

RECIPE 16

Japanese Wagyu with a broad bean and turnip greens cream

SECONDS



Ingredients for 4 people

Japanese Wagyu meat 280g
Washed turnip greens 300g
Dried beans 150g
Small potato 1 (50-70g)
Semi-dried tomatoes in oil to taste
Chilli peppers to taste
Garlic to taste
Extra virgin olive oil to taste
Salt to taste

Method

Cream of dried beans

- 1 Leave the beans to soak in cold water for at least 10 hours.
- 2 Slice the potato and add it to a sufficiently large saucepan, add the beans soaked in water and cover everything with cold water two fingers deep above the ingredients in the saucepan.
- 3 Turn on the oven and cook over low heat for 45/50min from the point at which the water boils, or until the beans are soft.
- 4 When cooked, add the salt and start mixing vigorously with a spoon, preferably wood. Pour over the extra virgin olive oil and keep the cream to one side.

Garnish and Wagyu

- 1 Blanch the turnip greens for a few minutes. Place them in iced water so they keep their colour. Sauté the turnip greens in a pan with garlic, oil and chilli.
- 2 Cut the meat into 4 regular cubes of around 70 grams each. Now cook them, flash-frying each side for about twenty seconds and then let the meat rest for 2-3 minutes before serving, add salt to taste. la, salando a piacere.

Serve

Serve with the cream on the bottom of the plate, the meat on one side and the turnip greens on the other; garnish with semi-dried tomatoes in oil chopped in half.



Creator's Notes

FRANCESCA D'AGNANO

In 2011, Francesca and Pietro created 'Singerfood.com', which came from the desire to share their culinary skills – their passion for wine, gastronomy and music – through words and pictures. Pietro has a restaurant in Milan called Trippa and Francesca handles communications for the Gentile di Gragnano pasta factory and works as a freelancer for various food and wine companies.

