

RECIPE 3

Wagyu tacos with avocado and Tropea onions

IDEAS FOR HAPPY HOUR



Ingredients per 4 people

Tropea onion	1
Red cabbage	70g
Red wine vinegar	to taste
Wagyu rib	250g
Mexican tortillas or small piadine	4
Avocado	1
Red chilli pepper, crushed (optional)	1
Lime	1
Radishes	3
Fresh coriander	to taste
Salt	to taste
Pepper	to taste

Method

- 1 Place the sliced onion and the julienne cabbage in a small bowl and cover with the red wine vinegar. Put to one side.
- 2 Let the meat rest for at least half an hour at room temperature before cooking. Salt and pepper the meat lightly. Put the pan or grill pan on medium-high heat to get to temperature. Then put the steak in the pan or on the grill and cook for a minute, turn and cook for another minute. Then lower the heat to medium and cook for another 30 seconds on each side. Remove the steak from the heat and place it on a sheet of aluminium foil. Wrap it well and let it rest for 5 minutes before cutting it.
- 3 Meanwhile, heat the tortillas or piadine and place them on a serving dish.
- 4 Drain the onions and the cabbage and remove any excess vinegar.
- 5 Stuff the tacos with a few slices of avocado, onion and marinated cabbage, chopped chilli pepper, salt and pepper to taste.
- 6 When serving, cut the meat thinly and place a few strips of grilled meat in every taco.
- 7 Complete the tacos with sliced radishes, a few leaves of fresh coriander and slices of lime to taste.
- 8 Serve immediately.



Creator's Notes



LAUREL EVANS

Laurel is Texan and grew up on her family's old ranch. She has been living and working in Milan since 2004. Encountering Italian cuisine made her realise how American gastronomic culture is so little-known outside of America. Aside from her blog 'unamericanincucina.com', she also writes cookbooks, hosts a television program, teaches cookery classes and collaborates with food companies.