



Wagyu and Nagaimo Rolls



52



278 kcal
(per serving)



20 min



A surprising twist on the maki roll, filled with ground Wagyu instead of rice. Also tastes great cooled, to add to a bento.

Makes 2 servings

Ground Wagyu	180 g
Nagaimo (Chinese yam, or potato)	1/7 (70 g)
Pickled ginger (or pickles)	10 g
Nori seaweed	2 sheets
Sake	1 tablespoon
Soy sauce	1 teaspoon
Potato starch	1/2 tablespoon
Salt	Pinch
Pepper	Pinch
Vegetable oil	1/2 tablespoon

1. In a bowl, sprinkle sake over the beef and knead so the mixture comes together. Add soy sauce, pinch of salt and pepper, and potato starch. Mix to combine.
2. Dice the nagaimo into 5 mm pieces and mince the pickled ginger. Add to the bowl and combine with the beef mixture.
3. On a bamboo sushi mat (or piece of cling film), lay a sheet of nori and with a spreader, spread the beef mixture evenly to cover the nori sheet. Roll into a spiral.
4. Heat oil in a frying pan. Place the nori roll in the frying pan, seam side down.
5. Over medium heat, turn the nori roll little by little, sauteing for about one minute each turn. When all the sides have been sauteed, turn the heat down to low and cover the pan.
6. Take off the lid and shake the pan to cook the nori roll evenly.
7. Pierce the nori roll with a skewer. Roll is cooked when juices run clear. Remove the nori roll and leave to cool before cutting into pieces.