

WAGYU ON THE PLATE BISTRO



WE INVITE YOU TO JOIN US TO FEAST ON SOME OF THE MOST DECADENT AND SIMPLE DISHES OF WAGYU, PREPARED BY OUR LOCAL BREEDERS OF NEW ZEALAND. TASTED AND SAVORED ALL OVER THE WORLD.

HAVE A STROLL THROUGH OUR MENU SELECTIONS AND FEEL FREE TO PARTAKE IN TRYING SOME OF OUR AMAZING RECIPES YOURSELVES.

PARING WAGYU WITH VEGETABLES AND WINES, AND DESSERTS ARE MERELY SUGGESTIONS.

WE'D ALSO LIKE TO EXTEND AN INVITATION TO SUBMIT A NOTEWORTHY RECIPE TO ADD TO OUR IMPRESSIVE MENU.

~ OUR MENU ~

FIRST COURSE(ENTREE)

SKEWERED WAGYU



RECIPE

INGREDIENTS:

1/2 CUP GLUTEN-FREE SOY SAUCE

2 TABLESPOONS OLIVE OIL

2 TABLESPOONS LEMON JUICE

1 TABLESPOON SESAME SEEDS

2 TABLESPOONS MANUKA HONEY

2 GREEN ONIONS, THINLY SLICED

1 CLOVE GARLIC, MINCED

1/2 TEASPOON GROUND GINGER

1 POUND WAGYU STEAK, CUBED

COOKING METHOD:

IN A GLASS OR STAINLESS STEEL BOWL, WHISK TOGETHER THE SOY SAUCE, OLIVE OIL, LEMON JUICE, SESAME SEEDS, HONEY, GREEN ONIONS, GARLIC, AND GINGER.

THREAD THE MEAT ONTO SKEWERS. (IF YOU ARE USING WOODEN SKEWERS, SOAK THEM 30 MINUTES FIRST.) PLACE THE SKEWERS IN A PLASTIC OR GLASS CONTAINER JUST LARGE ENOUGH TO HOLD THEM, AND POUR THE MARINADE OVER THE MEAT, TURNING TO COAT WELL. COVER, AND CHILL FOR A MINIMUM OF 4 HOURS.

PREHEAT GRILL FOR HIGH HEAT, AND POSITION GRATE 5 INCHES FROM COALS. BRUSH GRATE WITH OIL, AND PLACE SKEWERS ON GRILL. GRILL FOR 8 TO 12 MINUTES, OCCASIONALLY TURNING KABOBS TO ENSURE EVEN COOKING.

PARE WITH:

A LIGHT SPINACH AND ARUGULA SALAD WITH PINE NUTS, WITH SMALL CHAMPAGNE GRAPES, FRESH BLACK PEPPER, AND GRATED BLEU CHEESE. A FRUITY WHITE WINE SUCH AS: ESK VALLEY 2010 CHARDONNAY (HAWKES BAY).

MAIN COURSE

WAGYU FLANK STEAK



RECIPE

INGREDIENTS:

1 KG WAGYU FLANK STEAK

½ CUP OF DRY RED WINE (CABERNET IS A GREAT CHOICE)

3 TABLESPOONS SOY SAUCE

5 PRESSED GARLIC CLOVES

1 TEASPOON DRIED ROSEMARY

1 TEASPOON DRIED THYME

2 TABLESPOONS EXTRA VIRGIN OLIVE OIL

CRACKED PEPPER

COOKING METHOD:

COMBINE ALL INGREDIENTS EXCEPT THE OLIVE OIL INTO A FLAT, SHALLOW DISH THAT ACCOMMODATES ALL THE STEAKS LYING FLAT. PLACE THE STEAKS IN THE MARINADE FOR A MINIMUM OF FOUR HOURS AND TURN EVERY HOUR OR SO, ALLOWING THE ACIDS IN THE WINE AND SOY SAUCE TO PENETRATE THE STEAKS.

WHEN YOU ARE READY TO PREPARE THE STEAKS HEAT A SKILLET WITH THE OLIVE OIL TO HIGH HEAT. WHEN THE OIL IS JUST SHY OF SMOKING, ADD THE STEAKS AND SEAR FOR ROUGHLY TWO MINUTES TO EACH SIDE. THIS YIELDS A STEAK THAT IS RARE TO MEDIUM RARE WHICH IS IDEAL. OVER COOKING A WAGYU FLANK STEAK WILL RESULT IN THE LOSS OF THE UNIQUE CHARACTERISTICS THAT DISTINGUISH THE MEAT.

COOK THE STEAK AT RARE TO MEDIUM-RARE. EVEN WITH WAGYU FLANK STEAK, WE WANT TO BE CAREFUL NOT TO OVERCOOK IT AND LEAVE THE MEAT DRY AND LEATHERY.

WHEN FINISHED, REMOVE THE STEAK TO A PLATE AND TENT WITH ALUMINUM FOIL FOR TEN MINUTES. BE SURE TO SLICE THE WAGYU FLANK STEAK AGAINST THE GRAIN WHEN SERVING.

MOST RECIPES CALL FOR BRINGING MEAT TO ROOM TEMPERATURE BEFORE COOKING, BUT WITH FLANK STEAK, SOME WISDOM SAYS LEAVE IT IN THE REFRIGERATOR UNTIL COOKING TIME. FLANK STEAK, EVEN WAGYU FLANK STEAK, CAN BE TOUGH AND OVERCOOKING RUINS WHAT COULD BE A GOOD PIECE OF MEAT. COOKING CHILLED MEAT ALLOWS THE OUTSIDE TO BROWN WHILE KEEPING THE MIDDLE RARE.

PARE WITH:

SAUTEED BABY CARROTS WITH ROSEMARY AND **ROSEMOUNT ESTATE DIAMOND LABEL CABERNET SAUVIGNON** OR YOUR FAVORITE RED WINE FOR A BALANCE OF FLAVORS.

MAPLE BOURBON WAGYU EYE FILLET



RECIPE

INGREDIENTS:

2 KG WAGYU EYE FILLETS

(2 TO 6 SMALL PIECES, DEPENDING ON HOW MANY YOU ARE SERVING)

2/3 CUP OF KNOB CREEK MAPLE BOURBON

1/4 CUP OF SOY SAUCE

3 TABLESPOONS OF OLIVE OIL

3 CLOVES OF GARLIC, CHOPPED

1/2 ONION, CHOPPED

1 TABLESPOON OF DRIED ROSEMARY

1/4 CUP OF BROWN SUGAR

FRESH BLACK PEPPERCORN

HIMALAYAN SALT

COOKING METHOD:

ADD OLIVE OIL IN THE PAN. PLACE EYE FILLETS IN A FLAT PAN OR CASSEROLE DISH. DRIZZLE BROWN SUGAR, PEPPERCORN, SALT, GARLIC, ONION, AND ROSEMARY OVER FILLETS. POUR SOY SAUCE AND BOURBON OVER THE FILLETS. PLACE THE STEAKS IN THE MARINADE FOR A MINIMUM OF FOUR HOURS AND TURN EVERY HOUR OR SO, ALLOWING THE ACIDS IN THE BOURBON AND SOY SAUCE TO PENETRATE THE FILLETS.

WHEN YOU ARE READY TO PREPARE THE FILLET, HEAT THE SKILLET WITH OLIVE OIL ON HIGH HEAT. MAKE SURE THE SKILLET IS HOT ENOUGH FOR SEARING. ADD THE FILLETS AND SEAR ON EACH SIDE FOR TWO TO THREE MINUTES FOR RARE TO MEDIUM RARE. COOK FOR THREE TO FOUR MINUTES FOR MEDIUM TO MEDIUM WELL THEN REDUCE THE HEAT AND COOK FOR TWO MORE MINUTES FOR EACH SIDE TO COMPLETE COOKING. ALLOW THE FILLET TO REST IN A WARM PLACE FOR A FEW MINUTES BEFORE SERVING.

PARE WITH:

SAUTEED SHIITAKE MUSHROOMS, AND COURGETTES (ZUCCHINI) WITH GRATED RADISH, AND BABY RED POTATOES. A PINOT GRIS LIKE **WOVEN STONE** IS A NICE LIGHT WINE THAT COMPLIMENTS THE MEAT. A RICHLY FLAVORED CABERNET SAUVIGNON LIKE **RED KNOT** IS ALSO QUITE SUITABLE FOR THIS RECIPE.

CHICORY AND COCOA RUBBED WAGYU RIBEYE FILET W/ POMEGRANATE PUMPKIN SEED SALAD



RECIPE

INGREDIENTS:

STEAK INGREDIENTS:

- 2 TEASPOONS OF CHICORY COFFEE GRINDS
- 1 TABLESPOON OF BROWN SUGAR
- 2 TEASPOONS OF FRESH CRACKED BLACK PEPPER
- 1 TABLESPOON OF KOSHER SALT
- 2 TEASPOONS OF PAPRIKA
- 1 TEASPOON OF UNSWEETENED COCOA POWDER
- 1 TABLESPOON OF GRAPESEED OIL OR OLIVE OIL
- 2 6-8 OUNCE RIBEYE FILETS
- 1 TABLESPOON OF BUTTER

SALAD INGREDIENTS:

- 1/2 TEASPOON OF KOSHER SALT
- 1/2 TEASPOON OF CRACKED BLACK PEPPER, PLUS MORE FOR GARNISH
- 1 TABLESPOON OF LEMON JUICE
- 3 TABLESPOONS OF EXTRA VIRGIN OLIVE OIL
- 2 CUPS OF FRESH ARUGULA
- 1 CUP OF FRESH SPINACH
- 1/4 CUP OF ROASTED AND SALTED PUMPKIN SEEDS
- SEEDS FROM 1/2 POMEGRANATE
- SHAVED PECORINO OR PARMESAN CHEESE, FOR GARNISH

COOKING METHOD:

STEAK METHOD:

REMOVE RIBEYE FILETS FROM THE REFRIGERATOR ROUGHLY 30 MINUTES BEFORE YOU ARE READY TO BEGIN COOKING TO BRING THEM TO ROOM TEMPERATURE. PREHEAT THE OVEN TO 400 DEGREES F.

USE A MORTAR AND PESTLE OR A SPICE GRINDER TO GRIND THE COFFEE INTO A FINER GRAIN. IN A SMALL BOWL, COMBINE THE COFFEE, BROWN SUGAR, PEPPER, SALT, PAPRIKA, AND COCOA. PAT STEAKS DRY WITH PAPER TOWELS AND THEN RUB THE COFFEE AND SPICE MIXTURE ALL OVER BOTH SIDES OF THE STEAKS.

ADD OIL TO A CAST IRON SKILLET AND HEAT OVER MEDIUM-HIGH HEAT. ONCE OIL BEGINS TO SHIMMER, ADD FILETS TO THE SKILLET AND COOK ON ONE SIDE FOR 1 MINUTE, THEN ROTATE TO THE OTHER SIDE AND CONTINUE COOKING FOR ANOTHER 1 MINUTE. ADD BUTTER TO THE PAN, TURN STEAKS ONE MORE TIME, TIP THE PAN AND GENTLY SPOON BUTTER OVER THE TOPS OF THE FILETS TO BASTE.

INSERT PAN DIRECTLY INTO THE PREHEATED OVEN AND COOK UNTIL A MEAT THERMOMETER INSERTED INTO THE MEAT REGISTERS 125 DEGREES F, ABOUT 10-12 MINUTES FOR FILETS THAT ARE 1-1/2 INCHES THICK. THINNER FILETS WILL REQUIRE LESS TIME AND THICKER FILETS WILL REQUIRE MORE.

REMOVE FROM THE OVEN AND SET ASIDE TO REST FOR AT LEAST 5 MINUTES WHILE YOU ASSEMBLE THE SALAD. THE MEAT AT THIS POINT WILL BE RARE, BUT IT WILL CONTINUE TO COOK TO BETWEEN MEDIUM RARE AND MEDIUM AS IT RESTS AND REDISTRIBUTES JUICES.

SALAD METHOD:

ADD SALT, PEPPER, AND LEMON JUICE TO A SMALL BOWL AND WHISK UNTIL MIXED. IN A SLOW AND STEADY STREAM, ADD THE OLIVE OIL, WHISKING WHILE YOU POUR.

ADD ARUGULA, SPINACH, POMEGRANATE SEEDS AND PUMPKIN SEEDS TO A MEDIUM SIZED BOWL. JUST BEFORE SERVING THE STEAK, TOSS THE SALAD WITH THE VINAIGRETTE, A LITTLE BIT AT A TIME. I USED ABOUT 1 TABLESPOON OF THE VINAIGRETTE FOR THE WHOLE SALAD.

LEFTOVER VINAIGRETTE WILL KEEP IN A TIGHTLY SEALED JAR THE REFRIGERATOR FOR UP TO TWO WEEKS. GARNISH WITH SHAVED PECORINO CHEESE AND FRESHLY CRACKED PEPPER, IF DESIRED.

PARE WITH:

A SAUVIGNON BLANC LIKE **OLD COACH ROAD** IS A NICE LIGHT WINE THAT COMPLIMENTS THE MEAT. A RICHLY FLAVORED CABERNET SAUVIGNON LIKE **RED KNOT** IS ALSO SUITABLE FOR THIS RECIPE.