef interview and cooking instructions on YouTube



### chef **Dean Yasharian**

Chef Dean Yasharian's work ethic and passion for food emerged from his upbringing on a farm in upstate New York and has continued throughout his 20-year culinary career. He has trained in the U.S. and Europe under world-renowned chefs, and honed his skills in Michelin-starred restaurants. Chef Yasharian is also a former winner of Food Network's cooking competition "Chopped."

### 📍 **Perle Restaurant**

43 E Union St.  
Pasadena, California 91103

Instagram: [@perle\\_restaurant](https://www.instagram.com/@perle_restaurant)

## ROASTED WAGYU CULOTTE (SIRLOIN CAP)

*with braised red cabbage, celery root and confit shallots*

by **Dean Yasharian**

Make it happen, no matter what. This recipe uses top sirloin cap Wagyu, which has so much more marbling than the same cut of American beef. Combined with the accompaniments, this dish comes together as greater parts to a whole.

### INGREDIENTS (serves 4)

Wagyu Cut: Culotte (Sirloin Cap)

#### For Wagyu

Wagyu culotte (sirloin cap) ..... 6-8 oz  
Pierre Poivre ..... 1 tsp  
peppercorn spice blend  
or cracked pepper  
Salt ..... to taste  
Blended olive oil ..... 2 tbsp  
(or high heat oil)  
Salted Butter ..... 2 tbsp  
Fresh thyme ..... 5-6 sprigs  
Garlic (crushed) ..... 2 cloves  
Beef demi glacé ..... 2 tbsp

#### Braised Shallots and Red Cabbage

Red Cabbage, finely shredded .....  
shallots, sliced ..... 1 tsp  
bay leaf ..... sage .....  
juniper berries ..... green peppercorns, .....  
canned ..... red wine vinegar .....  
pomegranate molasses ..... brown sugar .....  
· red wine

#### Celery Root Purée

Large celery root ..... heavy cream .....  
brown butter ..... water or chicken stock .....  
butter ..... thyme ..... garlic ..... blended olive .....  
oil (or high heat oil)

#### Baked Shallots

Shallots ..... thyme ..... garlic ..... Extra virgin .....  
olive oil ..... balsamic vinegar ..... salt and .....  
pepper to taste

#### Crispy Shallots

Shallots (thinly sliced) ..... milk .....  
all-purpose flour ..... salt and pepper .....  
to taste

\*Please see video for further detail.

### PREPARATION

- Braised Red Cabbage:* Cook the sugar, red wine vinegar and pomegranate molasses down in a large sautépan to a thin syrup (do not reduce too much). Add the shallots and red cabbage and steep for about 15–20 minutes. Next, add the red wine, juniper berries, sage and green peppercorns and simmer over low heat until the cabbage is tender and the red wine has reduced to a syrupy consistency. Season with salt and pepper to taste.
- Celery Root Pieces and Purée:* Fill a pan halfway with water, add white part of the celery, butter, thyme, crushed garlic, salt and pepper to taste. When tender, drain and store. For the purée, place the celery root in a sauce pot and add the cream, salt and pepper. Simmer until tender and water is reduced by half. Place in a blender with the browned butter and blend until smooth.
- Baked shallots:* Mix shallots, olive oil, balsamic vinegar, garlic, thyme, salt and pepper together and place onto an aluminum foil-lined tray. Fold the foil to prevent air leakage and create a small baking dish for the aroma to permeate. Bake in the oven at 325°F for 30 minutes, or until the shallots are tender. Remove shallots from foil, peel, season with salt and pepper, and sauté until caramelized.
- Crispy shallot onion rings:* Slice the shallots into rings and soak them in milk for at least two hours. Remove from milk and dry well. Dust with flour and fry until crispy and golden brown, season with salt and pepper.
- Wagyu Culotte:* Season the Wagyu with salt and pepper. Heat the oil in a frying pan over medium heat and sear well on all sides until caramelized. Reduce heat, add butter, thyme and garlic, and sauté over low heat. Remove from pan, let rest for 5–10 minutes, and slice when ready to plate.

### Thoughts On Wagyu

*Growing up on a beef farm, my first experience with Wagyu was life changing. I'd never seen beef with so much marbling. The taste is like none other, and the melting, marbled texture is supremely tender and juicy.*



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### chef Dominique Crisp

Chef Dominique Crisp is one of LA's rising culinary stars and his talent in the kitchen started at the early age of fifteen. He developed his cooking prowess in France and Oregon before landing in LA and diners have been following his bold approach to locally sourced foods ever since. Chef Crisp is equally keen on the art of hospitality and his dining rooms exude guest-focused relationships.

 @domcrisp

### Saso

37 South El Molino Ave.  
Pasadena, California 91101

 @sasobistro

## CHARCOAL GRILLED CURRIED WAGYU SKEWERS

*using denver steak, zabuton, ichibo fillet or strip*

by Dominique Crisp

Vamanos! Keep it moving, and keep it real. This recipe features Wagyu on a skewer, inspiring others to get creative and continue working with this incredible ingredient.

### INGREDIENTS (serves 4)

Wagyu Cut: **Denver steak, Zabuton, Ichibo fillet or strip**

Wagyu beef.....	4 oz	Kosher salt .....	½ tsp
Wagyu tallow .....	2 cups	Fresh ground black pepper .....	½ tsp
Japanese curry powder.....	1 tsp		

### PREPARATION

1. Get your grill ripping hot. In a small cast iron container or stainless-steel cylinder, bring Wagyu fat to high heat.
2. Cut Wagyu into small, uniform 1/2 inch chunks and slide onto skewers. Don't load it up like a kebab—these skewers should be dainty, about one oz. of meat per skewer.
3. Salt the Wagyu and char it on the grill. We are just looking for some color, not fully cooking it.
4. Once color is achieved, plunge carefully into the hot Wagyu fat and let fry for about one minute.
5. Remove from fat, knock any extra oil off then hit with black pepper, salt and curry powder.
6. Eat hot and enjoy!

### Thoughts On Wagyu

Wagyu is the most fatty, unctuous meat on the planet. Caramelizing this fat and enhancing the juicy, tantalizing depth of flavor of the meat is crucial. Wagyu encompasses many Japanese brands from different farms, and the differences between the cattle makes cooking with it really exciting.



QR code for chef interview and cooking instructions on YouTube



### chef Michael Cimarusti

Executive Chef & Restaurateur Michael Cimarusti, winner of the 2019 James Beard 'Best Chef: West' award, combines his knowledge and appreciation of the dynamic nature of seafood with an advocacy for sustainable fishing practices evident in every dish. Wagyu beef is also a staple on his menu. Chef Cimarusti graduated with honors from the Culinary Institute of America and worked closely with a number of award winning chefs before collecting his own industry accolades, including two highly coveted Michelin stars.

 [@cimarustila](https://www.instagram.com/cimarustila)

### Providence

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Los Angeles, California 90038

 [@providencela](https://www.instagram.com/providencela)

## GRILLED WAGYU

*with sweet potato, chidori kale and aged vinegar*

by Michael Cimarusti

Sustainability exemplified through Wagyu beef that is traceable down to every last head of cattle. This recipe brings together warm and comforting flavors and creates harmony with Japanese Wagyu.

### INGREDIENTS (serves 4)

Wagyu Cut: **Striploin**

Wagyu Strip-Steak ..... 20 oz (well-trimmed 1" thick)	Garlic cloves	Sea salt
Thyme ..... 2 sprigs	Thyme	Fresh cracked black pepper
Small Japanese sweet ..... about 4 pc potatoes (2oz. each)	Bay leaf	1 pc
Chidori Kale, ..... 4 oz stems removed and washed	Aged Balsamic Vinegar	1 oz
	Wagyu fat approx.	3 oz

### PREPARATION

1. Remove most of the fat from the Wagyu. Cook the fat in a saucepan over low heat until it begins to brown and eventually becomes crispy. Chop into small pieces used to garnish the dish.
2. Preheat the oven to 350°F and light a charcoal fire. Poke holes in the sweet potatoes, rub with Wagyu fat and season with sea salt. Place them in an aluminum pouch with thyme, bay leaves and garlic, and bake for about 40 minutes, until the potatoes are cooked through and tender. Let the potatoes cool, cut in half and season with salt. Reserve the garlic for serving. Rinse the kale under cold water, remove the tough stems, pat dry and place in a bowl to season.
3. Remove Wagyu from the refrigerator one hour before cooking. Season both sides well with sea salt and freshly ground black pepper. Grill, flipping as needed to prevent flare-ups. Once you've reached desired temperature, remove and rest on a rack for at least five minutes.
4. Caramelize both sides of the roasted sweet potatoes in a skillet, lightly brushing with Wagyu fat to keep them moist. Season the kale leaves with sea salt and freshly ground pepper and sauté in a hot skillet with Wagyu fat and a clove or two of roasted garlic until wilted. When the potatoes are nicely browned, remove from the grill, brush with more Wagyu fat and season with sea salt.
5. Before serving, return the Wagyu to the grill briefly to reheat before removing to slice. Plate the wagyu with the roasted sweet potatoes, roasted garlic and wilted kale. Put the remaining Wagyu fat in a small bowl, add aged vinegar and whisk together to make a vinaigrette. Distribute the vinaigrette around the plate and drizzle over the Wagyu.

### Thoughts On Wagyu

*Growing up in an Italian household, my first Wagyu was truly magical. It remains the definition of pleasure for me—the very finest beef in the world.*



QR code for chef interview and cooking instructions on YouTube



### chef Steve Brown

Chef Steve Brown is an award winning Southern California culinary rock star who has embraced and elevated the art of Wagyu cooking over the past six years with his private dinners, live events and specialty retail showcases. Entering the business during his teens and working his way through the kitchens of a number of great restaurants and culinary school, Chef Brown's passion and knowledge of his craft is recognized by peers and diners, alike.

 [@chefstevebrown](https://www.instagram.com/chefstevebrown)

### Swagyu Chop Shop by Cosecha

1002 Palm Ave.  
Imperial Beach, California 91932

 [@swagyuchopshop](https://www.instagram.com/swagyuchopshop)

## WAGYU FAT BROWNIE CHOCOLATE MOUSSE CAKE

by Steve Brown

The best, not the rest. Wagyu beef elevates any dining experience to new levels. This dessert recipe utilizes Wagyu fat, which is just as expensive and valuable as the meat, in line with our zero waste program.

### INGREDIENTS (serves 4)

Wagyu Cut: 

<i>Wagyu Brownie</i>	<i>Baking powder.....</i>	<i>½ tsp</i>	<i>Ganache</i>
<i>Wagyu fat .....</i>	<i>Powder gelatin .....</i>	<i>1 tsp (3 sheets)</i>	<i>Semisweet chocolate · Cream</i>
<i>White sugar .....</i>	<i>Chocolate mousse</i>		<i>Marshmallow</i>
<i>Eggs.....</i>	<i>Gelatin sheets.....</i>	<i>4.25</i>	<i>Sugar · Egg whites · Cream of tartar</i>
<i>Vanilla extract.....</i>	<i>Water to bloom gelatin</i>		<i>Peanut Butter Powder</i>
<i>Unsweetened cocoa powder.....</i>	<i>Dark chocolate.....</i>	<i>11 oz</i>	<i>Creamy peanut butter · Maltodextrin</i>
<i>All-purpose flour .....</i>	<i>Granulated sugar .....</i>	<i>3.5 tbsp</i>	
<i>Salt.....</i>	<i>Cold heavy cream .....</i>	<i>3 cups</i>	

\*Please see video for further details.

### PREPARATION

- Wagyu Brownie.* Mix egg and sugar by hand in a mixing bowl, gently adding melted Wagyu fat and vanilla. Sift all dry ingredients and fold into wet mixture. Bake at 350°F in a sprayed springform pan.
- Chocolate mousse.* Combine one cup cream in a pot with bloomed gel. Pour hot gel cream over chocolate and sugar mix. Whip two cups of cream to soft peaks and fold into chocolate mix.
- Ganache.* Scald the cream in a small pot, pour over the chocolate chip and mix until smooth.
- Build Your Cake.* Once the brownie has cooled pour in the chocolate mousse, stopping one inch from top of the pan. Place in the freezer to set. Once set, add chocolate ganache to cover the mousse and set in the fridge (or freezer to set faster). Cut mousse cake with a hot knife.
- Marshmallow.* Fill a medium sauce pot halfway with water and bring to a boil. Add sugar and egg whites to a medium mixing bowl. Mix well with a whisk and turn boiling water down to low heat. Place the bowl over the water and whisk vigorously until the egg white syrup reaches 110°F. Add mixture to a stand mixer with whip attachment and whip on high. Add 1/4 tsp of cream of tartar once you reach soft peaks and continue to whip to medium peaks. Transfer to a container with a lid and cool.
- Peanut Butter Powder.* Place peanut butter and maltodextrin in a food processor and turn on high to create peanut butter powder.

### Thoughts On Wagyu

Wagyu shines on its own—it should always go into a dry pan without additional oil. In homage to Wagyu fat, we also serve a Wagyu tallow candle as the 6th course on our Wagyu tasting menu. As it melts into the koji vinegar at the bottom, it makes for an ultra decadent bread dip.



QR code for chef interview and cooking instructions on YouTube



## WAGYU AND BRASSICAS FONDUE

by David Barzelay

Nostalgia, in the wild. Lazy Bear is built around a fine dining dinner party. This recipe is a Wagyu beef fondue, which showcases how delicious Wagyu can be at all different temperatures.

### INGREDIENTS (serves 4)

Wagyu Cut: Ribeye

Aged Cheddar and Wagyu Fondue	Liquid shio koji or white soy sauce ..... $\frac{1}{2}$ cup	Heavy cream ..... 2 $\frac{1}{2}$ cups
Fatty trim of wagyu beef..... $\frac{1}{2}$ cup	Sherry vinegar..... 2 $\frac{1}{2}$ tbsp	Aged cheddar..... $\frac{2}{3}$ lb (grated)
Garlic cloves, sliced ..... 2 ct	Salt ..... 1 tsp	
Red wine..... $\frac{1}{2}$ cup	Yukon gold potatoes ..... 1 $\frac{1}{2}$ lb (peeled and sliced)	

### PREPARATION

- Trim excess fat from the Wagyu, especially from the fat cap. Roughly dice the fat and reserve for fondue.
- Season both sides of the Wagyu with salt and pepper just before searing. For a one inch-thick ribeye, sear at very high heat for about 1.5 minutes on each side, then transfer to a low-heat (250°F) oven and cook for two to three minutes. (For this recipe, an internal temperature of 120°F will keep the meat rare.) Remove from the oven and transfer to a plate at room temperature. Let the steak rest for about 10 minutes, then slice it and sprinkle with salt.
- Render the fat down about six to eight minutes. Turn off the heat to let the fat cool for a moment, so the garlic doesn't burn when added. Return heat to low and lightly fry garlic, without developing color. Next, add all ingredients except the cheddar cheese. Bring to a boil and cook, covered, over low heat until the potatoes are very tender, about 20–30 minutes.
- Transfer everything to a blender and purée until smooth. Add potato cream to the pot, but don't wash the blender jar. Bring potato cream to a full boil, stirring constantly on the bottom of the pan to prevent scorching.
- In the meantime, add grated cheese to the blender jar. Use the best, sharpest cheddar you can find.
- When the potato cream is at full boil, pour it back into the blender jar over the cheese and blend to emulsify. Taste and adjust salt. If it is too thick, dilute with a little water. Keep warm until ready to serve, or let cool and reheat in the microwave or saucepan.

### Thoughts On Wagyu

*Don't stress the beef. Wagyu is a delicious product, and the sky's the limit in terms of creativity. Have fun with it and enjoy yourself!*



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### chef David Barzelay

Chef David Barzelay practiced law prior to becoming a chef and creating one of the most sought after pop-up dining series in San Francisco. Once becoming a permanent location, Chef Barzelay's restaurant was awarded two Michelin Stars and he was named a Best New Chef by Food & Wine Magazine.

@davidbarzelay

### Lazy Bear

3416 19th Street  
San Francisco, California 94110

@lazybearsf



### chef Dustin Falcon

Chef Dustin Falcon's exquisite cuisine is rooted in sound classical Italian and French Techniques with a modern yet simplistic approach to the bounty of Northern California. He has mastered the highly coveted meats supplied to him by neighboring Wagyu butcher and legend, Guy Crims. 'Guy the Butcher' has traveled extensively throughout Japan to bring the very best Wagyu examples to his loyal customers.

 [@chefdustinfalcon](https://www.instagram.com/chefdustinfalcon)

### Niku Steakhouse

57 Division Street  
San Francisco, California 94103

 [@nikusteakhouse](https://www.instagram.com/nikusteakhouse)  [@guythebutcher](https://www.instagram.com/guythebutcher)

## WAGYU PASTRAMI

by Dustin Falcon

Refining our craft, with a focus on the product. Wagyu demands respect due to its quality, and focusing on the cut used to increase yield is crucial in creating this Wagyu pastrami.

### INGREDIENTS (serves 4)

Wagyu Cut: Whole Wagyu Brisket

<i>Pastrami Brine for a 4# brisket</i>	Brown sugar ..... ½ cup	Coriander seeds ..... 2 tbsp	Whole cloves ..... 2 tbsp
Water ..... 1 gallon	Honey ..... ¼ cup	Crushed red pepper ..... 2 tbsp	Ground ginger ..... 1 tbsp
Kosher salt ..... 1 ½ cup	Garlic, chopped ..... 5 each	Allspice berries ..... 2 tbsp	
Sugar ..... 1 cup	<i>Pickling Spice</i>	Ground mace ..... 1 tbsp	
TCM ..... 1 ½ oz	Black peppercorns ..... 2 tbsp	Cinnamon sticks, crushed ..... 2 each	
Pastrami pickling spice ..... 3 tbsp	Mustard seeds ..... 2 tbsp	Bay leaves, crumbled ..... 24 pc	

### PREPARATION

1. For the brine, place all ingredients in a pot and bring to a boil while whisking. Let cool to room temp and submerge brisket in brine.
2. For the pastrami spice, combine all ingredients and mix well.
3. Brine brisket for seven days, flipping daily and making sure it stays submerged in the brine.
4. After seven days, remove brisket from brine and rinse well. Coat with black pepper and coriander and smoke at 165°F for four hours.
5. Place brisket into a pan on a roasting rack and pour 1" water with some of the pickling spice into the pan.
6. Wrap tightly and cook in a 300°F oven for 4-5 hours until the internal temperature reaches 195°F.
7. Let pastrami cool to room temp in pan before refrigerating.
8. Slice Wagyu pastrami thinly and serve with marinated cabbage and toasted rye bread.

### Thoughts On Wagyu

*My first bite of Wagyu, I knew how special it was. Today, our restaurant focuses on this unforgettable delicious culinary experience, emphasizing off-cuts that pay homage to each individual head of Wagyu cattle raised with care.*



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### chef Marc Zimmerman

Chef Marc Zimmerman has served as executive chef and has opened numerous celebrated West Coast restaurants. Chef Zimmerman leveraged his extensive knowledge, passion and relationships in Japan to create one of the best whole animal Wagyu programs in the country.

 @chef\_zimmerman

### GOZU

201 Spear Street  
San Francisco, California 94105

 @gozu.sf

## CHARCOAL-SEARED WAGYU “SUGO” KUZU DUMPLING, chanterelle mushroom, aerated potato and crispy mustard

by Marc Zimmerman

Respect—for our people, our ingredients and whole animals. This dish pushes the envelope for maximum flavor and umami impact in an elevated presentation that respects the ingredients used.

### INGREDIENTS (serves 4)

Wagyu Cut: Shoulder or chuck roll

Wagyu.....2 slices (18 g total)	Beef dashi.....30 g	Melted Wagyu tallow (for brushing)	Crispy Mustard Leaves Washed trimmed mustard leaves- grapeseed oil
Winter Sugo	Mushroom tamari .....to taste	Dried maple leaves .....1 handful	Roasted Potato Foam Fingerling potatoes-Straus butter- potato water-milk-salt
Kosher salt .....to taste	Kuzu dumplings.....40 g	Spruce powder (for dusting)	
Black pepper .....to taste	Crispy mustard .....5 leaves		
Tomato paste .....5 g	Mustard flowers.....20 flowers		
Diced butter .....20 g	Raw chanterelles .....60 g (cleaned and shredded)	Roasted potato foam .....1 pt	
		Beef Dashi Beef broth-dashi kombu-fresh grated katsuobushi	

\*Please see video for further detail.

### PREPARATION

- Winter Sugo:* Season dashi with tamari to taste and put in a small pot with butter and tomato paste. Bring to a bare simmer. Whisk to emulsify butter. The sauce should be thick. Season with salt and pepper. Place dumplings in sauce, allow to simmer until dumplings become translucent. Set aside on low heat. Lightly brush a mesh grill pan with Wagyu tallow and grill chanterelles over bincho tan charcoal. Add maple leaves to fire for smoke. Season with salt and pepper.
- Wagyu:* On a small transfer tray, brush tallow onto sliced beef and season with salt and pepper. Lightly sear both sides of beef over glowing hot bincho tan.
- Beef Dashi:* Rinse kombu under cold water. Bring beef broth to simmer over medium heat. Reduce heat to low and barely simmer for one hour. Remove from heat and add bonito. Allow to steep for 15 min. Strain through cheesecloth. Chill over ice. Good for two days.
- Crispy Mustard Leaves:* Prepare dehydrator rack by brushing with grapeseed oil. Using gloved hands, lightly rub grapeseed oil onto each leaf individually until all leaves are coated. Place onto dehydrator rack with space in between. Dehydrate at 145°F overnight. Remove and store in yakumi pan on dry paper towel with silica packet.
- Roasted Potato Foam:* Boil the potatoes in a pot. Once soft, remove, reserving some potato water. Place cooked potatoes on a tray and bake at 375°F for 10 minutes until the skin is toasted. Place the potatoes back into a pot with the Straus butter, potato water and milk. Heat up the mixture gently until broken up. In a Thermomix, blend the mixture until smooth, pass through a tamis and season with salt. If the mixture has cooled down, place back into a pot to heat up before charging the iSi canister. Fill the iSi canister with the mixture and charge with two cartridges. Shake the bottle vigorously between each cartridge, and keep the iSi canister in a hot area to keep the mixture warm.
- Assembly:* Place cooked mushrooms into warmed bowl in a neat, small pile. Pour sauce with dumplings over mushrooms. Drape pile with slices of beef. Spray potato foam over beef and mushrooms. Garnish with flowers and crispy mustard leaves.

### Thoughts On Wagyu

Less is more with Wagyu. Japanese beef is the focus of our restaurant, and we work exclusively with Japanese product to show the nuance and versatility of the animal.



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## SEARED DRUNKEN WAGYU

by Melissa Perfit

Work hard and keep your head down. This recipe allows the nuances of Wagyu to shine without unnecessary embellishments, respecting the quality of the meat.

### INGREDIENTS (serves 4)

Wagyu Cut: Chuck roll, Wagyu Tallow

Soubise	Sake Bath
Yellow onions.....2 pc	Fresh ginger.....50 g
Butter.....1/4 cup	Sake.....1 L
Heavy cream .....1 tbsp	Chili Oil
Salt.....1 tsp	Canola oil .....1 pint
Dried arbol chilis .....4 pc	

### PREPARATION

#### Seared Drunken Wagyu

1. Season Wagyu generously on all sides and set aside.
2. Melt 1 tbsp Wagyu fat in a shallow pan and add sliced and seasoned king trumpet mushrooms. Cook on medium heat until mushrooms are browned and absorb some of the Wagyu fat. Remove mushrooms from the pan and drain on paper towels. Leave remaining fat in the pan.
3. Begin to sear Wagyu on all sides on medium to high heat, until meat browns and fat caramelizes. Each side should only take a minute or less. Remove meat from pan and drop into sake/ginger bath.
4. Place a generous spoonful of soubise on the bottom of the plate. Place mushrooms on top of soubise and season with crunchy sea salt.
5. Turn sauté pan back on high heat. Remove Wagyu from marinade and sear again quickly on all sides. Pull off heat and let rest 30 seconds before slicing. Slice into 5–6 even pieces and plate next to soubise and mushrooms. Season with sea salt.
6. Finish with a drizzle of chili oil around the plate and a little on the meat.

#### Soubise

1. Melt butter in a small pot, making sure to turn off heat before it takes on any color.
2. Slice onions thinly in half-moons and add to the pot with the butter. Let the onions cook on very low, stirring occasionally, until they become translucent but not brown.
3. Blend onions and butter with a stick or stand blender until smooth. Pass through a fine mesh strainer and season with cream and salt.

#### Sake Bath

1. Smash ginger and add to pot with sake.
2. Reduce by half and strain out ginger and let it cool.

#### Chili oil

1. Slowly heat oil on stove top, break arbol chilis and seeds into the oil and simmer for 30 mins on low heat.
2. Turn off heat and let sit for 30 more mins. Strain out chilis and cool oil.

### Thoughts On Wagyu

Butchering and breaking down Wagyu gave me an intimate understanding of the product. It's truly special beef, with unique characteristics according to cut and variety. It's crucial to complement each without overwhelming the natural flavors.



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### chef Melissa Perfit

Chef Melissa Perfit trained under some of the most recognized names in San Francisco while honing her post graduate culinary skills. She currently serves as Executive Chef of a beloved San Francisco kitchen and has appeared as a contestant on Top Chef, Season 15. Chef Perfit is highly regarded for her California cuisine and her expert knowledge of seafood.

 @jefaperfit

 Sister

3308 Grand Ave.  
Oakland, California 94612

 @sisterrestaurant



## WAGYU TARTARE

by Corey Chow

Wagyu speaks for itself—grilled, sauteed, baked, or over charcoal. This recipe presents Wagyu raw, in its purest, perhaps most decadent form.

## INGREDIENTS (serves 4)

*Wagyu Cut:* Striploin

<i>Sunchokes Mayonnaise</i>		<i>Crispy Salsify</i>
Egg.....1 pc	Caramelized sunchokes.....100 g (400 g raw)	Salsify root, peeled ..... 1 pc
Egg yolks .....2 pc	Neutral oil .....200 g	1% water/salt brine
Water.....45 g	Kosher salt ..... to taste	Chowry salt or kosher salt ..... to taste
Dijon mustard .....20 g		Preserved black winter truffle
Lemon juice.....20 g		Wagyu striploin .....200 g (small dice)

## PREPARATION

- *Sunchoke Mayonnaise*

1. Finely chop 400 grams of sunchoke in a food processor.
2. Add to a pan and caramelize until golden brown, stirring constantly. Once golden brown, set aside and let cool.
3. In a blender, add all ingredients except the oil and blend on high until smooth.
4. Slowly emulsify canola oil and season with kosher salt.

- *Crispy Salsify*

1. Peel salsify and cut into 4-inch stalks. With the teeth on a Japanese mandolin, slide and cut "noodles" of salsify.
2. Mix two liters of water and 60 grams of kosher salt in a pot, and bring slowly to high heat without boiling. When you start to see bubbles, take off heat, pour over the salsify in a heat-proof container and let sit for 30 min.
3. Get a fryer ready to 350°F. After 30 min, drain the water and pat dry the salsify. Put in the fryer and stir very well. When the salsify is golden brown take out and drain on a paper towel.
4. Season with Chowry salt.

- *Assembly*

1. Temper the Wagyu dice so it is a little soft and the fat barely melts. Cold wagyu is not tasty—it should be almost room temperature.
2. Mix with the aioli, and season with salt, red wine vinegar and chives.
3. Make a quenelle with two same-size spoons. Microplane black truffle on top of quenelles.
4. Place a pile of crispy salsify next to tartare. Mix and eat.



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*chef* Corey Chow

Corey Chow ascended to the role of chef de cuisine of Per Se in the summer of 2017. In his role, Corey oversees a collaborative and committed kitchen team and is responsible for developing all menus and exceeding guests' expectations at the three Michelin-starred restaurant. From a young age, Corey was inspired by how Chinese food and culture went hand in hand with family and being together and this inspiration continues to drive his culinary passion.

 @coreydchow

4th Floor Time Warner Center 10 Columbus Cir  
New York, New York 10019

 @perseny



*chef* JJ Johnson

JJ Johnson is a James Beard Award-winning chef best known for his barrier-breaking cuisine connecting the foodways of West Africa and Asia to the Americas. Chef JJ's signature style of combining culturally relevant ingredients with his classically trained cooking and global point of view was inspired by the Caribbean tastes he grew up with, combined with inspiration from his travels.

 @chefjj

#### 📍 FIELDTRIP

109 Malcolm X Blvd.  
New York, New York 10026

 @fieldtripusa

## WAGYU SU YA KEBABS

by JJ Johnson

This dish is inspired by the Nigerian street meat called suya. Bold African spices amplify the lightly seared, fragrant Wagyu skewers.

### INGREDIENTS (serves 4 - 6)

*Wagyu Cut:* Boneless Ribeye or Top Sirloin

Bird's eye chilis,.....	2 pc seeded & chopped	Vegetable oil .....	1 cup
Onion powder.....	1 tbsp	Wagyu ribeye top round, .....	1 lb sliced against the grain into $\frac{1}{4}$ inch-thick strips
Smoked paprika.....	1 tsp	Kosher salt .....	1 tsp
Juice and zest of 4 limes			

### PREPARATION

1. Whisk together the chilis, onion powder, garlic powder, paprika, lime juice and zest, and oil in a medium bowl until completely combined.
2. Using your hands, coat the ribeye in the marinade, making sure each piece is thoroughly covered. Place in a non-reactive container, cover, and put in the refrigerator to marinate for around three hours.
3. Soak bamboo skewers in water to cover for one hour.
4. Remove the meat from the marinade and thread the meat strips onto each skewer accordion style, making sure the meat is not bunched up.
5. Prepare charcoal grill or preheat a cast-iron grill pan over high heat.
6. Season the meat with the salt. Place on the hot grill and cook for about three minutes on each side, turning with tongs once browned and caramelized.

### Thoughts On Wagyu

Wagyu knocked me out of my socks! Wagyu represents the entire spectrum of Japanese beef, and is suited for all types of preparation across different grades.



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## WAGYU RIBEYE CHEESESTEAKS

*with cheddar fondue, toasted garlic hoagies  
and spiced steak fries*

by Lucas Billheimer

The best possible products, in the best environment, with the best people. This recipe is a dressed-down take on Wagyu that's homey and comforting, but with a refined touch.

### INGREDIENTS (serves 4)

*Wagyu Cut: Ribeye*

<i>Wagyu Ribeye</i>	<i>Cheddar Cheese Fondue</i>	<i>Canola oil</i> ..... 1 oz	<i>Kosher salt</i> ..... 1 tbsp
<i>Wagyu ribeye</i> ..... trimmed	<i>Heavy cream</i> ..... 2 cups	<i>Salted Butter</i> , ..... ½ cup	<i>Spice salt</i>
	<i>Cheddar cheese, grated</i> ..... 2 cups	diced and softened	<i>Kosher salt</i> ..... ½ cup
<i>Onions and Garlic</i>			
<i>Vidalia onions</i> , ..... 1 pc	<i>Hoagie Rolls</i>	<i>go count (small)</i> ..... 5 pc	<i>Smoked Spanish paprika</i> ..... 2 tbsp
sliced thin	<i>Garlic butter</i>	<i>russet potatoes</i>	<i>Hungarian sweet paprika</i> ..... 1 tbsp
<i>Garlic, sliced thin</i> ..... 3 oz	<i>Garlic, minced</i> ..... 3 oz	<i>Canola oil</i> ..... 2 oz	<i>Kosher salt</i> ..... 1 tbsp

### PREPARATION

1. Preheat oven to 350°F and turn on the broiler to medium.
2. Cut the bread lengthwise, leaving a hinge on one side. Spread a thin layer of garlic butter on both sides of bread. Toast in the broiler butter side up until golden brown.
3. Heat up the cooked steak fries in the oven. Season with the spice salt.
4. In a large cast iron skillet, heat up 2 oz canola oil until hot. Add the cooked onions and garlic and heat until sizzling. Add 40 oz of the sliced ribeye, spreading out the beef to evenly cook. Season with salt and pepper. Stir continuously until the meat is just completely cooked. Put 10 oz of the cooked meat in each sandwich roll, leaving the hinge side down. Hold the sandwich open and sauce the meat with the cheddar fondue, 2 oz per sandwich.
5. Plate the sandwich and steak fries. Serve with sides of extra cheese sauce and ketchup.

### Thoughts On Wagyu

*The first Wagyu I ever saw was a 30 oz. New York Strip, boneless, glistening with marbled glory. Wagyu beef is an incredible building block to create truly fantastic, inspiring cuisine.*



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### chef Lucas Billheimer

Executive Chef of Bowery Meat Company and self-proclaimed professional eater, husband, dad, and whiskey lover, Chef Lucas Billheimer has discovered what it takes to consistently put out excellent food for some of New York City's most notable restaurant guests. Years of experience have helped shape Chef Billheimer's recognized expertise in the kitchen and his resume is jam packed with accolades and achievements.

[@cheflucash](https://www.instagram.com/cheflucash)

### Bowery Meat Company

9 E 1st St.  
New York, New York 10003

[@bowerymeatcompany](https://www.instagram.com/bowerymeatcompany)



*chef* **Mary Attea**

Mary Attea is a New York City based chef. A native of Buffalo, Attea moved to New York City to attend graduate school, but instead discovered a passion for the restaurant industry while waiting tables at New York City restaurants. At The Musket Room, Chef Mary Attea leads a culinary team that draws on their heritages, world travels and personal inclinations to create vivid flavors and inventive dishes that deftly cross borders and defy categorization.

 [@maryfrancesattea](https://www.instagram.com/maryfrancesattea)

 **The Musket Room**

265 Elizabeth Street  
New York, New York 10012

 [@musketroom](https://www.instagram.com/musketroom)

## TORCHED WAGYU ZABUTON

*with Japanese cucumber salad,  
pickled chilies and shiso*

by **Mary Attea**

Respect for everything around you—the kitchen, your employees, your product, your food. The Wagyu cut used in this recipe, zabuton, means "cushion" (the bottom part of the chuck roll) and isn't as common, but still has fantastic flavor.

### INGREDIENTS (serves 4)

<i>Wagyu Cut: Zabuton (Chuckroll)</i>	
Wagyu Zabuton.....	8 oz
Cucumber salad	
Persian cucumbers.....	2 ct
Rice wine vinegar.....	1/4 cup
Water.....	1/4 cup
Sugar.....	2 tbsp
Salt .....	1 tbsp
Japanese mustard powder .....	1 tsp (substitute if not available)
Toasted white.....	1 tbsp sesame seeds
Tare sauce	
Mirin .....	1/2 cup
Sake.....	1/4 cup
Water .....	1/4 cup
Brown sugar .....	2 tsp
Scallion, sliced.....	1 pc
Soy sauce .....	1/2 cup
Jalapeño or.....	1 pc Serrano pepper
Rice wine vinegar .....	2 tbsp
Pinch of salt	
Green shiso leaves.....	2-3 g (substitute mint if not available)
Ginger, sliced .....	1 small piece

### PREPARATION

1. Pull wagyu from refrigerator and let sit out at room temperature for about one hour. In the mean time, prepare the rest of the ingredients.
2. *To make Tare sauce:* Combine ingredients in a sauce pan and bring to a simmer. Let cook for 10-15 minutes the flavors have steeped together. Let chill.
3. *To make cucumber salad:* Mix vinegar, water, sugar, salt and mustard powder together. Cut cucumbers in half lengthwise and slice. Toss with the dressing and let marinate for at least an hour, if not longer. Toast the sesame seeds in a pan over a low to medium heat until they are fragrant and lightly browned. Reserve for garnish.
4. Slice the pepper and cover with vinegar and salt. This can be done a day to two ahead and reserved in the refrigerator.
5. Season the Wagyu with salt and pepper. Using a blow torch, sear the meat on both sides until it is slightly blackened. If you don't have a torch, sear in a sauté pan over high heat. Sear quickly on both sides, a minute each, as to not overcook the meat. Let rest for a few minutes.
6. *Assembly:* Slice the meat thinly against the grain. Arrange on the plate along with cucumber salad. Garnish the salad with sesame seeds. Drizzle the tare sauce over the Wagyu. Garnish the meat with pickled chilis and shiso.

### *Thoughts On Wagyu*

Wagyu truly melts in your mouth. Especially for new cooks, don't try to overdo it—don't overseason, or overcook. Keep it simple and let the Wagyu shine.



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## BBQ RUBBED, GRILLED WAGYU

*Filet Mignon with Chimichurri*

by Matt Abdoo

Work hard to reap the benefits of creativity fostered through incredible product. This dish is an atypical approach to Wagyu, but it showcases its aptitude for barbecue and the chimichurri helps cut through the meat's incredible richness.

### INGREDIENTS (serves 2 - 4) Prep time: 10 min Cook time: 12-15 min

Wagyu Cut: **Fillet**

Chimichurri Sauce		Steak Seasoning	
Chopped parsley	1/4 cup	Chili flakes	1.5 tsp
Chopped mint	2 tbsp	Lemon juice	1/2 lemon
Red wine vinegar	2 tbsp	Lemon zest	
Garlic cloves, minced	3 pc	Olive oil	1/4 cup
Shallots, brunoised	2 tbsp	Kosher salt	1.5 tsp
Dry oregano	1 tsp	Granulated onion	1 tsp
		Granulated garlic	1 tsp
		Chili flake	1/4 tsp
		Light brown sugar	1 tsp
		Sweet paprika	1/4 tsp
		Ground black pepper	1.5 tsp
		Hatch chili powder	1/2 tsp
		Accent	1/8 tsp

### PREPARATION

#### • Chimichurri Sauce

Combine all ingredients and mix. Allow to sit overnight to fully develop flavor.

#### • Steak Seasoning

Combine all ingredients in a small mixing bowl and store in an airtight container until ready to use.

#### • Wagyu Filet Mignon

1. Preheat a clean grill to high and get as hot as possible. Once the grill is heated, turn off the burners and apply a thin spray of non-stick grill spray to the grates to prevent flare-ups. Relight your grill and allow it to heat up again.

2. Season the Wagyu filet mignon with the steak seasoning to evenly coat the steak.

3. Once the grill is appropriately cleaned, oiled and heated, place seasoned Wagyu filet mignon on the hottest spot of grill and cook for three minutes. Flip and place onto a new place on the grill to make sure you keep using the hottest spot possible. Cook for an additional three minutes before reducing heat to medium-low. Continue to flip every two minutes until the internal temperature of the steak is 115°F.

4. Remove the steak from the grill and allow to rest for five minutes. The internal temperature will continue to rise to anywhere between 120-125°F for a medium-rare steak.

5. Slice and serve with chimichurri sauce drizzled over the top.

### Thoughts On Wagyu

Super succulent, moist, creamy, buttery, juicy and ultra beefy. The journey of Wagyu cattle and the process behind this product is truly inspiring for all chefs.



QR code for chef interview and cooking instructions on YouTube



#### chef Matt Abdoo

Matt Abdoo is the chef and partner of Pig Beach, a critically-acclaimed barbecue restaurant in Brooklyn, NY. Matt earned his BBQ chops working on highly competitive barbecue teams, and received prestigious awards during his first world-class BBQ competition. Chef Abdoo has worked alongside a number of celebrated chefs during his career but began his culinary training at a very young age by rolling meatballs and house made pasta with his nona. Matt is a frequent guest chef on numerous American television shows and at live appearances.

 @mattabdo

#### 📍 Pig Beach BBQ

480 Union Street  
Brooklyn, New York 11231

 @pigbeachnyc



### chef Michael Jenkins

Chef Michael Jenkins worked from the bottom up, prior to taking the helm in an Iron Chef's celebrated NYC restaurant. Chef Jenkins' keen focus and hard work ethic is attributed to his early years as an athlete, and his spirit of competition has served him well during his numerous appearances and wins on Food Network's Chopped.

 @chef\_michael\_jenkins

### Butter Midtown

70 W 45th Street  
New York, New York 10036

 @butternyc

## WAGYU RAGU

by Michael Jenkins

Highbrow, lowbrow. Luxury meets simplicity.  
This bolognese (ragu) is elevated by Wagyu and beef marrow.

### INGREDIENTS (serves 4)

Wagyu Cut: **Chuck roll**

Beef bone marrow (split) .... 8 lb	Yellow onion (small diced) ..... 2 lb	Black peppercorn ..... 2 tbsp	Beef stock ..... 4 cups
Prosciutto di Parma ..... 1.5 lbs (small diced)	Wagyu beef shoulder ..... 5 lbs (medium diced)	Crushed red pepper flakes ..... 1 tbsp	Parmesan rind ..... 2 oz
Carrot (small diced) ..... 1 lb	Wagyu skirt steak ..... 1.5 lb (medium diced)	Fresh thyme ..... 3 tbsp (chopped)	Whole milk ..... 1/4 cup
Celery (small diced) ..... 1 lb	Tomato paste ..... 3 tbsp	Fresh rosemary (chopped) ..... 1 tbsp	Aged balsamic ..... 3 tbsp
Fennel bulb (small diced) ..... 1 lb	Fennel seed ..... 2 tbsp	Dry red wine ..... 2 cups	Fresh or dry tagliatelle ..... 2 lb
			Parmesan (for grating) ..... 1/2 lb

### PREPARATION

1. Preheat the oven to 375°F.
2. Roughly grind the fennel seed and black peppercorn in a mortar.
3. Place the marrow bones on a sheet tray and roast in the oven for 15–18 minutes or until the marrow is translucent and tender.
4. Scoop the marrow from the bones and set aside.
5. Using the meat grinder attachment on your mixer, grind the prosciutto and set aside. Then grind the carrot, celery, fennel and onion, and set aside. Finally, grind the Wagyu shoulder and skirt steak. You can mix the two types of ground beef.
6. Put a large rondeau or stainless steel pot on high heat. Add the rendered bone marrow followed by the ground prosciutto. Cook while constantly stirring, until the fat has been rendered and the prosciutto is crispy (3–4 minutes).
7. Remove the prosciutto from the pot and add the ground vegetables. Stir for 4–5 min. or until the vegetables are slightly tender and translucent. Add the fennel seed, black pepper, chili flakes and herbs. Stir for 1–2 minutes and add the tomato paste. Continue to stir to caramelize the paste for 1–2 minutes.
8. Add the ground beef and the crispy prosciutto. Continue to cook until all of the beef has browned (another 4–5 min.).
9. Pour the red wine over the meat mixture. Cook and stir until the wine is almost completely evaporated.
10. Stir in the beef stock and drop the parmesan rinds. Reduce the heat and allow the ragout to simmer for at least two hours.
11. Stir in the whole milk followed by the balsamic and allow to cook for 3–4 minutes.
12. Cook the pasta to the al dente of your choice. Strain and toss with olive oil. Bowl > pasta > ragu > LOTS of cheese!

### Thoughts On Wagyu

*I didn't know that meat could taste like butter. Chefs starting with Wagyu need to be wary of its incredible fat content, and take an approach that utilizes the cut in question perfectly.*



QR code for chef interview and cooking instructions on YouTube



### chef Michael Lomonaco

A native New Yorker, Chef Michael Lomonaco has spent his career celebrating the bounty of the American table at some of the city's most iconic restaurants before opening his own iconic place, Porterhouse, in 2006. Chef Lomonaco's Porterhouse has been voted the absolute best steakhouse in New York and he is also one of the original Food Network and Travel Channel chef personalities and appears regularly on TV and at live events.

 [@cheflomonaco](https://www.instagram.com/cheflomonaco)

### 📍 Porterhouse Bar and Grill

10 Columbus Circle, 4th Floor  
New York, New York 10019

 [@porterhouse\\_ny](https://www.instagram.com/porterhouse_ny)

## TUSCAN-INSPIRED JAPANESE WAGYU

by Michael Lomonaco

The focus is on our guests—the diners. How do they want it? This dish gives them the sense that they're truly enjoying something luxurious, one-of-a-kind.

### INGREDIENTS (serves 4)

Wagyu Cut: Ribeye

Extra virgin olive oil .....	½ cup	Aged Japanese Wagyu rib .....	36 oz	Coarse kosher salt
Garlic cloves, peeled .....	2 pc	steak, cut 2" thick		Fresh ground black pepper
and chopped coarsely				
Italian parsley leaves, .....	½ cup	Maitake mushrooms .....	1 lb	
roughly chopped		Aged soy sauce .....	2 tbsp	
Fresh thyme .....	10-12 sprigs	Aged balsamic vinegar .....	2 tbsp	
and rosemary		or condimento		
Crushed chili flakes .....	1 tbsp			

### PREPARATION

1. Coat the ribeye with combined oil, garlic, parsley and thyme, rosemary and chili flakes, and marinate in a large dish two hours or overnight, refrigerated.
2. Heat a grill or 12-inch cast iron pan over high heat for two minutes. Remove the steak from the marinade, wipe off excess and season with coarse salt and black pepper. Place the steak in the cast iron pan or over a very hot open grill. Lower the heat to medium to prevent flare-ups and reduce excessive charring. Char one side before turning to cook the second side.
3. Cook the ribeye to rare or desired doneness by transferring the pan to a hot oven, or if over a grill, move to the outer edge and lower the cover. Allow approx. 11–14 minutes total cooking time for medium rare. Remove and allow 10 minutes resting time.
4. Drizzle some olive oil on the maitake mushrooms, season with soy sauce and place on the grill or into a hot oven for 2–3 minutes to grill the mushrooms to doneness.
5. Carve the ribeye across the rib, end to end across the grain, cutting into ½-inch thick ribbons. Squeeze a little lemon and drizzle balsamic vinegar over the steak.
6. Squeeze a little lemon and drizzle balsamic vinegar over the steak.
7. Serve with grilled maitake mushrooms, soy sauce and smoked Himalayan salt.

### Thoughts On Wagyu

Wagyu is a lifelong fascination. The unctuous richness, the sophisticated, complex flavor, and the actual flavor in addition to the marbling have never left my sense and taste memory. It's truly a delight.



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### chef Paul Denamiel

Paul Denamiel has been submerged in the restaurant world from birth, spending time in the kitchen of his family's restaurants but Chef Paul's true love for French food developed as a youth during summers spent in France where his grandparents taught him the secrets of traditional French cooking. Chef Denamiel attended The Culinary Institute of America and cooked under some of the most notable names in the business before landing at his warm and comfortable NYC crowd favorite, Le Rivage.

@lechefpaul

### Le Rivage

340 West 46th Street  
New York, New York 10036

@lerivagenyc

## WAGYU STEAK AU POIVRE

by Paul Denamiel

Discipline and honoring tradition. This classic French recipe introduces an American cut of Japanese Wagyu beef, the best product available.

### INGREDIENTS (serves 4)

Wagyu Cut: Ribeye

#### Sauce au Poivre

Unsalted butter .....	30 g	Freeze-dried green pepper .....	1 tsp
Flour .....	20 g	(may be replaced with classic green pepper)	
Water.....	40 cl		
Beef bouillon cube.....	1 pc		
Wine vinegar salt .....	1 tbsp		

\*This recipe is converted to  
facilitate preparation at home.

### PREPARATION

#### • Wagyu Steak au Poivre

- Pat steaks dry and season both sides with kosher salt, Maldon salt, or best yet, fleur de sel.
- Coarsely crush peppercorns in a sealed plastic bag with a meat pounder or bottom of a heavy skillet, then press pepper evenly into both sides of steaks.
- Heat a 12-inch heavy skillet (preferably cast-iron) over moderately high heat until hot, about three minutes, then add oil (pro tip: use some of the fat from the Wagyu). Swirl the skillet and sauté steaks, turning over once, about six minutes for medium rare.
- Remove from pan and let rest. During this time the sauce is prepared. When sauce is accomplished, cut your steak into half-inch slices.
- As the steak is the star of the show, you want to ladle the sauce onto the plate first and align the steak slices on top of it.

#### • Sauce au Poivre

- Boil the water and insert the beef bouillon cube.
- Lightly crush the peppers and set aside.
- Put butter in a saucepan to melt over low heat, and once melted, throw in the flour all at once. Mix for two to three minutes, without letting it color.
- Pour in the beef broth slowly while stirring, do the same with the vinegar and add the teaspoon of cracked green pepper.
- Cook over very low heat until you get the desired consistency (not too thick).
- Finally, add the teaspoon of crushed black pepper and salt, stir to combine well, and it's ready!

### Thoughts On Wagyu

Wagyu was treated almost like foie gras when I first was introduced to it. The richness is intended to be savored in small portions. Preparation should be minimal, and the fattiness requires delicate contrast with acidity.



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### chef PJ Calapa

Chef PJ Calapa, formerly of Michelin-starred Ai Fiori and partner in The Spaniard, brings the bold flavors of southern Italy to Manhattan's Flatiron District with Scampi. Having grown up in the Mexican border town of Brownsville, Texas, PJ Calapa was exposed to a wide variety of flavors and styles at an early age. As a child, he began working in his grandmother's kitchen and later in his grandfather's wholesale fish business. Throughout his successful career, Chef Calapa has merged his culinary imagination with his early childhood food memories and is recognized as a true leader in the food and beverage hospitality industry.

 @chefpjcalapa

### Scampi

30 West 18th Street  
New York, New York 10011

 @scampinyc

## WAGYU TATAKI

*with razor clam vinaigrette*

by PJ Calapa

Quality of ingredients above all else. This dish is surf and turf in an Italian scampi style, providing contrast for the unctuous, rich Wagyu against a bright seafood vinaigrette.

### INGREDIENTS (serves 4)

Wagyu Cut: **NW Strip Loin**

Manila clams, chopped.....	250 g	Garlic.....	10 cloves	Crushed mustard seed.....	25 g
Clam jus, reduced.....	100 g	White wine .....	225 g	Salt.....	100 g
Shallots, brunois.....	45 g	Razor clams, sliced thin.....	50 g	Garlic.....	25 g
Lemon zest .....	4 g	Fennel, brunois .....	100 g	Rosemary .....	25 g
Extra virgin olive oil .....	200 g	Wagyu strip loin.....	8 oz	Lemon zest .....	5 g
Thyme.....	1 bunch	Crushed coriander .....	25 g	Black pepper .....	5 g

### PREPARATION

1. Add the EVOO, garlic and thyme to a rondeau that has a lid, to flavor the oil.
2. Add Manila clams.
3. Add white wine and put the lid on.
4. Once clams start to pop, pull them out and chill in the refrigerator.
5. Strain the clam stock, reduce by 35% and chill.
6. Mix sliced razor clams, shallots, lemon zest, EVOO, chives, razor clams and fennel.
7. Crush coriander and mustard seed in mortar or spice grinder but leave some texture.
8. Grind garlic, rosemary and half the salt.
9. Mix in the rest of the salt, spices, lemon zest and crushed black pepper.
10. Coat beef generously with spice mix, sear to rare on all sides, let rest.
11. Slice beef and dress with razor clam vinaigrette.

### Thoughts On Wagyu

As a red-blooded, steak-eating Texan, I remain in awe of Wagyu's texture, flavor and marbling. It's the star of any dish, and must be prepared carefully—don't be afraid to undercook it.

Tataki is my favorite.



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## RARE JAPANESE WAGYU TEPPANYAKI

*with cucumber chimichurri*

by Stephen Yen

The only constant is change. This dish features grilled Wagyu ribeye that showcases the deliciousness of the fat—the best part of Wagyu.

### INGREDIENTS (serves 4)

Wagyu Cut: **Ribeye**

Japanese Wagyu Teppanyaki	Yuzu juice.....	10 g
Wagyu Ribeye .....	6 oz	Fish sauce.....10 g
Sea salt	Ginger .....	10 g
	Cucumber, Persian, de-seeded..	50 g

### PREPARATION

1. Bring the steak to room temperature for one hour and season with salt just before cooking. When cooking at home, try to use a cast iron pan for best results, or a heavy duty stainless steel pan.
2. Bring to medium high heat, sear on both sides for 30 seconds, then rest the steak for two minutes before slicing.
3. Slice the steak thin and service with cucumber chimichurri.

### Thoughts On Wagyu

Handling Wagyu with respect is an honor, and it requires intimate knowledge of the product. It's an awe-inspiring beef that's created with care, and must be handled in temperature-controlled environments that don't allow the fat to melt too quickly.



QR code for chef interview and cooking instructions on YouTube



*chef* **Stephen Yen**

Chef Stephen Yen, Executive Chef of TAO Group, is a native New Yorker and graduate of the French Culinary Institute in New York City. After graduating Chef Yen worked with numerous chefs, opening a number of well known restaurants. He has consulted on multiple projects and designed menus for many NYC kitchens. His style of cuisine is global, everything from traditional French to modern American and Asian cuisines

 [@tastygoodness](https://www.instagram.com/tastygoodness)

 **TAO Downtown**

92 9th Ave.  
New York, New York 10011

 [@TaoDowntown](https://www.instagram.com/TaoDowntown)

# Japanese **WAGYU** Beef

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