



Yakiniku

Cooking
time

15
min

Recommended
cut

Shoulder clod, Chuck roll,
Top-round, Gooseneck round

Level of
difficulty



Ingredients (serves two)

Japanese Wagyu (shoulder clod, chuck roll,
top-round, gooseneck round) 200g (7 oz)
Onion 50g (1.8 oz)
Garlic 1 clove
Sesame oil 10cc (2 teaspoons)

(A)

Sugar 20g (0.7 oz)
Soy sauce 30cc (2 tablespoons)
Sake 30cc (2 tablespoons)
Water 30cc (2 tablespoons)
White roasted sesame 6g (0.2 oz)

Butter lettuce To taste
Red bell pepper To taste
Shiitake mushrooms To taste

How to cook

1. Chop meat into bite-size pieces. Mince onion and garlic.
2. Add sesame oil to a frying pan and place over medium heat. Saute onions and garlic in the pan until wilted, then add sauce **(A)** and cook for a few seconds before turning the heat off.
3. Cut red bell pepper from the top down into 2cm (0.8 in) slices and remove the stems from the shiitake mushrooms.
4. Roast both sides of the meat on a grill (or frying pan) and dip it into the sauce made in step 2 before eating. Grill (or cook) the vegetables from step 3 and serve with lettuce.