

# 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.