

Mistakes Everyone Makes Cooking Wagyu Beef At Home

Cooking Wagyu straight out of the fridge

Crossbreed American Wagyu: No – don't do this. Cooking steak right out of the fridge often leads to an uneven temperature; the outside gets overcooked while the inside stays cold and rare. To reduce unevenness in cooking, most experts recommend removing Wagyu from the fridge an hour before cooking, to bring it to room temperature.

100% Wagyu: Yes – do this. Use a cold searing, which means the cold steak starts in a cold skillet, which minimizes fat splatter and ensures that most of the fat remains in the beef, rather than rendering out of it. What fat does render out into the pan doubles as cooking fat, so the steak essentially fries in its own tallow.

Reverse searing your steak

Reverse-searing involves starting your steaks in a low oven, to cook them through. Then they get a final sear in a ripping hot skillet for a lovely char on the outside.

Crossbreed American Wagyu: Yes, do this. Since they have minimal marbling and consequential thickness, it can take the heat of this method. It eliminates the guesswork of knowing when your steak is done, as a probe thermometer can help you keep an eye on it as it slowly comes up to temp in the oven.

100% Wagyu, No. don't do this. the experts agree: Avoid reverse-searing. The thinner steaks are liable to overcook before they ever build up a nice crust.

Grilling Wagyu directly over the flame

Crossbreed American Wagyu: Yes, do this. There is perhaps no method for cooking steaks more delicious than grilling and you can cook this steak using direct flame grilling.

100% Wagyu: No, don't do this. This approach may well be a recipe for disaster using 100% Wagyu. The very fattiness, which is very flammable, creates a problem. As the fat renders out of the cooking steak, it may drip down onto the coals, losing the flavorful fat and creating flare-ups that can singe or burn the steak.

Yes, it can be grilled:

You can grill Wagyu in a cast iron pan, which keeps all that fat contained.

Cooking in a Sous-Vide

Sous-vide offers the same benefits as reverse-searing: more control and more even cooking.

Crossbreed American Wagyu: Yes, do it. This beef can indeed stand up to this method, creating deeper flavor and keeping the meat juicy and moist.

100% Wagyu: Maybe do it. Given the high fat content of Wagyu, using this method can be appropriate. However, it is imperative to waste no time between cooking it sous-vide and finishing it off with that final sear or the steak will be fatty and dry.

Adding too much seasoning

Crossbreed American Wagyu and 100% Wagyu: Thus, beef is delicious even when seasoned solely with kosher salt before cooking and finished with a top-quality flaky sea salt or fleur de sel. You could also add black pepper, however, experts note it can

actually make the steak bitter as it cooks, particularly at the high heat required to get the perfect sear. Use a garnish with some Garnish your finished Wagyu, if you must, with some fresh herbs. Don't use steak seasoning blends, sauces, or ketchup. It also doesn't need any extra help from gourmet sauces.

Cooking Wagyu too long

Crossbreed American Wagyu and 100% Wagyu: Over-cooking steak is a not recommended. Most experts prefer to cook Wagyu to medium-rare or even medium, when the interior is still pink and soft.

Depending on the thickness of the steak, you could cook the steak from 7 minutes to just two. The kitchen thermometer should be between 129 °F and 144 °F internal temp, depending on which side of rare you prefer.

Not Resting Wagyu

Wagyu cooking guides often suggest you shoot for a slightly lower internal temperature than the one you ultimately hope to reach, since it continues to cook once it's removed. Remove it from the heat when it's about 5 °F shy of the desired final internal temperature move to warm place; cover; rest about 5 to 10 minutes.

Making portions too big

Crossbreed American Wagyu: you still won't want to serve massive portions, but roughly 6 to 8 ounces of the slightly less rich American Wagyu per serving is more than enough.

100% Wagyu: Given the richness of 100% Wagyu, you'll want to keep portions pretty small, an ounce or two per person is more than enough. Any more than that, and you run the risk of not appreciating the delicacy of the beef or becoming overwhelmed by its fattiness.

For More Information See:

<https://www.mashed.com/646939/mistakes-everyone-makes-when-seasoning-steaks/>

Guideline for Seasoning Steak:

- The procedure should be taking the steak out of the fridge, seasoning it, then letting it sit on the counter with the seasoning for at least 40 to 50 minutes
- Use a paper towel to pat the raw steak until it's dry before adding any seasoning to it. Using the wrong kind of salt- use Kosher salt; flakes are thicker
- Salt liberally
- Salting 40 minutes prior to cooking, again just before cooking, and right after cooking.
- Hold your hand about two feet above the piece of meat as you liberally sprinkle the salt onto it.
- Press the salt flakes into the steak
- Place the steak on a wire rack over a foil-lined sheet pan after seasoning so the air can fully circulate around the meat
- Add butter to the steak after it finishes cooking, then let the meat rest a bit before serving.

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