

Cotswold Wagyu

P R E M I U M B E E F

COOKING TIPS

GETTING THE BEST OUT OF YOUR WAGYU

Thanks to its highly prized marbling, Wagyu behaves differently to other beef. The fat in the marbling for example, melts at a lower temperature than normal, so needs handling with care to keep Wagyu's distinctive flavour and buttery texture.

Follow our guidelines to ensure you get the most from your Wagyu beef.

- Remove your beef from the fridge at least 30 minutes before use so that it cooks evenly throughout.
- Handle Wagyu with care during preparation and cooking, so you retain the valued strands of intramuscular fats. Try not to 'stretch' the meat: use a spatula to gently turn steaks for example, and do not 'squish' it with tongs which can press out the juices.
- Cook steaks and burgers at lower temperatures than normal, so you don't burn the fat but simply allow it to reach its delicious 'melting' point.
- Wagyu is best eaten rare to medium rare. Do not put the beef in a searing hot pan to create an outer 'crust' – you may lose the unique rich and buttery texture.
- We don't recommend you marinade Wagyu. The special ratio of muscle:fat:connective tissue means it can toughen in contact with salt or acids. Season only lightly, immediately before cooking; then make any adjustments to your taste before serving.
- Always rest your beef before eating; it allows the meat to relax and the juices to disperse.

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