



Beef Tataki

Cooking
time

30
min

Recommended
cut

D Rump, Top-round

Level of
difficulty



Ingredients (serves two)

Japanese Wagyu (block of D rump or top-round)	300g (10 oz)
Oil	To taste
Salt	3g (1/2 teaspoon)
Fresh wasabi (or wasabi paste)	To taste
Yuzu (citrus fruit)	To taste
Shiso perilla leaves	2 leaves
Soy sauce	To taste
Salt mixed with matcha (powdered green tea)	To taste
Truffle-laced salt	To taste

How to cook

1. Bring the beef to room temperature. Rub salt over its surface and set aside.
2. Heat the oil in a frying pan to a high temperature. Place the beef from step 1 in the pan and roll the meat until the surface is firmly roasted.
3. Remove the meat and place in a heat-resistant ziplock bag. Release the air before closing the bag then cool it in a bowl of ice water for 15 minutes. Remove the beef from the bag, wrap it with a paper towel and leave it for 5 minutes. Remove the paper towel and cut into 1 cm (0.3 in) thick slices.
4. Grate the fresh wasabi and cut the yuzu peel into fine strips.
5. Place the sliced meat over the shiso perilla leaves on a plate. Add wasabi and yuzu on the side and enjoy the dish with soy sauce, salt mixed with matcha (powdered green tea), or truffle-laced salt.