



TORCHED WAGYU ZABUTON

*with Japanese cucumber salad,
pickled chilies and shiso*

by Mary Attea

Respect for everything around you—the kitchen, your employees, your product, your food. The Wagyu cut used in this recipe, zabuton, means “cushion” (the bottom part of the chuck roll) and isn’t as common, but still has fantastic flavor.

INGREDIENTS (serves 4)

Wagyu Cut: **Zabuton (Chuckroll)**

Wagyu Zabuton..... 8 oz	Salt 1 tbsp	Mirin ½ cup	Jalapeño or..... 1 pc Serrano pepper
<i>Cucumber salad</i>	Japanese mustard powder 1 tsp (substitute if not available)	Sake..... ¼ cup	Rice wine vinegar 2 tbsp
Persian cucumbers 2 ct	Toasted white..... 1 tbsp sesame seeds	Water ¼ cup	Pinch of salt
Rice wine vinegar ¼ cup	<i>Tare sauce</i>	Brown sugar 2 tsp	Green shiso leaves..... 2-3 g (substitute mint if not available)
Water ¼ cup	Soy sauce ½ cup	Scallion, sliced..... 1 pc	
Sugar 2 tbsp		Ginger, sliced 1 small piece	

PREPARATION

1. Pull wagyu from refrigerator and let sit out at room temperature for about one hour. In the mean time, prepare the rest of the ingredients.
2. *To make Tare sauce:* Combine ingredients in a sauce pan and bring to a simmer. Let cook for 10-15 minutes the flavors have steeped together. Let chill.
3. *To make cucumber salad:* Mix vinegar, water, sugar, salt and mustard powder together. Cut cucumbers in half lengthwise and slice. Toss with the dressing and let marinate for at least an hour, if not longer. Toast the sesame seeds in a pan over a low to medium heat until they are fragrant and lightly browned. Reserve for garnish.
4. Slice the pepper and cover with vinegar and salt. This can be done a day to two ahead and reserved in the refrigerator.
5. Season the Wagyu with salt and pepper. Using a blow torch, sear the meat on both sides until it is slightly blackened. If you don't have a torch, sear in a sauté pan over high heat. Sear quickly on both sides, a minute each, as to not overcook the meat. Let rest for a few minutes.
6. *Assembly:* Slice the meat thinly against the grain. Arrange on the plate along with cucumber salad. Garnish the salad with sesame seeds. Drizzle the tare sauce over the Wagyu. Garnish the meat with pickled chilis and shiso.

Thoughts On Wagyu

Wagyu truly melts in your mouth. Especially for new cooks, don't try to overdo it—don't overseason, or overcook. Keep it simple and let the Wagyu shine.



QR code for chef interview and cooking instructions on YouTube



chef Mary Attea

Mary Attea is a New York City based chef. A native of Buffalo, Attea moved to New York City to attend graduate school, but instead discovered a passion for the restaurant industry while waiting tables at New York City restaurants. At The Musket Room, Chef Mary Attea leads a culinary team that draws on their heritages, world travels and personal inclinations to create vivid flavors and inventive dishes that deftly cross borders and defy categorization.

 @maryfrancesattea

The Musket Room

265 Elizabeth Street
New York, New York 10012

 @musketroom