

RECIPE 1

Mini cutlet burgers inside small bocconcini

Ingredients for 4 people

Wagyu meat	160g
Breadcrumbs	150g
Eggs	3
Sesame seeds	to taste
Fine salt	to taste
Clarified butter	150g
Beansprouts	100g
Japanese sauce	to taste
Michettine	4
Small rice bocconcini	4



Method

PREPARATION OF THE MEAT

- 1 Begin by removing any excess external fat and cut the Wagyu meat into thin slices.
- 2 Mix the breadcrumbs in a large bowl with black sesame seeds (white seeds are also fine) until you get a uniform mix.
- 3 In another bowl, gently beat 3 fresh medium-sized eggs and salt to taste.
- 4 First roll the thin slices of Wagyu into the egg and then into the mixed grated breadcrumbs and place them on a flat plate to rest before cooking.
- 5 Meanwhile, put a non-stick pan on the hob. When it has reached a high temperature, pour in the clarified butter.
- 6 Once the butter has melted, add the slices of meat and leave them to cook a few seconds on each side. Once cooked, place them on a plate with some absorbent paper to dry any residual melted butter on the slices of meat. After a minute, add salt to taste.

PANINO PREPARATION

- 1 Cut the michettina or the bocconcino of rice bread lengthways to get two exact halves.
- 2 Add two cuts of Wagyu meat, mix them with beansprouts of your choice (a mix is fine) and dress them in the Japanese garlic sauce or with the yuzu sauce.

SERVE with a good glass of wine ...



IDEAS FOR HAPPY HOUR

Creator's Notes

MARCO DE PADOVA

Marco De Padova has always lived in Milan, but he has spent time in London, New York and Miami. He was a white-collar worker, when he started working in the world of night entertainment at the age of 27. After years spent in various establishments as a food and beverage manager, he decided to follow his great passion – food. This prompted him to start a blog called ‘In cucina col direttore’ (In the kitchen with the manager).



RECIPE 2

Piadina with Sicilian fennel and mandarin salad, cut of Japanese Wagyu meat, pomegranate sauce and hazelnuts

[Greetings from the Land of the Rising Sun]

Ingredients for 4 people

- Small piadine with extra virgin olive oil 4
- Wagyu rib 360g
- Fennel 1
- Small mandarins 2
- Baby lettuce 1 head
- Greek yoghurt 3 tablespoons
- Pomegranate ½
- Extra-virgin olive oil to taste
- Black pepper to taste
- Salt to taste
- Hazelnuts A handful



IDEAS FOR HAPPY HOUR

Method

- 1

Take the ribs, rub them in salt and pepper, add the olive oil, then let them rest for about ten minutes.
- 2

In the meantime, heat a grill pan on the hob. Grill the rib for a minute and a half on one side, keeping it rare, briefly sealing the sides. When it is golden brown, remove it from the heat and let it rest.
- 3

Thinly slice the fennel, keeping the most beautiful strands to one side. Peel the mandarins and cut the lettuce into strips.
- 4

Mix all the ingredients in a bowl and season with a drizzle of oil and salt.
- 5

Take a quarter of the pomegranate and squeeze it with your hands to get the juice to add to the yogurt with salt and oil.
- 6

Cut the rib into slices.
- 7

Heat a non-stick pan on the hob and grill the piadine until they are crispy.
- 8

Serve on a wooden board, with the piadine at the bottom.
- 9

Add the sweet and sour salad to the centre, then the tender meat.
- 10

Complete with the barbs of fennel, a few pomegranate seeds, a nice round of ground pepper, some coarsely chopped hazelnuts and some drops of yogurt sauce – all randomly positioned.

Eat immediately, as an appetiser to enjoy whilst the piadina is still hot so you get the contrast with the fresh, crunchy salad.



Creator's Notes

GIGI PASSERA

Sisters Gigi and Marisa Passera's passion for food led them to create their own cookery website – 'Sorellepassera.com' ('The Passera sisters'). Gigi defines herself as a 'sofa fantasist, mother and soul sister'. She loves anchovies, wearing flowers in her hair, and all kinds of cuts of meat. Things she hates: double coating of breadcrumbs, the colour orange and the word 'foodporn'. She is also a radio and television presenter.

RECIPE 3

Wagyu tacos with avocado and Tropea onions

Ingredients per 4 people

- Tropea onion 1
- Red cabbage 70g
- Red wine vinegar to taste
- Wagyu rib 250g
- Mexican tortillas or small piadine 4
- Avocado 1
- Red chilli pepper, crushed (optional) 1
- Lime 1
- Radishes 3
- Fresh coriander to taste
- Salt to taste
- Pepper to taste



IDEAS FOR HAPPY HOUR

Method

- Place the sliced onion and the julienne cabbage in a small bowl and cover with the red wine vinegar. Put to one side.
- Let the meat rest for at least half an hour at room temperature before cooking. Salt and pepper the meat lightly. Put the pan or grill pan on medium-high heat to get to temperature. Then put the steak in the pan or on the grill and cook for a minute, turn and cook for another minute. Then lower the heat to medium and cook for another 30 seconds on each side. Remove the steak from the heat and place it on a sheet of aluminium foil. Wrap it well and let it rest for 5 minutes before cutting it.
- Meanwhile, heat the tortillas or piadine and place them on a serving dish.
- Drain the onions and the cabbage and remove any excess vinegar.
- Stuff the tacos with a few slices of avocado, onion and marinated cabbage, chopped chilli pepper, salt and pepper to taste.
- When serving, cut the meat thinly and place a few strips of grilled meat in every taco.
- Complete the tacos with sliced radishes, a few leaves of fresh coriander and slices of lime to taste.
- Serve immediately.



Creator's Notes

LAUREL EVANS

Laurel is Texan and grew up on her family's old ranch. She has been living and working in Milan since 2004. Encountering Italian cuisine made her realise how American gastronomic culture is so little-known outside of America. Aside from her blog 'unamericanincucina.com', she also writes cookbooks, hosts a television program, teaches cookery classes and collaborates with food companies.



RECIPE 4

Mini autumn tortillas with Wagyu meat

Ingredients for 2 people

- Wagyu meat (ribs) 220g
- Sicilian broccoli 250g
- Pumpkin 250g
- Red Tropea onion 1
- Soy sauce to taste
- Apple vinegar to taste
- Manitoba flour 180g
- Corn flour 50g
- Polenta taragna flour 2 tablespoons
- Salt to taste
- Water 130ml
- Corn oil 25g
- Mayonnaise to taste
- Dried dill to taste
- Black pepper to taste
- Olive oil to taste
- Sprig of rosemary 1
- Sage leaves 3



IDEAS FOR HAPPY HOUR

Method

- 1 Prepare the pumpkin by removing the peel and seeds. Cut it into pieces which are 5mm thick and 2cm long. Cover a baking tray with baking paper. Season the pumpkin with olive oil, dill, salt and black pepper. Bake at 180 degrees for 30 minutes.
- 2 Rinse the broccoli, cut off the florets and blanch them in plenty of salted water for 5 minutes. Then drain the florets, let them cool and season with olive oil, salt and black pepper.
- 3 Peel the onion, cut it into thin wedges and blanch in water with a teaspoon of apple vinegar for 3 minutes. Drain and season with salt and olive oil.
- 4 Add the flour and mix well. Wet your hands with water and start to knead. Add the oil and salt and continue to knead until you get a smooth dough. If the dough is too sticky, add more flour.
- 5 Divide the dough into 8/10 small balls and cover with a cloth. Taking a ball of dough, place it between two sheets of parchment paper, flatten it first using the palm of your hands and then with a rolling pin.
- 6 Heat a non-stick pan and cook the tortilla for about a minute on both sides.
- 7 Repeat the same process until you have used up the dough.
- 8 Cut the Wagyu meat into thin pieces. Cook in a non-stick frying pan over a high heat for one/two minutes with rosemary and sage, sprinkling with a tablespoon of soy sauce.
- 9 Assemble the mini tortillas, filling them with a teaspoon of mayonnaise, broccoli, pumpkin, onions and meat.



Creator's Notes

ROBERTA CASTRICHELLA

Roberta Castrichella, for everything 'Robysushi'. She doesn't just talk about sushi, she loves to eat it too! She's Roman, an engineer, a food blogger, food addict and passionate about photography. Food and cooking are her passion, dedication, creativity and, above all, her love. Her recipes are instinctive, original and affordable for everyone; perfect for those who are looking for new and unusual flavours but don't want to spend hours in kitchen, because in the end, the true essence of things lies in simplicity.



RECIPE 5

Smoke: Smoked wagyu, peas, anchovy caviar

Ingredients for 4 people

- Loin of Wagyu 500g
- Peas 300g
- Wasabi to taste
- Radishes 4
- Stracciatella from Andria 100g
- Tropea onion 1
- Raspberry vinegar to taste
- Anchovy sauce 30ml
- Fish stock 50ml
- Sugar 25g
- Peppercorns 5
- Alginate 2g
- Rice bran oil to taste
- Sprig of thyme 1
- Calcium chloride 5g
- Beech wood
(for smoking purposes) to taste



Method

- 1

Trim the loin, removing any excess fat. Mix together salt and sugar, massage the meat and seal in a vacuum with peppercorns and a sprig of thyme. Marinate for 6-8 hours, the last 3 out of the fridge.
- 2

Boil the peas, drain and cool them, keeping some of the water used to cook them. Keep two tablespoons of whole peas aside.
- 3

Blend with the rice bran oil, wasabi and a little of the water from cooking the peas until a smooth sauce is achieved. Add salt to taste. Pass through a sieve and keep to one side.
- 4

Cut the onions into halves and flash-fry in water containing raspberry vinegar, drain and cool. Peel the layers off removing the skin, season with very little rice oil and place to one side.
- 5

Peel and wash the radishes, cut them into very thin slices and place in iced water.
- 6

Mix the anchovy sauce and fish stock, add salt to taste and blend with the alginate. Add to a solution of 200ml of water and calcium chloride using a syringe. Leave a minute and a half to soak, then remove and store in the fridge in a solution of water and anchovy sauce.
- 7

Whisk the stracciatella and pour into a bottle.
- 8

Once the time required for the marinade has passed, open the bag, wash it and pat it dry using absorbent paper. Smoke for 10 minutes using beech wood. Let the meat rest for 10 minutes and thinly slice.
- 9

Assemble the dish.



APPETIZERS

Creator's Notes

RUBINA ROVINI

Rubina was born in Tuscany to an Apuglian mother and a Tuscan father; a gastronomic dualism which very much influenced her. A former professional dancer, she was a fierce and feared competitor in the fifth edition of 'MasterChef Italia' - so much so that she became known as the 'moral victor'. Nowadays she works both in Italy and abroad at events and in collaboration with companies from the world of food and Michelin-starred restaurants. In 2017, she published her first book 'SI SALVI CHI CUCINA!' (SAVE THE CHEF!)



RECIPE 6

Wagyu so much

Ingredients for 4 people

Sliced Wagyu 140g
Soy sauce to taste
Pepper to taste
Frozen edamame beans 150g
Frozen peas 100g
Philadelphia 50g
Cedar or lemon peel 1
Steamed beetroot 1
Chickpeas 150g
Taina 1 tablespoon
Lemon for the juice 1
Miso 2 tablespoons
Water 100ml
Seed oil 100ml
Shiso leaves for decoration
Sorrel leaves for decoration
Mushroom grass leaves for decoration
Pea shoots for decoration
Black truffle to taste
Turmeric powder to taste



Method

- 1 Boil the skinned edamame beans and peas in a small amount of water. Do not drain, and blend directly.
- 2 Once cold, add philadelphia and lemon zest to make a cream.
- 3 Whisk the chickpeas with a tablespoon of taina and half a lemon, season with salt and add the pureed beetroot.
- 4 Blend some water and the juice from half a lemon, add the seed oil and turmeric to make a mayonnaise.
- 5 Bake the Wagyu using the grill at maximum power on baking paper for about 40 seconds.
- 6 Create a base of soy sauce and a pinch of pepper. Roll two slices of Wagyu and place them in the middle of the plate.
- 7 Make some dots with the sauces and decorate with herbs. Add the thinly sliced truffle.



APPETIZERS

Creator's Notes

MAURIZIO ROSAZZA PRIN

He won a silver medal in the second edition of 'Masterchef Italia' and founded 'Chissenefood', a brand to bring the kitchen alive not only through the dishes. A familiar face on television on the 'Gambero Rosso Channel' during the 2016 series of 'Football's Kitchen', he is currently filming the second season which is on air from March 2018. Maurizio continues to amaze us with his unique showcooking and amuse us with his videos and recipes on his 'Chissenefood' Instagram and Facebook accounts.



RECIPE 7

Wagyu bites from around Italy

Ingredients for 10 servings

Wagyu (sirloin)	400g
Anchovy sauce	50ml
Salt flakes	6g
Hazelnut honey	90g
Nduja	30g
Horseradish in pasta	20g
Green olives	5
Red onion and vanilla jam	80g
Cinnamon stick	30g



Method

- 1 Cut the meat into 40g pieces and put it in a vacuum for 6 hours with the anchovy sauce.
- 2 Remove the cubes from the marinade and sauté them well in the pan with the flaked salt on 2 sides, then glaze with honey and hazelnuts without turning off the heat for one minute, giving the meat time to glaze, then remove from the heat.
- 3 Spread the the nduja and the horseradish on the upper part of the cubes, add the chopped olives and the hazelnut honey.
- 4 Put the cinnamon sticks in the vanilla-flavoured onion jam for an hour.
- 5 Serve the cubes with plenty of jam on the side for dipping.



APPETIZERS

Creator's Notes

SEBASTIANO ROVIDA

Sebastiano began his culinary studies at a professional institute in Pavia. In 2010, he had his live TV debut on 'Fuori Menu' in which he was a 'camp assistant' for the competitors. The program was immediately successful and reached its fourth series. In 2013, he hosted 'Finger Food Factory', which also aired live. In 2014, his first book was published, entitled "Finger Food Factory", 'l'arte di stupire in cucina con 50 ricette' ('the art of amazing everyone in the kitchen with 50 recipes'). Today he is the star of the Detto Fatto show on Rai 2.



RECIPE 8

Wagyu steaks in a cold marinade

Ingredients for 4 people

Lombo Wagyu 400g
Capers 1 tablespoon
Sprigs of parsley 3-4
Vinegar 30ml
Sugar 1 teaspoon
Salt and pepper to taste

For the onions:
Borrettane onions 200g
White wine vinegar 1 tablespoon
Water 30ml
Sugar 1 teaspoon
Extra virgin olive oil to taste
Salt to taste



Method

- 1 First prepare the onions: peel them and then brown them in a pan with a splash of oil.
- 2 Meanwhile, mix the water with the sugar, then pour the vinegar and the mixture into the pan.
- 3 Lower the heat until the onions are fully cooked. Halfway through cooking, add salt to taste.
- 4 Then chop the parsley and capers together.
- 5 Cut the Wagyu into strips that are about 3-4mm thick.
- 6 Heat a pan and grease the bottom with a piece of meat fat, then cook the loin slices on both sides over a high heat until the meat changes colour.
- 7 One minute per slice is enough. Salt to taste.
- 8 Get a pan ready and arrange a first layer of slices. Sprinkle with a tablespoon of chopped parsley and capers, with some halved Borretana onions, then cover with the meat and sprinkle again with all the ingredients.
- 9 Pour the remaining cooking juices onto the slices of Wagyu.
- 10 Meanwhile, add 2 tablespoons of water to half a glass of vinegar and melt the sugar. When ready, pour the liquid on top of the meat.
- 11 Cover and let the meat rest at temperature for at least half a day before serving. Whilst resting, the meat will release its juices which will enrich the flavour of the marinade.

It is ideal to prepare the dish in the morning to enjoy in the evening.



APPETIZERS

Creator's Notes

TERESA BALZANO

Teresa was born in Calabria but moved to Milan to study and never left – she stays there both for love and for work. Her blog combines two passions that have changed her life for the better: the internet and the kitchen, which little by little, have defined her profession. The name of her blog ‘Peperoni e patate’ (peppers and potatoes) is also a traditional recipe from her homeland. It is an expression of the simplicity of tradition, but above all her comfort food, her go-to recipes – the ones that make her feel at home. What does she cook? Simply Mediterranean Cuisine 2.0.



RECIPE 9

Wagyu cubes fried in grape oil, asparagus salad, lemon flavoured scampi, burrata and balsamic vinegar reduction

Ingredients for 1 dish

- Wagyu 40-50g
- Medium-sized langoustine 1
- Asparagus 2
- Balsamic vinegar reduction to taste
- Burrata 30g
- Lemon 1
- Basil to decorate 1 leaf
- Grape seed oil for frying to taste
- Balsamic vinegar to taste
- Sugar to taste
- Olive oil to taste
- Salt to taste
- Pepper to taste



Method

- 1 Form a cube of Wagyu beef from the rib or fillet.
- 2 Prepare the langoustine by removing the head and shell, but leaving the end of the tail attached and removing the black filament.
- 3 Prepare the steamer by inserting a lemon cut into 2 and squeezed together with the water.
- 4 Remove the woody end part of the asparagus and slice into smaller strands using a paring knife, season with a drizzle of olive oil and a pinch of salt and pepper, keep to one side.
- 5 Blend the burrata using a stick blender to make a smooth cream.
- 6 Reduce the balsamic vinegar on the fire adding some sugar to get a glaze.
- 7 Cook the steamed langoustine in the lemon-infused water.
- 8 Bring the grape seed oil to temperature and fry the Wagyu beef cube for about 30 seconds Place it on straw paper to absorb any excess oil and plate up the dish.
- 9 Place the asparagus salad in the centre, lay the Wagyu cube on top along with the scampi, decorate with pearls of burrata cream and balsamic glaze, finish the dish with a fried basil leaf.



APPETIZERS

Creator's Notes

MARCO MORESCHI

He participated in the sixth edition of 'Masterchef', proving to be direct, strong and well-prepared. His passion for cooking has been with him since he was a child as he started cooking when he was just 9 years old. He loved to replicate the recipes of his mother and grandmother, the latter who was a wonderful cook from Brescia. He adores the world of wine, and in 2017 he qualified as a sommelier.



RECIPE 10

Cube of Wagyu fried in grape oil, steamed langoustine, bisque, white cabbage and sautéed asparagus

Ingredients or 1 dish

- Wagyu 40-50g
- Medium-sized langoustine 1
- Asparagus 2
- Onion to taste
- Celery to taste
- Carrot to taste
- Butter 20g
- Cognac to taste
- Flour to taste
- Tomato puree to taste
- White cabbage leaf 1
- Grape seed oil for frying to taste
- Basil to decorate 1
- Salt to taste
- Pepper to taste



APPETIZERS

Method

- 1

Form a cube of Wagyu beef from the rib or fillet.
- 2

Prepare the langoustine by removing the head and shell, but leaving the end of the tail attached and removing the black filament. Get the steamer ready.
- 3

Make a small soup from the head, the claws and the shell. Put the butter and the vegetables (onion, celery and carrot) in a small pot, brown, add the shell and the remains of the langoustine and add a pinch of white flour.
- 4

Once made, blend with cognac, evaporate the alcohol and add the water. Whilst boiling, add salt and add a dash of tomato puree. Once ready, filter with a strainer and adjust the density. It needs to be quite thick.
- 5

Remove the woody end of the asparagus, cut them under the tip and divide each tip into 4, add pinch of semolina and keep to one side to fry.
- 6

Cut the white cabbage into very thin strips.
- 7

Cook the steamed langoustine in lemon-infused water.
- 8

Bring the grape seed oil to temperature and fry the Wagyu beef cube for about 30 seconds. Put it on straw paper to absorb the excess oil, fry, then remove the cube and the asparagus tips and plate up the dish.
- 9

Put a strip of white cabbage in the central part of the dish, place the Wagyu cube in the centre on top of the langoustine and add a few spoonfuls of the soup. Add the asparagus tips and finish with a glazed basil leaf.



Creator's Notes

MARCO MORESCHI

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RECIPE 11

Cubes of Wagyu with asparagus, almonds and basil flowers

Ingredients for 4 people

Wagyu meat (loin) 500g
Asparagus 1 bunch
A tablespoon of white
wine vinegar 1
Maldon salt to taste
Black pepper to taste
Basil leaves and flowers 4
Extra virgin olive oil to taste
Thinly sliced almonds A handful



APPETIZERS

Method

- 1 First boil the asparagus in plenty of salted water until tender. Place it in iced water to stop the cooking process and keep the colour alive.
- 2 Put the asparagus, the basil leaves and three tablespoons of extra virgin olive oil, salt, pepper and a tablespoon of vinegar in a tall glass.
- 3 Blend everything together and add a drizzle of oil if necessary.
- 4 Toast the almonds in a saucepan. Pay attention as they burn very quickly.
- 5 Cut your piece of Wagyu loin into 3 cm² cubes.
- 6 Cook in a hot non-stick pan without adding any fat. Seal the meat on all sides.
- 7 You can now bring the dish together: first spread a spoonful of creamed asparagus, place your cubes of Wagyu on top and then scatter the almonds.
- 8 Decorate with a few fresh basil leaves complete with their flowers.

Creator's Notes

LUISA AMBROSINI

She has always believed that fashion and cooking are a perfect combination; showing that every woman can cook freely wearing her favourite outfit and, above all, wearing a gorgeous pair of high heels. Hence the name of her blog 'tacchiepentole.com' ('heels and pots'). Luisa Ambrosini prefers easy, fast and affordable recipes – minimum effort with maximum results! She has a degree in economics, and a passion for culinary culture she inherited from her parents.



RECIPE 12

Wagyu spaghetti carbonara

Ingredients for 4 people

Spaghetti alla chitarra a
sezione quadrata 250g
Grated pecorino Romano 100g
Organic egg yolks 12
Wagyu Beef 120g
Flakes of salt, ground black
pepper to taste



MAINS

Method

- 1 First refrigerate the beef so that it hardens and is easy to slice.
- 2 Thinly slice some pieces and place them on transparent paper, then keep them in the refrigerator while the rest of the beef is cut into thicker pieces and put in a pan.
- 3 Grate the pecorino cheese (keep a third for the final "dusting") and put it in a large bowl with the egg yolks and a generous amount of grated black pepper. Mix well, and if the mixture is too dry add a little cold water to make the mixture creamy.
- 4 Bring the water to the boil, add salt and then add the spaghetti, taking care to stir frequently.
- 5 In the meantime, gently brown the thicker pieces of Wagyu, adding a pinch of salt and pepper. Switch off the hob.
- 6 When the pasta is al dente, drain it and pour it into the pan with a little of the water from cooking, turn the hob back on and fry it vigorously for a few seconds then pour the seasoned pasta in the bowl with the egg and the pecorino cheese. Stir quickly and if necessary add a little cooking water.
- 7 Now roll the required portion into a ladleful of broth and place the pasta in the centre of the plate covering it with the previously sliced pieces of Wagyu, sprinkle with black pepper and serve immediately.

Creator's Notes

GUALTIERO VILLA

Gualtiero has worked as a professional chef for over thirty years and has gained experience in well-known restaurants across Italy. Over the years, his thirst for knowledge and research has led him to teaching through collaborating with the most famous cookery schools in Milan until he founded the cookery school and social melting pot with the kitchen as a common denominator called 'Cucina In' in 2013 along with two partners.



RECIPE 13

Cuoppoloni di Gragnano filled with Wagyu meat, caramelised butternut squash and peas

Ingredients for 4 people

- “cuoppolone” di Gragnano 4
(a special shaped pasta stuffed with traditional fillings of vegetables or fish and is usually served as a single portion)
- Butternut squash 500g
- Frozen peas 200g
- Thinly sliced Wagyu meat 150g
- The green part of a leek to taste
- Extra virgin olive oil to taste
- Salt to taste
- White pepper to taste



Method

- 1

Peel the butternut squash and cut into very small cubes.
- 2

Cook them in a non-stick pan with 2 tablespoons of extra-virgin olive oil. Stir and remove from the heat as soon as they start to caramelise.
- 3

Slice the leek and cut the rest of the butternut squash into pieces and cook in 300ml of water until it is easy to mash them with a fork.
- 4

Blend using a stick blender, add 1 tablespoon of extra virgin olive oil, season with salt and ground pepper and reduce to a cream that must be liquid enough to coat the bottom of the dish.
- 5

Boil the peas in slightly salted water, drain and place to one side.
- 6

Now fry the meat, about 1 minute per side, in a non-stick pan and cut the slices into very small pieces. Keep the pieces of meat warm.
- 7

Cook the cuoppoloni in plenty of salted water, drain and coat them with a splash of oil.
- 8

Mix the ingredients for the filling in a saucepan with 4 tablespoons of butternut squash cream, and add salt and pepper to taste. Fill the cuoppoloni, prepare the individual portions, coating the bottom of the dish with the warm butternut squash cream and serve immediately.
- Enjoy!!



MAINS

Creator's Notes

DORIANA TUCCI

After many years spent in the kitchen and as a cookery translator, she founded an association and a small cookery school which welcomes not only local students but also many groups of foreigners who are passionate about Italian cuisine and high quality produce. Over the years, Doriana has collected recipes from her past, and her website ‘La Signora dei Fornelli’ (‘The stove lady’) now has a collection of around 1,100 recipes and articles.



RECIPE 14

Wagyu all'amatriciana [in honour of the people from Amatrice]

Ingredients for 4 people

- A. Wagyu rib 600g
- A. Maldon salt or flakes to taste
- A. Salt and pepper to taste
- B. Fresh cream 100ml
- B. Pecorino Romano 70g
- B. Parmigiano Reggiano 30g
- B. Extra Virgin Olive oil to taste
- C. San Marzano tomatoes 200g
- C. Sugar 50g
- C. Salt 30g
- C. Thyme to taste
- C. Garlic to taste
- C. Olive oil to taste
- C. Xanthan gum to taste
- D. Wagyu bones and carcass 250g
- D. Carrots 1
- D. Shallots 1
- D. Celery stalks 1
- D. Tomato puree 1 tablespoon
- D. Ice 250g
- D. Mustard 1 teaspoon
- D. Worcester sauce 1 teaspoon
- D. Brandy 60ml
- D. Pepper 1 teaspoon
- D. Bay leaves 1
- D Extra Virgin Olive oil 50ml
- Spicy chilli cream 1
- Frozen beans 30g
- Pasta fritta to taste



Method

Meat

Portion the meat, season with salt, pepper, cook on the grill for about 4 minutes per side, being careful of the flame, which should never be direct, handle cooking as desired.

Pecorino sauce

Bring the cream to a boil, then add the grated cheese and emulsify with the minipimer, polish with a little olive oil.

Roasted tomato coulis

- 1 Cut the datterini tomatoes in half, put them in a pan with salt, sugar, thyme and garlic, cook at 80°C for 5 hours with the valve open.
- 2 Whisk the roasted tomatoes, sift the mixture and bind with xanthan and olive oil. Put in bottles or pastry bag.

Wagyu sauce

- 1 Dice the vegetables and cut the bones into pieces.
- 2 Brown the bones and the parcels of Wagyu with olive oil. When they are browned, add the vegetables and brown again.
- 3 Blend with brandy. When it has all evaporated, add the bay leaf, pepper and recently melted ice, the mustard and tomato puree and reduce by 2/3.

Assembly

- 1 Blanch the beans in salted boiling water, then remove the skins and season with oil and salt.
- 2 For the pasta fritta, cook in water being careful of the time, then drain, dry with paper and fry in hot oil, drain on absorbent paper and salt to taste.
- 3 For the hot chilli cream, you can buy it already made or make it by blending together cooked red pepper and fresh chilli peppers. Plate up the dish with all the elements, the sliced meat on the bottom, the two sauces to bring everything together.



MAINS

Creator's Notes

MIRKO RONZONI

Winner of 'Hell's Kitchen' 2015, he earned the position of Executive chef at Hell's Kitchen restaurant in the Forte Village Resort in Sardinia, and the position of Sous Chef alongside Carlo Cracco in the subsequent editions of 'Hell's Kitchen Italia'. He grew up a stone's throw away from Bergamo, but is a true citizen of the world: he has both lived in and visited many cities. Tradition, technique and the intense desire to source exceptional raw ingredients shape his cooking.



RECIPE 15

Mille-feuille of Wagyu and Carasau bread with horseradish zabaione

Ingredients for 4 people

- Thinly sliced pieces of Wagyu meat 200g
- Carasau bread 3 sheets
- Egg yolks 3
- Dry white wine 90ml
- Extra virgin olive oil 20ml
- Melted butter 60g
- Freshly grated horseradish ... 1 tablespoon (or packaged horseradish cream)
- Salt to taste



Method

- 1 Prepare the zabaione in a bowl placed on top of a bain-marie on a saucepan over a moderate flame: add the egg yolks, a pinch of salt and the dry white wine and whisk the mixture.
- 2 Add a drizzle of oil and then the melted butter, stirring all the while. Add the horseradish and continue to beat the mixture using a whisk: the zabaione will gradually thicken and will then be ready. Keep to one side.
- 3 Sear the meat in a non-stick pan, one serving at a time, add salt and keep warm in between two plates.
- 4 Randomly break the carasau bread into medium-sized pieces. Arrange the slices of meat alternating with the carasau bread, and a few spoonfuls of horeseradish zabaione until it is all used up.
- 5 Decorate the dish with freshly grated horseradish and a few leaves of parsley or dried flowers.

Enjoy!!



MAINS

Creator's Notes

DORIANA TUCCI

After many years spent in the kitchen and as a cookery translator, she founded an association and a small cookery school which welcomes not only local students but also many groups of foreigners who are passionate about Italian cuisine and high quality produce. Over the years, Doriana has collected recipes from her past, and her website ‘La Signora dei Fornelli’ (‘The stove lady’) now has a collection of around 1,100 recipes and articles.



RECIPE 16

Japanese Wagyu with a broad bean and turnip greens cream

Ingredients for 4 people

- Japanese Wagyu meat 280g
- Washed turnip greens 300g
- Dried beans 150g
- Small potato 1 (50-70g)
- Semi-dried tomatoes in oil to taste
- Chilli peppers to taste
- Garlic to taste
- Extra virgin olive oil to taste
- Salt to taste



Method

Cream of dried beans

- 1 Leave the beans to soak in cold water for at least 10 hours.
- 2 Slice the potato and add it to a sufficiently large saucepan, add the beans soaked in water and cover everything with cold water two fingers deep above the ingredients in the saucepan.
- 3 Turn on the oven and cook over low heat for 45/50min from the point at which the water boils, or until the beans are soft.
- 4 When cooked, add the salt and start mixing vigorously with a spoon, preferably wood. Pour over the extra virgin olive oil and keep the cream to one side.

Garnish and Wagyu

- 1 Blanch the turnip greens for a few minutes. Place them in iced water so they keep their colour. Sauté the turnip greens in a pan with garlic, oil and chilli.
- 2 Cut the meat into 4 regular cubes of around 70 grams each. Now cook them, flash-frying each side for about twenty seconds and then let the meat rest for 2-3 minutes before serving, add salt to taste. la, salando a piacere.

Serve

Serve with the cream on the bottom of the plate, the meat on one side and the turnip greens on the other; garnish with semi-dried tomatoes in oil chopped in half.

Creator's Notes

FRANCESCA D'AGNANO

In 2011, Francesca and Pietro created 'Singerfood.com', which came from the desire to share their culinary skills – their passion for wine, gastronomy and music – through words and pictures. Pietro has a restaurant in Milan called Trippa and Francesca handles communications for the Gentile di Gragnano pasta factory and works as a freelancer for various food and wine companies.



SECONDS

RECIPE 17

Black truffle Wagyu Tataki with orange gel, nettles and mint, with anchovy sauce and cuttlefish ink coral crisp

Ingredients for 4 people

- Wagyu 200g
- Dried black truffle 10g
- Coarse salt 10g
- Nettles 40g
- Mint 2 tufts
- Anchovies 10 fillets
- Garlic 2 cloves
- Cream 50ml
- Olive oil to taste
- Orange juice 150ml
- Rice starch ½ tablespoon
- Potato starch ½ tablespoon
- 00 flour 25g
- Cuttlefish ink 10g
- Water 75ml
- Salt to taste



Method

- 1 In a saucepan, toast half of the dried black truffle and coarse salt with a small portion of the Wagyu fat. As soon as the aroma of the truffle is released, brown the Wagyu meat for about 40/50 seconds per side, in the meantime add salt and the black truffle to the raw side and brown.
- 2 Leave the rib to rest for about 8/10 min in the oven which will have previously been heated to about 50 degrees. Cut the ribs into thin slices and roll until pink.

Preparation of the anchovy sauce

Sauté the anchovies in pot for about 4 minutes with the two cloves of garlic, allow to cool and then blend together with the cream, add the olive oil (about 20 grams).

Preparation of the nettle and orange gel

- 1 Blanch the nettles and the two bunches of mint in the water for a few minutes, they will be ready once the water in which they are cooking turns green.



- 2 Blend with a drizzle of olive oil and strain.
- 3 In a saucepan, sift half a tablespoon of potato starch and half a tablespoon of rice starch, add the liquid and bring to the boil for around 7 minutes, then allow to cool.
- 4 Follow the same procedure for the orange gel – obviously there is no need to carry out the first step of blanching.

For the cuttlefish ink coral crisp

- 1 Mix the three ingredients using a stick blender (flour, squid ink, water) to get a thick mixture.
- 2 Using a ladle, pour the mixture into a hot non-stick pan, let it fry until the water has completely evaporated, you will be left with a crispy coral fan on the bottom of the pan.

Finish the dish with anchovy sauce, the squid ink coral fan and nettle and orange gel around the Wagyu.



Creator's Notes

ALAIN STRATTA

Alain participated in the Sixth Edition of 'Masterchef Italia' to change his life and leave his job as an insurance professional. His true passion is cooking; it was his paternal grandfather who passed a passion for good food on to him. One day, he would like to open a small restaurant – he is passionate about traditional Italian cuisine. He loves experimenting with different combinations, but always stays true to tradition.



Ingredients for 6 people

- Wagyu neck 700-800g
- Beef broth 750ml
- Fresh chanterelle mushrooms 400g
- Red beer 2 glasses
- Puff pastry 1 sheet
- Carrot 1
- Onion 1
- Stick of celery 1
- Sage to taste
- Rosemary to taste
- 00 flour to taste
- Extra virgin olive oil to taste
- Egg 1

Method



- Clean the mushrooms and remove all the soil.
- Cut the meat into small stew-sized chunks and roll in flour
- Wash and chop the vegetables, including the aromatic herbs.
- Fry the vegetables in oil, then brown the meat and mix with the beer.
- Add 500ml of broth to the stew and cook for around 50 minutes.
- After 20 minutes, add the mushrooms and continue cooking; if necessary add more broth.
- Then cook for another 10 minutes uncovered over high heat.
- Pour the stew into a porcelain pan and cover with a sheet of puff pastry brushed with the beaten egg.
- Bake at 180°C for around 20 minutes.
- Serve on the table directly from the pan. Cut the pastry lid into the number of diners and serve with the stew.

Creator's Notes

EMANUELE PATRINI

Finishing third place in the first edition of ‘Bake Off Italia’, Emanuele is a manager of a multinational company specialising in healthcare consulting. He loves both his job and cooking. He has written management books for ‘Sole24ore’, but his dream is to write his own cookbook and have it published. His blog ‘Cravatteaifornelli.net’ is a must for all cooking enthusiasts.



RECIPE 19

Cubes of Wagyu served on a tile of sweet salt from Cervia, a plate of vegetables and black garlic

Ingredients for 4 people

- 3cm long cubes of rib 12
- Champignon mushrooms 2
- Carrot 1
- Courgette 1
- Cauliflower 4 florets
- Maldon salt to taste
- Black garlic 2 cloves
- Olive oil to taste
- Salt from Cervia 4 tablets



SECONDS

Method

- 1 Preheat the oven to 300°C or to maximum temperature, place the tablets inside and leave them for about 20 minutes.
- 2 Wash and cut the vegetables, lightly grease them and cook over high heat.
- 3 Cut the garlic into thin slices.
- 4 Plate the meat on one side and serve on the tile on the opposite side so that it is cooked by the heat of the salt.
- 5 Place the cubes of meat on the hot tile, arrange the vegetables, garlic and a few flakes of Maldon salt.



Creator's Notes

ERICA LIVERANI

Raised in a small town in the province of Ravenna, Erica comes from a family who have been farming for many generations. She won one of the aprons in the fifth edition of ‘MasterChef Italia’, winning the final with her skill and determination. She has written a published book called “A piccoli passi” (“Small steps”), ‘un cammino attraverso la nostra cucina tradizionale, riletta con estro e creatività’ (‘A journey through our traditional cuisine with flair and creativity’). It was published by Baldini & Castoldi.



RECIPE 20

Wagyu skewers coated in a crust of dried fruit and friselle bread on a bed of cannellini bean cream with lime and crunchy vegetables

Ingredients for 4 people

Wagyu	350g
Onions	2
Dried cannellini beans	125g
Black cabbage leaves	10
Pomegranate seeds	to taste
Lime	to taste
Chilli peppers	½
Cloves of garlic	1
Tarragon leaves	10
Thyme	to taste
Olive oil	to taste
Salt from Cervia	to taste
Black pepper	to taste
Pistachios	100g
Friselle bread	3
Hazelnuts	50g



SECONDS

Method



- 1 Cook the cannellini beans in water. Once cooked, whisk them over the heat with a drizzle of oil, pepper, salt, juice and lime zest.
- 2 Put a clove of garlic and chilli pepper in a pan with a drizzle of oil and sauté the black cabbage, adding a few drops of water, add salt and pepper to taste.
- 3 Cut the Wagyu into small cubes then cook in a very hot pan. Once browned on all sides, let it rest for 5 minutes and then roll it in the coarsely chopped pistachios, hazelnuts, friselle bread and thyme.
- 4 Place on a plate and bake at 200 degrees for 7 minutes.
- 5 Heat a drizzle of olive oil at 70 degrees and add the tarragon leaves.
- 6 Slice open a pomegranate to get a few seeds.
- 7 Spread the cannellini cream on the plate.
- 8 Place the Wagyu skewer on top, dress with the onions and some black cabbage.
- 9 Finally, grate a lime, drizzle over some tarragon oil and add thyme leaves to finish.

Creator's Notes

GIULIA BRANDI

Born in the province of Pesaro and Urbino, she was victorious in the sixth edition of 'Masterchef' with her traditional cuisine from Le Marche thanks to her authenticity. From an early age, under the guidance of her paternal grandfather, she tried to produce ever tastier and more creative dishes for the family. One of her greatest dreams is to open a restaurant with her father and serve her grandmother's dishes.



RECIPE 21

Entrecôte of grilled Wagyu beef, caramelised Tropea onion, veal in a demi-glace sauce



Ingredients for 1 person

Entrecôte of Wagyu beef 80g
Tropea onion
(medium/small)..... 1/2
Veal in a demi-glace
sauce to taste
Maldon salt A few crystals

SECONDS

Method

- 1 Prepare a classic demi-glace sauce with veal bones and well-grilled vegetables.
- 2 Prepare the onions, cutting in half the 2nd or 3rd layer of a medium-small onion, put them in cold water in the fridge for 1 hour before using them, just before putting them on the grill, drain and dry them well by dabbing them with a cloth.
- 3 Make sure that the grill is at maximum temperature before placing the onions facing downwards for no more than 2 minutes so that they keep their crunchy texture.
- 4 Cut a rectangular piece of beef about 2cm high and about 6cm long, sear without any seasoning for about 3 minutes, leave to stand for 3 minutes.
- 5 Serve the Tropea onion with its browned underside on a hot plate with the meat on the side sprinkled with a few Maldon salt crystals



Method for the demi-glace sauce

- Day 1**
- Prepare a mixture of veal bones by selecting those with the most connective tissue and nerves (ultimately it is these parts that will naturally bind the sauce).
 - Roast the bones in the oven on a pan at 200 degrees for an hour and a half or until they have turned a very dark colour, prepare the washed vegetables (carrots, onions, shallots, leeks, celery, tomatoes) and also roast them at 200 degrees for 20 minutes.
 - Bring the bones and vegetables together in a saucepan and increase the heat to maximum, wait a few minutes and add a bottle of dry red wine. Wait until the alcohol has completely evaporated.
 - At this point, completely cover with ice, lower the heat to a minimum and allow the mix to simmer for 7-8 hours and then place in cold store at 0 degrees for the whole night.
- Day 2**
- Put the saucepan back on the heat and add more ice and simmer for 7-8 hours and then put it back in the cold store at 0 degrees for the whole night.
- Day 3**
- Put the pan back on the heat and remove all the bones from the liquid, at this point filter through a cheesecloth.
 - Return the pan to the cold store until the fatty part reaches the surface.
- Day 4**
- At this point, remove all the fat with a spoon, and reduce to low heat until it starts to have a syrupy consistency.

Creator's Notes

LORENZO DE GUIO

Born in a small village in the province of Vicenza, he began to discover the world of food from an early age, working with his father in the family butchers. His relationship with the kitchen, which started as a home experiment, has turned into a real passion. He won the bronze medal in the fifth edition of 'MasterChef Italia', and splits his time between his profession and show cooking around Italy.



RECIPE 22

Wagyu tartare with ginger, shallots and oyster sauce

Ingredients for 4 people

- Wagyu fillet 600g
- Ginger 1
- White onion 1
- Shallot 1
- Oyster sauce 2 tablespoons
- Black sesame seeds 1 tablespoon
- Yellow pepper 1 piece
- Chives a few strands
- Pre-cooked corn on the cob 1
- Rice bran oil 100ml
- Lemon for the juice 1
- Salt and freshly ground pepper to taste
- Sugar 2 tablespoons
- Figs 1
- Fresh spinach leaves to taste
- Watercress shoots to taste



SECONDS

Method

- 1 Peel the ginger, cut it firstly into slices and then chop finely. Peel the shallots and chop finely. Wash the pepper and cut into pieces.
- 2 Heat 3 tablespoons of rice bran oil, turn off the hob then add the chopped ginger, the shallot and the pepper. Add a pinch of salt, cover and let it rest for about 1 hour.
- 3 Toast the sesame seeds.
- 4 Cut the meat with a knife until it reaches a very fine and blended consistency. Season with ginger oil and a pinch of pepper, add the oyster sauce and black sesame seeds and cook for a few minutes.
- 5 Pour 5 tablespoons of rice vinegar, 10ml of water and 2 tablespoons of sugar into a saucepan and then boil for 10 minutes.
- 6 Cut the onion to obtain diced chunks.
- 7 Blanch the petals for around 5 minutes. Place on a baking tray on baking paper and sprinkle with a pinch of sugar and bake at 160 degrees for around 30 minutes.
- 8 Brown the corn kernels separately with a drizzle of oil, add a pinch of salt and a few strands of chives and slowly blend everything together, adding the lime juice to achieve a smooth cream.
- 9 Place the slices of fig in the centre of the plate along with the fresh spinach leaves and a tablespoon of corn cream. Cup the tartare with a steel ring, decorate with cress sprouts and a drizzle of oil.

Creator's Notes

TIZIANA COLOMBO

As well as a food-blogger, she has always been a food lover. A nickel and lactose intolerance diagnosis is life-changing, and was the source of her desire to bring issues related to food intolerances to the attention of the media. Her website 'www.nonnapaperina.it' and her first book 'Nichel. L'intolleranza? La cuciniamo!' ('Nickel. Are you allergic? Let's cook anyway!') is a point of reference not only for people with food allergies, but also for those who want to enjoy traditional, healthy cuisine.

