



# Beef Misozuke

Cooking  
time

20  
min

Recommended  
cut

**D Rump, Top-round**

Level of  
difficulty



## Ingredients (serves two)

Japanese Wagyu (D rump, top round)  
..... 2 pieces (total 300g (10.6 oz))

### (A)

Sugar ..... 10g (0.4 oz)

Mirin wine ..... 15cc (1 tablespoon)

White miso ..... 100g (3.5 oz)

Salad oil ..... To taste

**Vegetables as accompaniment** ..... To taste

Turnip ..... 1

Carrot ..... 1/4

## How to cook

1. Mix ingredients listed in **(A)** to make marinade paste. Use a skewer to perforate the meat several times, then tenderize with a tenderizer.
2. Spread paste **(A)** on both sides of the meat, wrap the meat tightly in plastic wrap to ensure no air is left, then refrigerate for 6 to 10 hours.
3. Wipe the paste from the meat<sup>①</sup> and clean the meat surface with a paper towel. After the meat is brought to room temperature, heat a frying pan over low to medium heat, add a little oil and pan-broil both sides of the meat for about 2 minutes. Remove the meat, wrap it in aluminum foil and leave it in the foil for 5 minutes to keep it hot.
4. Cut vegetables into bite size pieces and cook them in the frying pan from step 3 over low heat.
5. Slice the meat into 2cm (0.8 in) strips and place on a plate with the side dish vegetables.

① The marinade paste can be reused to make delicious sautéed vegetable dishes, etc.