

Wagyu Bites with Hawaiian Papaya Slices



Mike – 4 Guys and a Tomato

Event: Bainbridge Island Spouses and Guests, August 17, 2019

Inspired by: I always wanted to eat some Wagyu in the U.S.A.

True confession ... I've never bought wagyu. Never thought I could afford it. I'm not even sure I've ever eaten wagyu until this event, and that's after having lived in Japan for 4 years. So, I decided to take the dive, let's do it for this year's annual 4 Guys and a Tomato on the island event! Of course, there was a trade off. I couldn't feed 9 adults large slabs of wagyu, but luckily the theme this year was "small plates". Great, I thought, I can swing that. Small wagyu bites!

Problem, where do I get wagyu on the "Eastside" of Seattle? Wholefoods, no! Uwajimaya, yes!

Now, they actually have real, authentic, certified wagyu at Uwayjimaya, but it's \$109.00 per pound. This would make for really small bites 😊, but it was beautifully marbled and the whole certification was on display.



Solution, American wagyu, and the tri-tip cut. It had great marbling and was \$29.00 per pound. Hard to pass up a \$80 discount. Anyway, it looked very marbled and simply put, it looked great. 1lb was probably (and actually) enough to give 9 adults a great wagyu experience and taste.

Now, what to put along with it. A mellow? No, didn't match well. Green collards? Boring. I thought mango, but then saw some fresh Hawaiian papaya. I thought the taste profile and color would match well. I later learned from Jim's wife Margaret that papaya and it's black seeds in particular are actually very complimentary digestively to red meat/beef. That was upside surprise.

Ingredients:

- 1 lb American Wagyu tri-tip from Uwajimaya, Bellevue
- Sea Salt
- Fresh ground pepper

Directions:



Put the wagyu on the counter until it warms up to room temperature. This can take a lot longer than you expect. It seemed like about 3 or 4 hours before it reached room temperature. Then I put the sea salt and fresh ground pepper on both sides of each piece, and let it sit for another 30 minutes.

After bringing the BBQ up to temperature, I grilled the whole pieces by first marking the outside with a crisscross pattern, and then to about 130°F internal temperature.

Then take the steaks off the grill, cut into cubes, put next to the papaya slices, and serve.

Option: Put the cubes back on the grill and quickly char the sides.