



Wagyu-Wrapped Gobo

Chuck



10



399 kcal
(per serving)



25 min



Beef and gobo are a traditional pairing in Japanese cuisine. These Wagyu-wrapped gobo rolls are flavored with a bold teriyaki sauce. Serve warm, or chilled as a bento item.

Makes 2 servings

Wagyu chuck (sliced)	150 g
Gobo (or carrot)	1/4 (50 g)
Soy sauce	2 tablespoons
Sake	1 and 2/3 tablespoons
Grain vinegar	1 tablespoon
Sugar	1/2 tablespoon
Mirin	1/2 tablespoon
Vegetable oil	1/2 tablespoon

1. Season the slices of Wagyu chuck by sprinkling with 1/2 tablespoon of soy sauce and 2/3 tablespoon of sake.
2. Peel gobo and cut into 15 cm lengths. Soak gobo in water for 10 minutes, then boil in water seasoned with a small amount of vinegar for 5 or 6 minutes. Remove boiled gobo and pound lightly with a heavy wooden pestle or rolling pin to tenderize. Sprinkle 1/2 tablespoon of soy sauce over gobo.
3. Roll up gobo in slices of meat, so that gobo is double wrapped.
4. Heat oil in a frying pan and fry gobo rolls over medium heat for about 2 or 3 minutes, turning constantly. Make a sauce by mixing together 1 tablespoon soy sauce, 1/2 tablespoon sugar, 1/2 tablespoon mirin, and 1 tablespoon sake. Add sauce to gobo rolls, coating well. Saute for about two minutes for sauce to thicken.
5. Cut gobo rolls into bite-sized portions and arrange on a plate. Drizzle with remaining sauce.