

The mission of the Alliance for Downtown New York is to provide service, advocacy, research and information to advance Lower Manhattan as a global model of a 21st century Central Business District for businesses, residents and visitors. The Downtown Alliance manages the Downtown-Lower Manhattan Business Improvement District (BID), serving an area roughly from City Hall to the Battery, from the East River to West Street. For more information, visit [DowntownNY.com](http://DowntownNY.com) or follow us on Facebook, Instagram and Twitter @DowntownNYC.



## Wagyu Shabu Shabu Salad with Sesame Miso Dressing



### Wagyu Shabu Shabu Salad

**SERVES: 4**

#### INGREDIENTS:

- 8 oz sliced beef, 1/16 inch (2mm) thick (Japanese or American Wagyu, or USDA Prime)
- 2 to 3 qts of water
- 3 inch piece of kombu
- 3 pc dried shiitake mushrooms
- 2 cups (3 oz) mixed salad greens
- ½ cup thinly sliced carrots + radishes
- 2 cups assorted green vegetables (e.g. broccolini, baby bok choy, mustard greens)
- fresh young ginger root or **Myoga**, thinly sliced
- sesame seeds to taste
- black pepper to taste
- crispy-fried vegetable chips (garlic, sunchoke, taro, potato)

#### METHOD:

Start by cutting the green vegetables into small pieces. Bring a large pot of salted water to boil and fill a large bowl with ice water. Blanch (cook) the vegetables until crisp tender, about 1-2 minutes depending on its hardness. Immediately remove and place in the ice bath to stop the cooking process. Dry and keep cool. Then, thinly slice the carrot, radishes, and ginger on a mandoline, and set aside in ice water. (Vegetables may be prepped ahead of time.)

To begin the broth, add water to a 6-quart shallow wide pan, this should fill the pan about 2 to 3" deep. Add the kombu and dried shiitake and bring to a simmer (tiny bubbles, just below a boil), then gently cook for 15 minutes. Remove and discard kombu & mushrooms before moving forward.

Meanwhile, artfully arrange them in the center of a large plate along with the salad greens, and the sliced carrots and radishes.

Next, bring the broth up to a rolling boil. With kitchen tongs or chopsticks, pick up one slice of beef and dip into the broth, gently moving the beef around. (The sound of doing this, swish, swish, shabu, shabu, is meant to be from where this dish gets its name.) After 5 seconds lift the meat above the broth and let any excess liquid drip off. The beef should have changed color. If there are any raw spots, dip the meat back into the broth for another few seconds.

When fully cooked, place each cooked slice onto a paper towel lined plate or a draining rack, and repeat the process for each remaining slice. When all the meat is cooked, transfer the slices to the plate circling the salad. Drizzle three tablespoons of sauce over the salad then pour more around the beef to cover the plate.

Top with sesame seeds, crack a couple of turns from a pepper mill, and garnish with vegetable chips if using.



### Sesame Miso Dressing

#### INGREDIENTS:

- 1/3 cup white miso paste
- 1/4 cup + 2 Tbsps toasted sesame oil
- 1 tsp dry mustard powder
- 3/4 cup olive oil
- 1 tsp soy sauce
- 1/4 medium red onion, grated
- 3/4 cup rice wine vinegar
- 2 1/2 Tbsps sugar

#### METHOD:

*If making in a blender:* Place miso, vinegar, soy sauce, sugar, and mustard powder in the jug, turning on the slowest setting until everything is emulsified. Slowly drizzle in the olive then sesame oil. Just before service, stir the grated red onion into the dressing.

*If making in a bowl:* Place miso, sugar, and mustard powder in a large bowl and whisk together. In this order, slowly drizzle in the rice vinegar, soy sauce, then the olive oil and, finally, the sesame oil until all are emulsified. Just before service, stir the grated red onion into the dressing.

Recipe makes extra dressing that lasts one week in the refrigerator; it is best to store without the onion.

### Bonus Dishes

*The broth used to cook the beef will have a lot of flavor, with the fat and juice of the meat combined with the seaweed and mushrooms, and may be enjoyed as a soup alone, or with the addition of noodles, or a rice and egg dish. First remove any scum/meat debris that has formed on the surface with a small sieve or spoon, then follow the recipe below for the side of your choosing. (Normally this broth is used straight away but you could strain it into a container and store in the refrigerator for a couple of days until needed, or freeze for up to one month.)*

### Noodles

#### INGREDIENTS:

- 6 oz dry noodles (udon, rice, ramen, etc.)
- 1 scallion, sliced thinly on the bias
- soy sauce
- salt to taste

#### METHOD:

Leave the broth boiling and cook your favorite noodles. When done, divide noodles into 4 bowls. Season the broth with salt and soy sauce to taste, then pour over the noodles and garnish with scallions.

### Rice

#### INGREDIENTS:

- 2 cups cooked rice
- 4 raw eggs
- soy sauce
- salt to taste

#### METHOD:

Add the cooked rice to the broth and season with soy sauce and salt to taste. Lightly whisk one egg per person then slowly drizzle the egg on to the boiling rice broth. As soon as the egg is cooked, a minute or so, serve in bowls, garnish with scallions.