

Wine Selectors Chef Series



Ben O'Donoghue

Grilled miso cured Wagyu beef

Serve with Ben O'Donoghue Shiraz

Serves 4

Ingredients

1 x 1kg porterhouse
Wagyu beef or good
quality eye fillet
(Buy Wagyu whole, not
cut into portions)

2 tablespoons crispy fried
shallots, to garnish

Shizu cress, coriander
cress and onion cress,
1 teaspoon of black
and white sesame seeds
to garnish

1 avocado

100ml of milk
White pepper
Salt

Marinade

(This will make more than
you need but it keeps for
a while)

250g white or red
miso paste
175ml mirin
75g caster sugar



1. To make the marinade, combine the ingredients and place them in a glass bowl suspended over a simmering saucepan of water. Leave to simmer for 1 hour or until the caster sugar has completely dissolved. The colour will intensify during the cooking process.

2. To cure the beef, firstly trim off all silver skin and external fat. If you're using fillet then just proceed to smearing with marinade. If you have wagyu porterhouse, cut the slab of meat in half so you have two equally round and long pieces of meat.

3. Smear the meat well with the marinade. You won't need all the marinade, keep some to garnish the plate with as a seasoning. Cover and refrigerate for at least 2 hours, and up to 4 hours.

4. Line the grill tray with foil and preheat the grill to medium high. Ensure that the marinade is evenly coating the beef prior to grilling.

5. Grill the beef on each side until the marinade starts to caramelize, about 5-8 minutes – about 20-25 minutes in total.

6. Remove the beef from the grill and leave to rest for ten minutes. Keep covered with foil until required.

7. Peel and puree the avocado with the milk in a food processor and season with the white pepper and salt.

8. To serve, slice the beef and arrange on a plate with the avocado puree and a small smear of the miso marinade sprinkled with the sesame seeds. Garnish with crispy shallots and the mixed dressed cresses. Serve with the Ben O'Donoghue Shiraz.