



# Wagyu Cabbage Rolls in Veloute Sauce



**289 kcal**  
(per serving)



**90 min**



**A special dish that highlights the umami of Wagyu, with the sweetness of cabbage and onions and tartness of tomatoes.**

## Makes 2 servings

Wagyu inside round	100 g
Eggplant	1 (70 g)
Cabbage	1 leaf
Flour	1 tablespoon
Grated parmesan cheese	1 tablespoon
Salt	2 pinches
Pepper	2 pinches
Vegetable oil	1/2 teaspoon
Oil for frying	
<b>Tomato Sauce</b>	
Garlic	1 clove
Onion	20 g
Mushrooms	2 (40 g)
Tomato	1 medium (200 g)
Butter	5 g
Salt	Pinch
Pepper	Pinch
<b>Veloute Sauce</b>	
Butter	10 g
Flour	8 g
Bouillon soup	100 ml
Salt	Pinch
Pepper	Pinch

1. Make the tomato sauce. Melt butter in a pot and saute minced garlic until fragrant. Add minced onion and saute over low heat until soft, about 2 minutes. Add sliced mushrooms and saute to sweat out moisture. Add peeled diced tomatoes and simmer for about 5 minutes. Season the tomato sauce with salt and pepper.
2. Season the block of Wagyu round on both sides with salt and pepper, then coat lightly in flour. In a frying pan, heat 1/2 teaspoon of oil and sear Wagyu round over high heat until browned on both sides, about 30 seconds per side.
3. Set aside meat and make veloute sauce in frying pan. Melt butter and cook flour over high heat for about 1 minute. The flour will clump up and thicken. Add bouillon soup gradually, stirring with a whisk until you have a smooth sauce. Season with salt and pepper to taste.
4. Cut stem off eggplant and peel the eggplant. Cut eggplant in half lengthwise, then blanch eggplant halves by deep frying in hot oil. Prepare cabbage by trimming thick part of stem off, then blanching leaf in hot water. After cabbage is cooked, plunge in ice water for 30 seconds to a minute, and dry off with a paper towel.
5. Roll up the seared Wagyu round and tomato sauce in the cabbage leaf. Prepare an ovenproof dish by buttering the surface with 1 gram of butter. Place cabbage roll in dish, pour veloute sauce over, and bake in 180°C oven for about one hour. After 15 minutes, place slices of eggplant on top of dish and sprinkle with grated parmesan cheese. Bake for about 10 minutes.