



WAGYU AND BRASSICAS FONDUE

by David Barzelay

Nostalgia, in the wild. Lazy Bear is built around a fine dining dinner party. This recipe is a Wagyu beef fondue, which showcases how delicious Wagyu can be at all different temperatures.

INGREDIENTS (serves 4)

Wagyu Cut: **Ribeye**

Aged Cheddar and Wagyu Fondue

Fatty trim of wagyu beef..... ½ cup
Garlic cloves, sliced2 ct
Red wine.....½ cup

Liquid shio koji or white soy sauce ½ cup
Sherry vinegar..... 2 ½ tbsp
Salt1 tsp
Yukon gold potatoes 1 ½ lb (peeled and sliced)

Heavy cream 2 ½ cups
Aged cheddar.....¾ lb (grated)

PREPARATION

1. Trim excess fat from the Wagyu, especially from the fat cap. Roughly dice the fat and reserve for fondue.
2. Season both sides of the Wagyu with salt and pepper just before searing. For a one inch-thick ribeye, sear at very high heat for about 1.5 minutes on each side, then transfer to a low-heat (250°F) oven and cook for two to three minutes. (For this recipe, an internal temperature of 120°F will keep the meat rare.) Remove from the oven and transfer to a plate at room temperature. Let the steak rest for about 10 minutes, then slice it and sprinkle with salt.
3. Render the fat down about six to eight minutes. Turn off the heat to let the fat cool for a moment, so the garlic doesn't burn when added. Return heat to low and lightly fry garlic, without developing color. Next, add all ingredients except the cheddar cheese. Bring to a boil and cook, covered, over low heat until the potatoes are very tender, about 20–30 minutes.
4. Transfer everything to a blender and purée until smooth. Add potato cream to the pot, but don't wash the blender jar. Bring potato cream to a full boil, stirring constantly on the bottom of the pan to prevent scorching.
5. In the meantime, add grated cheese to the blender jar. Use the best, sharpest cheddar you can find.
6. When the potato cream is at full boil, pour it back into the blender jar over the cheese and blend to emulsify. Taste and adjust salt. If it is too thick, dilute with a little water. Keep warm until ready to serve, or let cool and reheat in the microwave or saucepan.

Thoughts On Wagyu

Don't stress the beef. Wagyu is a delicious product, and the sky's the limit in terms of creativity. Have fun with it and enjoy yourself!



QR code for chef interview and cooking instructions on YouTube



chef David Barzelay

Chef David Barzelay practiced law prior to becoming a chef and creating one of the most sought after pop-up dining series in San Francisco. Once becoming a permanent location, Chef Barzelay's restaurant was awarded two Michelin Stars and he was named a Best New Chef by Food & Wine Magazine.

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