

RECIPE 11

Cubes of Wagyu with asparagus, almonds and basil flowers

Ingredients for 4 people

Wagyu meat (loin) 500g
 Asparagus 1 bunch
 A tablespoon of white wine vinegar 1
 Maldon salt to taste
 Black pepper to taste
 Basil leaves and flowers 4
 Extra virgin olive oil to taste
 Thinly sliced almonds A handful



Method

- 1 First boil the asparagus in plenty of salted water until tender. Place it in iced water to stop the cooking process and keep the colour alive.
- 2 Put the asparagus, the basil leaves and three tablespoons of extra virgin olive oil, salt, pepper and a tablespoon of vinegar in a tall glass.
- 3 Blend everything together and add a drizzle of oil if necessary.
- 4 Toast the almonds in a saucepan. Pay attention as they burn very quickly.
- 5 Cut your piece of Wagyu loin into 3 cm² cubes.
- 6 Cook in a hot non-stick pan without adding any fat. Seal the meat on all sides.
- 7 You can now bring the dish together: first spread a spoonful of creamed asparagus, place your cubes of Wagyu on top and then scatter the almonds.
- 8 Decorate with a few fresh basil leaves complete with their flowers.

Creator's Notes

LUISA AMBROSINI

She has always believed that fashion and cooking are a perfect combination; showing that every woman can cook freely wearing her favourite outfit and, above all, wearing a gorgeous pair of high heels. Hence the name of her blog 'tacchiepentole.com' ('heels and pots'). Luisa Ambrosini prefers easy, fast and affordable recipes – minimum effort with maximum results! She has a degree in economics, and a passion for culinary culture she inherited from her parents.

