



Wagyu Tataki

Rump



26



739 kcal
(per serving)



20 min



Tataki is a simple technique for rapidly searing on the outside leaving the inside rare, with delicious results. Searing the beef locks in the umami. Best enjoyed right after preparing.

Makes 2 servings

Wagyu rump	350 g
Salt	4 pinches
Olive oil	2 teaspoons

Dipping Sauce

Wasabi (or grated horseradish)	1/2 teaspoon
Mayonnaise	2 tablespoons
Soy sauce	1 teaspoon
Lemon juice	1 teaspoon
Sake	1 tablespoon

1. Bring Wagyu rump to room temperature by taking out of the refrigerator 30 minutes before cooking. Season meat with about 2 pinches of salt on each side.
2. Heat olive oil in a frying pan and sear meat for about 1 minute on each side over medium heat. Once meat is browned on all sides, remove from pan and plunge in ice water to arrest cooking.
3. Submerge meat for 1 minute to thoroughly chill. Remove meat and pat dry with paper towel. Cut into thick slices about 3 mm thick.
4. Make the dipping sauce. Mix together wasabi, mayonnaise, soy sauce, lemon juice, and sake with a whisk. Serve sliced beef with dipping sauce.