



46



553 kcal
(per serving)



35 min



The sweetness of the satsumaimo pairs well with Wagyu. The bold teriyaki sauce makes this dish perfect to eat with rice.

Makes 2 servings

Wagyu bottom round (sliced)	250 g
Cabbage	2 leaves (100 g)
Carrot	1/6 (30 g)
Satsumaimo (Japanese sweet potato)	3/5 (150 g)
Lettuce	1 leaf (30 g)
Milk	30 to 50 ml
Grated parmesan cheese	25 g
Curry powder	1 teaspoon
Salt	Pinch
Pepper	Pinch
Olive oil	1 teaspoon

Sauce

Soy sauce	1 and 1/2 tablespoons
Sake	1 tablespoon
Mirin	1/2 tablespoon
Sugar	1 teaspoon

1. Blanch the cabbage leaves for about 30 seconds to wilt, then immerse in cold water.
2. Julienne the carrot and blanch in boiling water.
3. Peel the satsumaimo and cut into small dice. Cook in a microwave at 500 watts for 5 minutes. Mash satsumaimo with a fork and season with salt and pepper. Add milk and mix to combine.
4. Dry off the cabbage leaves and spread the leaves flat. Fill each leaf with half of the mashed satsumaimo, topped with the blanched julienne carrots. Roll up the cabbage leaves.
5. Season the slices of Wagyu round with salt and pepper. Sprinkle grated parmesan cheese and curry powder over the meat. Place the cabbage rolls on the meat and roll up in the beef.
6. Take a piece of aluminum foil and oil the surface with olive oil. Roll up the beef-wrapped cabbage rolls in the foil, and truss with kitchen string. Bake in a 180°C oven for 15 minutes.
7. Mix the sauce ingredients (soy sauce, sake, mirin, sugar) in a pot and bring to a boil. Place the beef-wrapped rolls in the sauce. When the sauce is absorbed, remove the rolls and cut into slices.