

RECIPE 17

Black truffle Wagyu Tataki with orange gel, nettles and mint, with anchovy sauce and cuttlefish ink coral crisp

Ingredients for 4 people

Wagyu	200g
Dried black truffle	10g
Coarse salt	10g
Nettles	40g
Mint	2 tufts
Anchovies	10 fillets
Garlic	2 cloves
Cream	50ml
Olive oil	to taste
Orange juice	150ml
Rice starch	½ tablespoon
Potato starch	½ tablespoon
00 flour	25g
Cuttlefish ink	10g
Water	75ml
Salt	to taste



Method

- 1 In a saucepan, toast half of the dried black truffle and coarse salt with a small portion of the Wagyu fat. As soon as the aroma of the truffle is released, brown the Wagyu meat for about 40/50 seconds per side, in the meantime add salt and the black truffle to the raw side and brown.
- 2 Leave the rib to rest for about 8/10 min in the oven which will have previously been heated to about 50 degrees. Cut the ribs into thin slices and roll until pink.

Preparation of the anchovy sauce

Sauté the anchovies in pot for about 4 minutes with the two cloves of garlic, allow to cool and then blend together with the cream, add the olive oil (about 20 grams).

Preparation of the nettle and orange gel

- 1 Blanch the nettles and the two bunches of mint in the water for a few minutes, they will be ready once the water in which they are cooking turns green.



- 2 Blend with a drizzle of olive oil and strain.
- 3 In a saucepan, sift half a tablespoon of potato starch and half a tablespoon of rice starch, add the liquid and bring to the boil for around 7 minutes, then allow to cool.
- 4 Follow the same procedure for the orange gel – obviously there is no need to carry out the first step of blanching.

For the cuttlefish ink coral crisp

- 1 Mix the three ingredients using a stick blender (flour, squid ink, water) to get a thick mixture.
- 2 Using a ladle, pour the mixture into a hot non-stick pan, let it fry until the water has completely evaporated, you will be left with a crispy coral fan on the bottom of the pan.

Finish the dish with anchovy sauce, the squid ink coral fan and nettle and orange gel around the Wagyu.



Creator's Notes

ALAIN STRATTA

Alain participated in the Sixth Edition of 'Masterchef Italia' to change his life and leave his job as an insurance professional. His true passion is cooking; it was his paternal grandfather who passed a passion for good food on to him. One day, he would like to open a small restaurant – he is passionate about traditional Italian cuisine. He loves experimenting with different combinations, but always stays true to tradition.