



Wagyu Miso Cream Curry

Bottom Round



36



483 kcal
(per serving)



40 min



Wagyu is simmered to tender perfection with creamy Chinese yam and flavored with miso, in a cross between a curry and stew.

Makes 2 servings

Wagyu bottom round	200 g
Onion (grated)	1/2 medium (100 g)
Garlic (grated)	1 clove
Carrot	1/4 (40 g)
Nagaimo (Chinese yam, or potato)	50 g
Green onions (or chives)	For garnish
Sake	25 ml
Heavy cream	50 cc
White miso	1/2 tablespoon
Curry powder	1/2 teaspoon
Butter	10 g
Salt	Pinch
Pepper	Pinch
Vegetable oil	2 teaspoons
Oil for frying	

Katsuobushi dashi

Water	200 ml
Katsuobushi flakes	4 g

1. Put water in a pot and heat on medium heat. Just before the water boils, stop the heat and add katsuobushi flakes. After 2 or 3 minutes, strain katsuobushi and reserve dashi.
2. In a pot, heat 1 teaspoon of vegetable oil and saute grated onion and garlic over high heat for about five minutes.
3. Dice carrot and nagaimo into 1 cm lengths, and blanch by deep frying in oil at 170 to 180°C for 1 minute.
4. In a frying pan, heat 1 teaspoon of oil, pouring off excess. Sear cubes of Wagyu round (cut into 4 cm cubes and seasoned with salt and pepper) over high heat until browned on outside, about 30 seconds.
5. Add cooked onions and garlic to pan with meat.
6. Add sake and bring to boil. Add dashi and braise meat over low to medium heat for about 15 minutes.
7. Add heavy cream to pan. Simmer over low to medium heat for 2 minutes.
8. Season by adding white miso and curry powder. Add butter followed by blanched carrots and nagaimo. Simmer for about 2 minutes. Serve curry garnished with chopped green onions.