



**NAKAGAWA RANCHES**  
AMERICAN WAGYU

# COOKING TIPS

## **STEAKS (16 OZ./1-INCH THICKNESS)**

- Allow the meat to reach room temperature before cooking
- Season with sea salt and freshly ground black pepper
- Preheat a skillet or grill pan at medium high temperature
- Sear each side 3-4 minutes for a medium rare finish
- Allow the meat to rest for 15-20 minutes on a plate or cutting board in a warm oven
- Slice the meat into small portions and enjoy!

Believe us, one 16oz steak can easily be shared by two or more people because of its rich flavor.

## **ROASTS (2-3 LBS.)**

- Allow the roast to reach room temperature before cooking
- Spread olive oil all around the roast
- Season with sea salt and freshly ground black pepper
- Preheat the oven to 375 degrees F
- Brown the roast at 375 degrees F for 30 minutes
- Lower the heat to 225 degrees F and continue to cook for about 1 hour
- Pull the roast from the oven when the inside temperature reaches 135 degrees F for a medium rare finish
- Cover the roast with aluminum foil and let it rest for about 20 minutes
- Carve & enjoy!

We found that placing the roast directly on an oven rack with a drip pan on a rack beneath the roasting rack works well. This arrangement creates convection in the oven, thereby eliminating the need to turn the roast. Make sure to place fat side up. While the roast is resting, make your gravy.

### **Basic Gravy:**

- Add beef stock/beef bouillon cube with water and red wine to the drip pan to deglaze the drippings
- Pour the solution into a pot and heat it up on the stove
- Season with sea salt, freshly ground black pepper and soy sauce (optional)
- Dissolve a tablespoon of cornstarch in a small amount of cold water and add to the pot
- Stir quickly while the gravy thickens to avoid lumping

## **GROUND BEEF (1 LB.)**

A major fat component of our ground beef is monounsaturated fatty acid (oleic acid or so called “good fat”), which melts at a low temperature. Because of this unique characteristic, the fat melts in your palms as you make hamburger patties! To preserve and enjoy the rich buttery flavor, we strongly recommend NOT to cook our ground beef on an open fire.

- Allow the meat to reach room temperature before cooking
- Season with sea salt and freshly ground black pepper, mix well
- Make 2-4 burgers (depending on how hungry you are) with a slight depression in the center (this increases uniformity in cooking and reducing shrinkage)
- Preheat a skillet or grill pan at medium high temperature
- Cook each side 2-4 minutes for a medium finish
- Turn off the stove, and allow the meat to rest for another minute or two on the skillet
- Place the meat on a bun with your favorite condiments and enjoy!

We believe that our ground beef is so juicy and flavorful that it deserves to be served as steaks! Check out our house recipe for [Ground American Wagyu Steak!](#)