



## Wagyu Round with Vegetables and Dengaku Sauce



44



**382 kcal**  
(per serving)



**40 min**



Dengaku is traditionally tofu grilled with a sweet miso sauce. In this hearty and satisfying dish, cubed Wagyu and vegetables are served with a dengaku sauce.

### Makes 2 servings

Wagyu bottom round	200 g
Daikon (or turnip)	50 g
Carrot	1/5 (40 g)
Gobo	1/6 (30 g)
Satoimo (or potato)	1 (50 g)
Broccoli	1/6 (30 g)
Negi (leek)	15 g
Rice vinegar	5 g
Honey	10.5 g
White sesame seeds	5 g
Salt	1 and 1/3 teaspoons
Vegetable oil	1 scant teaspoon

### Dengaku Sauce

Sake	1 tablespoon
Miso	1 heaped tablespoon
Sugar	1 heaped tablespoon

1. Heat oil in a frying pan and sear Wagyu round over high heat for about 30 to 60 seconds each side.
2. Chop daikon, carrot, gobo, and satoimo into large chunks about 3 cm. Soak the gobo and satoimo in vinegar water (add vinegar to 300 ml water) to remove astringency and starch. Drain the gobo and satoimo, and boil with the daikon and carrot over medium heat for 3 or 4 minutes.
3. Chop the broccoli into 3 cm pieces. Parboil the broccoli and drain.
4. Bring 1 liter of water to a boil in a pot, adding the salt and honey. Add beef and skim off any scum. Fold a paper towel to fit in the pot, which will serve as a drop lid. Simmer with the paper towel drop lid over low heat for about 15 minutes.
5. Meanwhile, add leeks (chopped into 3 cm lengths) to the pot containing the daikon, carrot, gobo, and satoimo. Season with salt and bring the stock to a boil over medium heat. Turn down to low and simmer the stock for about 20 minutes.
6. Toast and grind the sesame seeds.
7. In a pot, add the dengaku sauce ingredients (sake, miso, sugar) and mix well over low heat for about 3 minutes. Take the pot off the burner and add the ground sesame seeds, mixing to combine.
8. Add broccoli to the pot containing the beef, to warm up for serving.
9. Arrange the meat and vegetables on a plate. Drizzle the dengaku sauce over the meat. Serve the stock made from the vegetables as a soup.