



BBQ RUBBED, GRILLED WAGYU

Filet Mignon with Chimichurri

by Matt Abdo

Work hard to reap the benefits of creativity fostered through incredible product. This dish is an atypical approach to Wagyu, but it showcases its aptitude for barbeque and the chimichurri helps cut through the meat's incredible richness.

INGREDIENTS (serves 2 - 4) Prep time: 10 min Cook time: 12-15 min

Wagyu Cut: **Fillet**

Chimichurri Sauce

Chopped parsley ¼ cup
Chopped mint 2 tbsp
Red wine vinegar 2 tbsp
Garlic cloves, minced 3 pc
Shallots, brunoised 2 tbsp
Dry oregano 1 tsp

Chili flakes 1.5 tsp
Lemon juice ½ lemon
Lemon zest
Olive oil ¼ cup
Kosher salt 1.5 tsp
Ground black pepper 1.5 tsp

Steak Seasoning

Kosher salt 1 tbsp
Coarse black pepper 2 tbsp
Granulated garlic 1 tsp
Granulated onion 1 tsp
Light brown sugar 1 tsp
Hatch chili powder ½ tsp

Dried thyme, ground ½ tsp
Dried rosemary, ground ½ tsp
Coarse ground coriander ¼ tsp
Chili flake ¼ tsp
Sweet paprika ¼ tsp
Accent ¼ tsp

PREPARATION

• Chimichurri Sauce

Combine all ingredients and mix. Allow to sit overnight to fully develop flavor.

• Steak Seasoning

Combine all ingredients in a small mixing bowl and store in an airtight container until ready to use.

• Wagyu Filet Mignon

1. Preheat a clean grill to high and get as hot as possible. Once the grill is heated, turn off the burners and apply a thin spray of non-stick grill spray to the grates to prevent flare-ups. Relight your grill and allow it to heat up again.
2. Season the Wagyu filet mignon with the steak seasoning to evenly coat the steak.
3. Once the grill is appropriately cleaned, oiled and heated, place seasoned Wagyu fillet mignon on the hottest spot of grill and cook for three minutes. Flip and place onto a new place on the grill to make sure you keep using the hottest spot possible. Cook for an additional three minutes before reducing heat to medium-low. Continue to flip every two minutes until the internal temperature of the steak is 115°F.
4. Remove the steak from the grill and allow to rest for five minutes. The internal temperature will continue to rise to anywhere between 120-125°F for a medium-rare steak.
5. Slice and serve with chimichurri sauce drizzled over the top.

Thoughts On Wagyu

Super succulent, moist, creamy, buttery, juicy and ultra beefy. The journey of Wagyu cattle and the process behind this product is truly inspiring for all chefs.



QR code for chef interview and cooking instructions on YouTube



chef Matt Abdo

Matt Abdo is the chef and partner of Pig Beach, a critically-acclaimed barbecue restaurant in Brooklyn, NY. Matt earned his BBQ chops working on highly competitive barbecue teams, and received prestigious awards during his first world-class BBQ competition. Chef Abdo has worked alongside a number of celebrated chefs during his career but began his culinary training at a very young age by rolling meatballs and house made pasta with his nona. Matt is a frequent guest chef on numerous American television shows and at live appearances.

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