



# Grilling and Cooking American Kobe Beef

Why is American Kobe on the menu in the top restaurants in America's big cities?

If you cook it right, it's Awesome. Beef foie gras. Smooth, velvety, incomparably sweet with a subtle tang of savor that lingers on the palate like a rare perfume. A Westerner used to eating a huge plate of aged beef . . . might not be able to fully appreciate the subtlety of Wagyu.

Kobe Beef steaks cannot be grilled over hot coals like other steaks, because the marbled fat will melt and flare-up. Instead, it should be seared quickly, like tuna or foie gras, so that it is blackened on the surface but extremely rare inside.

Wagyu is a fragile creature under heat. The fat melts at approximately 77 degrees. Treat it delicately and with the utmost care, and it will reward you with velvety perfection. . . . The physical structure of Wagyu beef is not unlike ice cream in that it can literally melt and change into something very different from its ideal form.

The ice cream analogy is used to compare cooking Kobe Beef with cooking Baked Alaska:

*"you need to sear the outside, but if you let it sit under the heat too long, it will melt the ice cream inside."*

## SUGGESTED COOKING METHODS

Wagyu beef, in general, takes 65% of the time to cook as USDA Prime Beef!

- **Steaks** 1 to 1 1/2 inches thick. Coat steak with Canola oil or Olive oil. Sear over 700-900 degree searing burner for 30-45 seconds on each side. Turn a ¼ turn half way through each side to get the cross marks. Then place meat away from searing burner, lightly salt and pepper to taste, and leave on high heat for about 3 more minutes for a medium rare to medium steak.
- **Burgers** **On the Grill** – Coat in Canola or Olive oil. Sear on each side for 30 seconds – 1 minute, then move off of sear burner to medium high heat – Salt and Pepper to taste. They should not require more than 5 more minutes in most cases. Take them off when juices are bubbling and let sit for 5 minutes—They're still cooking after you take them off grill!
- **Burgers** **On the Stove** - Season both sides of the burger with salt and pepper. In a large sauté pan or grill set over medium-high heat, sear the burgers on both sides for about two minutes per side. Place in 400°F oven for about 3-4 minutes for medium-rare, 5 minutes for medium and 6-7 minutes for medium-well.
- **Recipes at:** <http://www.yummly.com/recipes/kobe-beef>