

RECIPE 22

Wagyu tartare with ginger, shallots and oyster sauce

Ingredients for 4 people

Wagyu fillet	600g
Ginger	1
White onion	1
Shallot	1
Oyster sauce	2 tablespoons
Black sesame seeds	1 tablespoon
Yellow pepper	1 piece
Chives	a few strands
Pre-cooked corn the cob	1
Rice bran oil	100ml
Lemon for the juice	1
Salt and freshly ground pepper	to taste
Sugar	2 tablespoons
Figs	1
Fresh spinach leaves	to taste
Watercress shoots	to taste



SECONDS

Method

- 1 Peel the ginger, cut it firstly into slices and then chop finely. Peel the shallots and chop finely. Wash the pepper and cut into pieces.
- 2 Heat 3 tablespoons of rice bran oil, turn off the hob then add the chopped ginger, the shallot and the pepper. Add a pinch of salt, cover and let it rest for about 1 hour.
- 3 Toast the sesame seeds.
- 4 Cut the meat with a knife until it reaches a very fine and blended consistency. Season with ginger oil and a pinch of pepper, add the oyster sauce and black sesame seeds and cook for a few minutes.
- 5 Pour 5 tablespoons of rice vinegar, 10ml of water and 2 tablespoons of sugar into a saucepan and then boil for 10 minutes.
- 6 Cut the onion to obtain diced chunks.
- 7 Blanch the petals for around 5 minutes. Place on a baking tray on baking paper and sprinkle with a pinch of sugar and bake at 160 degrees for around 30 minutes.
- 8 Brown the corn kernels separately with a drizzle of oil, add a pinch of salt and a few strands of chives and slowly blend everything together, adding the lime juice to achieve a smooth cream.
- 9 Place the slices of fig in the centre of the plate along with the fresh spinach leaves and a tablespoon of corn cream. Cup the tartare with a steel ring, decorate with cress sprouts and a drizzle of oil.

Creator's Notes

TIZIANA COLOMBO

As well as a food-blogger, she has always been a food lover. A nickel and lactose intolerance diagnosis is life-changing, and was the source of her desire to bring issues related to food intolerances to the attention of the media. Her website 'www.nonnaperina.it' and her first book 'Nichel. L'intolleranza? La cuciniamo!' ('Nickel. Are you allergic? Let's cook anyway!') is a point of reference not only for people with food allergies, but also for those who want to enjoy traditional, healthy cuisine.

