



## Special Feature

Andrew Zimmern

# “In the presence of something holy”

Andrew Zimmern is an Emmy and four-time James Beard Award winning TV personality, chef, writer, teacher and social justice advocate. Andrew has devoted his life to exploring and promoting cultural acceptance, tolerance and understanding through food. Andrew is a proven thought leader in the culinary space and he is passionate about his philanthropic endeavors, as comfortable serving on a non-profit board of directors as he is in the kitchen.



Food is life changing, and Japanese Wagyu is one of the most compelling foods I know.

As you get into exploring different cuts of beef from Japanese Wagyu cattle, you'll really develop a keener appreciation for every aspect of beef eating. I love eating the rich, intense beef of Japanese Wagyu. The flavor is second to none, and the texture is absolutely sublime.

When I'm talking to people, I always joke around that the expression of beefy flavor and texture in Japanese Wagyu is what all meat aspires to be. It's a real privilege to be able to work with this product.

I first tasted Japanese Wagyu the first time I ever went to Japan, almost three decades ago, and I was absolutely blown away by it. The experience made me feel like I was

in the presence of something holy. I had never tasted beef with the level of kind of deep, earthy flavor and minerality that really good Japanese Wagyu has, not to mention the mouthfeel, elegance and sheer expression of marbling. It is truly second to none, and my toes curled. I thought I was in the presence of a higher power, truly!

Over the course of the last 30 years, we've seen more and more Japanese Wagyu pop up on menus all over America, which is a fantastic opportunity for people who love beef to sample it. It's available many different ways, in a wide range of venues, and it truly is the best beef in the world.

For this recipe book, I was honored to create two different beef preparations using two different cuts of Wagyu with just one pan. Simple, easy, elegant and respectful—the great traditions of Japanese Wagyu cuisine shining through the prism of an American chef.



## Reverse Seared Wagyu with Mustard-Miso Sauce

|                        |                              |                         |                             |
|------------------------|------------------------------|-------------------------|-----------------------------|
| Trimmed Wagyu .....    | 1lb<br>tenderloin or sirloin | Rice wine vinegar ..... | ½ cup<br>(or more to taste) |
| Mustard-Miso Sauce     |                              |                         |                             |
| Eggyolks.....          |                              |                         |                             |
| Eggyolks.....          | 3 pc                         | S&B mustard powder..... | 4 tbsp                      |
| Blond miso paste ..... | 1 cup                        | Soy sauce .....         | 1 tbsps                     |
| Sugar.....             | ½ cups                       | Sake.....               | ¼ cup                       |



## Wagyu Tataki

| Ponzu Sauce   | Wagyu  |
|---|--|
| Naturally brewed ..... 6 tbsps<br>aged soy sauce  | Trimmed and squared..... 1 lb<br>Wagyu sirloin or tenderloin |
| Rice wine vinegar ..... 2 tbsps   | Salt, Pepper, Sesame seeds ... (to taste)                    |
| Lemon juice..... 1 tbsps  | Peanut oil..... 1 tsp  |
| Kombu..... Two 1-inch<br>square pieces  | Sesame oil ..... 1 tsp                                       |
| Fresh ginger ..... a few small slices   | Hot chile sesame oil ..... 1 tsp<br>(or more to taste)       |
| Katsuo ito kezuri..... 1 tbsp<br>or katsuobushi<br>(shaved dried, smoked<br>bonito or skipjack tuna flakes) | Scallions..... 2 pc  |
|   | Thinly sliced chives, for garnish                            |

## Reverse Seared Wagyu

Season the beef with sea salt. Place skillet on a cold burner. Using a low heat setting, turning several times every 30 seconds or so, for about 8–10 minutes to warm the beef all the way through. Raise burner to highest setting and sear the beef for 30 seconds or so on each side to develop a deep brown crust.

## Mustard-Miso Sauce

Combine all ingredients in a metal work bowl. Set bowl over water that is lightly simmering, and whisk slowly, scraping down the sides until eggs have set and sauce has tightened.

Reserve. Leftover sauce can be reheated or used cold, it's delicious on everything.

## The Greens

Make sure your greens are very dry if you wash them. Preheat a wide saute pan over high heat. Hard sear a few big bowls of mixed greens, over very high heat in batches. You can use mustard greens, spice cress, shiso leaves, turnip greens, beet greens, baby kale, any and all in combination or on their own, with a bit of peanut oil, sea salt and a few pinches of chile flake. Toss until just wilted, it shouldn't take long at all.

## Assembly

Let rest for 10 minutes and serve sliced on plates perched against a small bundle of the greens and over a small puddle of the sauce.

## Ponzu Sauce

Combine the ponzu ingredients in a mixing bowl. Place in the fridge for 24 hours. Strain before serving.

## Wagyu Tataki

Allow Wagyu to come to room temperature, about 30 minutes. Season the beef on all sides with salt, pepper and a sprinkle of sesame seeds. Place a cast iron or heavy saute pan over medium heat for 5 minutes. Add the peanut oil. Place the beef in the pan and raise heat immediately to high. Hard sear for a brief period, no more than a minute per side to create a deep brown crust, making sure to keep the center cool/rare. Let meat rest for a few minutes. Slice thin and arrange on a large platter with a drizzle of ponzu sauce. Slice the scallions paper thin, sprinkle on the beef along with the sesame oil and hot chile sesame oil. Season with salt and garnish with additional sesame seeds and chives. Serve, passing more ponzu at the table. Or you can plate individually and serve the ponzu on the side for dipping.