



chef **Michael Jenkins**

Chef Michael Jenkins worked from the bottom up, prior to taking the helm in an Iron Chef's celebrated NYC restaurant. Chef Jenkins' keen focus and hard work ethic is attributed to his early years as an athlete, and his spirit of competition has served him well during his numerous appearances and wins on Food Network's Chopped.

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WAGYU RAGU

by **Michael Jenkins**

Highbrow, lowbrow. Luxury meets simplicity.
This bolognese (ragu) is elevated by Wagyu and beef marrow.

INGREDIENTS *(serves 4)*

Wagyu Cut: **Chuck roll**

Beef bone marrow (split)	8 lb	Yellow onion (small diced)	2 lb	Black peppercorn	2 tbsp	Beefstock	4 cups
Prosciutto di Parma (small diced)	1.5 lbs	Wagyu beef shoulder (medium diced)	5 lbs	Crushed red pepper flakes	1 tbsp	Parmesan rind	2 oz
Carrot (small diced)	1 lb	Wagyu skirt steak (medium diced)	1.5 lb	Fresh thyme (chopped)	3 tbsp	Whole milk.....	¼ cup
Celery (small diced).....	1 lb	Tomato paste	3 tbsp	Fresh rosemary (chopped)	1 tbsp	Aged balsamic	3 tbsp
Fennel bulb (small diced).....	1 lb	Fennel seed	2 tbsp	Dry red wine	2 cups	Fresh or dry tagliatelle	2 lb
						Parmesan (for grating)	½ lb

PREPARATION

1. Preheat the oven to 375°F.
2. Roughly grind the fennel seed and black peppercorn in a mortar.
3. Place the marrow bones on a sheet tray and roast in the oven for 15–18 minutes or until the marrow is translucent and tender.
4. Scoop the marrow from the bones and set aside.
5. Using the meat grinder attachment on your mixer, grind the prosciutto and set aside. Then grind the carrot, celery, fennel and onion, and set aside. Finally, grind the Wagyu shoulder and skirt steak. You can mix the two types of ground beef.
6. Put a large rondeau or stainless steel pot on high heat. Add the rendered bone marrow followed by the ground prosciutto. Cook while constantly stirring, until the fat has been rendered and the prosciutto is crispy (3–4 minutes).
7. Remove the prosciutto from the pot and add the ground vegetables. Stir for 4–5 min. or until the vegetables are slightly tender and translucent. Add the fennel seed, black pepper, chili flakes and herbs. Stir for 1–2 minutes and add the tomato paste. Continue to stir to caramelize the paste for 1–2 minutes.
8. Add the ground beef and the crispy prosciutto. Continue to cook until all of the beef has browned (another 4–5 min.).
9. Pour the red wine over the meat mixture. Cook and stir until the wine is almost completely evaporated.
10. Stir in the beef stock and drop the parmesan rinds. Reduce the heat and allow the ragout to simmer for at least two hours.
11. Stir in the whole milk followed by the balsamic and allow to cook for 3–4 minutes.
12. Cook the pasta to the al dente of your choice. Strain and toss with olive oil.
Bowl > pasta > ragu > LOTS of cheese!

Thoughts On Wagyu

*I didn't know that meat could taste like butter.
Chefs starting with Wagyu need to be wary of its
incredible fat content, and take an approach that
utilizes the cut in question perfectly.*



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