

Cabassi's

Golden Rules for Cooking Wagyu Steaks



'Just follow my simple Golden Rules and I guarantee all beef lovers will experience the delight of a perfectly cooked Wagyu steak...every single time'.

01.

230g (8oz) is an ideal size for a Wagyu steak.

Wagyu steaks (AAco grade 5+) such as Sirloin and Rib Eye contain 15 to 25% marbling fat. When cooked, this provides for a wonderfully rich and filling experience.

02.

Season raw Wagyu steaks prior to cooking.

Add liberal pinches of sea salt into the hot pan before adding the raw Wagyu steak. Then sprinkle sea salt on to the remaining exposed raw surface of the steak. The sizzle of sea salt combined with the marbling fat produces a 'to die for' caramelised crust that should appear on every perfectly cooked Wagyu steak.

03.

Pan sear and avoid char grilling Wagyu steaks.

Choose a ceramic-titanium coated, non-stick pan with a griddle. The griddle helps to keep the steak above the melted marbling fat in the final stages of cooking. It also prevents poaching the Wagyu and adds signature grill lines for decoration. When outdoors, the best alternative is to use an Exlan® coated, Topnotch® stainless steel BBQ plate.

Conventional grilling of Wagyu steaks can ruin the taste experience. Melted marbling fat causes the grill to flare up and char the steak.

04.

Marbling fat is the only oil that should be used.

Wagyu steak has its own marbling coating. Adding butter or oil to the pan introduces flavours that can mask or conflict with the delicate taste of Wagyu steak.

05.

Cook steak to medium. Avoid under cooking.

Heat should penetrate through all marbling seams of the Wagyu steak for it to reach the optimum flavour point. It is best to have the pan heated to high before adding the steak. Sear both sides of the steak for 2 minutes each, and then reduce heat for the pan to medium/low. Allow the steak to finish cooking under this reduced temperature for approximately 3 to 5 minutes.

06.

Serve Wagyu steaks on pre-warmed plates.

The perfect Wagyu steak should be served straight from the pan onto a warmed plate. Keeping the steak warm ensures the taste from the marbling fat remains at its peak flavour point.

Buon appetito!

A handwritten signature in red ink that reads "John Cabassi".

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