



Wagyu Nanbanzuke

Bottom Round



40



332 kcal
(per serving)



60 min



A vinegar-based marinade makes the Wagyu round tender and light-tasting. This dish tastes great warm or chilled.

Makes 2 servings

Wagyu bottom round	150 g
Sweet pepper	1/4 (40 g)
Onion	1/4 (50 g)
Carrot	1/3 medium (70 g)
Green pepper	1 (40 g)
Lotus root	1/2 (80 g)
Potato starch	1 to 2 tablespoons
Salt	Pinch
Pepper	Pinch
Vegetable oil	1 tablespoon

Marinade

Black vinegar	3 tablespoons
Soy sauce	2 teaspoons
Sugar	1 and 1/2 tablespoons
Sake	1/2 tablespoon
Water	1/2 tablespoon
Sesame oil	1/2 teaspoon

1. Cut the Wagyu round into bite-sized slices. Season with salt and pepper, then toss with potato starch to coat. Fry meat in 170°C oil for about 90 seconds.
2. Julienne the sweet pepper, onion, carrot, and green pepper. Cut lotus root into rounds and then halves. Heat oil in a frying pan and saute vegetables over medium heat for about 2 minutes.
3. Make the marinade. Add marinade ingredients (black vinegar, soy sauce, sugar, sake, water, sesame oil) to a sauce pot and bring to a simmer. Transfer marinade to a container or tray.
4. Add the meat and sauted vegetables to the marinade, and leave to marinate overnight in a refrigerator.