



628 kcal
(per serving)



60 min



A wine-braised Wagyu dish featuring Asian spices and loaded with vegetables. Great with a glass of wine.

Makes 2 servings

Wagyu flank	150 g
Onion	1/2 (100 g)
Eggplant	1 (70 g)
Red pepper	1/4 (40 g)
Orange pepper	1/4 (40 g)
Shimeji mushrooms (or button mushrooms)	150 g
Garlic	1 clove
Ginger	1 small knob (17 g)
Cumin seed	1/2 teaspoon
Butter	1 tablespoon
Garam masala	1/2 tablespoon
Salt	Pinch
Pepper	Pinch
Vegetable oil	1 and 1/2 tablespoons

Braising Ingredients

Canned tomatoes	100 g
Red wine	90 ml
Bouillon cube	1/2
Chili powder	1/2 tablespoon
Allspice	Pinch
Worcestershire sauce	1/2 tablespoon
Soy sauce	1/2 scant tablespoon

1. Thinly slice the onion, cut eggplant into rounds, and chop red and orange peppers into bite-sized pieces. Cut very end off shimeji mushrooms.
2. Cut the Wagyu flank into bite-sized pieces about 5 mm thick. Season with salt and pepper. Heat 1/2 tablespoon of butter in a large frying pan and saute beef over medium heat until browned.
3. In a braising pot, heat 1/2 tablespoon of butter, and 1/2 tablespoon of oil and saute cumin seed, minced garlic, and minced ginger over low heat for about 3 minutes.
4. Add onions and saute another 2 minutes until soft. Add shimeji mushrooms and saute for about 2 minutes more. Add the meat and braising ingredients (canned tomatoes, red wine, bouillon cube, chili powder, allspice, Worcestershire sauce, soy sauce). Cover with a lid and simmer over low heat for about 20 minutes.
5. Heat 1 tablespoon of oil in a frying pan and saute eggplant over medium heat for about 2 minutes. Add red and orange peppers and saute for about 2 minutes more.
6. Add the sauted eggplant, red peppers, and orange peppers to the braising pot.
7. Season the braise with salt and pepper. Turn off the heat and add the garam masala.