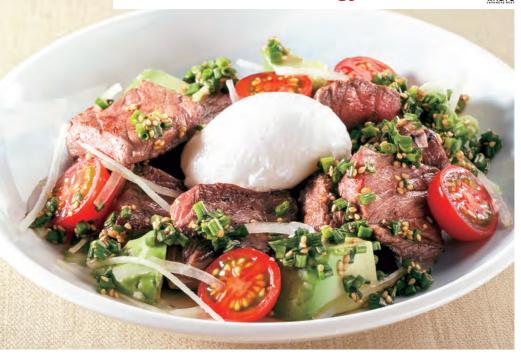
Wagyu Steak Poke Wagy











This dish is a Wagyu version of poke, traditionally used to prepare seafood in Hawaii. Rich avocado pairs surprisingly well with Wagyu Use plenty of lemon juice for the poke.

Makes 2 servings

Wagyu inside round 200 q Onion 1/4 (50 g) Cherry tomatoes 4 (60 g) Avocado 1/2 (100 g) Eggs Lemon juice 2 tablespoons Pinch Salt Pinch Pepper

Dressing

Soy sauce 2 teaspoons Sake 1/2 tablespoon Mirin 1/2 tablespoon Sesame oil 1 teaspoon Green onions (chopped)

2 tablespoons

Sesame seeds 1 tablespoon

- 1. Cut Wagyu round into large bite-sized pieces and season with salt and pepper. Saute the meat in a frying pan until browned.
- 2. Cut onion into thin slices and soak in water. Cut cherry tomatoes in half, dice avocado into 2 or 3 cm chunks and dress with lemon juice. Drain onions and mix together with tomatoes and avocado.
- 3. Mix the dressing (soy sauce, sake, mirin, sesame oil, green onions, sesame seeds) until well combined.
- 4. Soft boil or poach the eggs.
- 5. Combine the cooked beef, onion/tomato/avocado mixture, and dressing. Arrange the poke on a plate and top with egg.

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