

HOW TO COOK WAGYU STEAK

PREPARE

Defrost overnight in refrigerator. Bring steak to room temperature 30 minutes before cooking. Carefully pat off excess blood from all sides of the steak.

As Australian Wagyu is naturally high in fat content it is not recommended any oil is used when cooking. However if choosing to cook with oil, directly oil the meat - not the pan or grill - to avoid flame ups. Recommend liberally seasoning with sea salt to enhance the delicious flavor.

COOK

Ensure the pan/grill is thoroughly hot to avoid the steak from sticking. See guide below for cooking temperatures for desired doneness.

Do not turn the meat over until it comes away easily from the pan/grill to allow sides of meat to caramelize.

REST

Rest the meat for half the amount of time you have cooked it to allow blood and juices to flow back through the steak.

SLICE

Cut against the grain, through the fibers.

QUICK COOKING GUIDE

Approx. cooking time for a 1.4" steak at room temperature, cooked over a hot grill/pan. The guide below is before resting. During resting, the temperature will rise by a few degrees.

BLUE

1 min each side
(For caramelization)

RARE

Internal temperature 117F
(2 - 3 mins each side)

MEDIUM - RARE
(RECOMMENDED)

Internal temperature 127F
(3-4 mins each side)

MEDIUM

(RECOMMENDED)
Internal temperature 134F
(4-5 mins each side)

MEDIUM - WELL

Internal temperature 140F
(5 mins each side)

WELL-DONE

Internal temperature 150F
(6 mins each side)

