



Japanese Wagyu Beef with Black Garlic and Wild Herbs

Wagyu Thick Flank full of texture, seared and slow cooked on the BBQ, with black garlic and wild herbs for freshness.

- 🍴 **WAGYU CUT** : Thick Flank
- 🍳 **COOKING METHOD** : Grilled

Thoughts on Wagyu

When I first visited Japan, I found new connections with food and an understanding of the Japanese concepts of zero waste and sustainability – they utilize everything. I took that ethos and brought it back to London. Regarding Japanese Wagyu, it blew my mind: the smokiness, fattiness and richness, and the fact it was like butter. Learning more about the origins of Wagyu, and the individual pedigrees that differentiate the regions it's produced in, has only inspired me further in promoting our restaurant's theme of sustainable British luxury.



**ADAM
HANDLING**

📷 @adamhandling

Adam started out at Gleneagles where he was the first ever apprentice chef, before he went on to become Fairmont's youngest Head Chef. Adam has a number of impressive awards under his belt, including Scottish Chef of the Year, British Culinary Federation's Chef of the Year, Chef of the Year in the Food & Travel Awards. Most recently, voted both by the public and a selection of esteemed industry judges, Adam received Restaurateur of the Year in the British GQ Food and Drink Awards 2020.

📍 **Frog by Adam Handling- Covent Garden**
34-35 Southampton St
London WC2E 7HG

📷 @frogbyah