



VÉRITÉ

Sonoma Grains with Matsutake Mushroom and Braised Wagyu Short Rib

*From Chef Kyle Connaughton,
Michelin Three Star Restaurant Owner-Chef
(Serves 4)*

FOR THE BRAISED WAGYU SHORT RIB

- 500g Piece of Wagyu Short Rib – *Trimmed of any silver skin/excess fat (grill and reserve the drippings)*
- Salt
- Oil for Searing

Season the short rib with salt and let stand for 20 minutes. In a sauté pan heat a thin layer of oil until it just begins to smoke. Sear the short rib on all sides until deeply browned. Remove from the pan and chill. Set a water bath to 56°C. Seal the short rib in a vac-pac bag under full pressure. Cook in a water bath for 72 hours. Remove and chill.

FOR THE ICE FILTERED BEEF BROTH

- 1kg Beef Stock

Pour the beef stock into a large vac-pac bag and seal under full pressure so that when laying flat the broth is 2cm thick. Lay flat and freeze. Place a shallow perforated hotel pan inside a deeper hotel pan and layer the perforated hotel pan with a sheet of cheesecloth. Remove the frozen stock and place the block flat onto the cheesecloth. Cover the top with plastic wrap and place in the refrigerator for three day. Collect the clear liquid that has dripped through the cheesecloth and reserve as ice filtered beef broth.

FOR STEAMED MATSUTAKE, MATSUTAKE TEA, AND MATSUTAKE PURÉE

- 1 kilo Matsutake Mushrooms- cleaned and peeled
- 100ml Sake
- 100ml Mirin
- 300ml Dashi
- 300g Steamed Matsutake
- 50ml White Tamari

Place the matsutake mushrooms in a metal bowl and cover with plastic wrap. Place over a pot of boiling water and allow to steam for 1 hour. Collect the purged liquid (matsutake tea) and reserve the steamed mushrooms.

Combine the sake and mirin in a pot and bring to a simmer. Reduce by half and add the dashi and 300g of the steamed matsutake. Simmer for 10 minutes and add the tamari. Transfer to a blender and blend until smooth. Transfer to a squeeze bottle and reserve. Reserve the remaining steamed mushrooms for the dish

FOR THE WAGYU AND STEAMED MATSUTAKE MUSHROOM

- Braised Wagyu Short Rib from Above – *trimmed and small diced*
- 50g Pickled Turnips – *small diced*
- 50g Steamed matsutake mushrooms from above
- Matsutake puree from above as needed

Combine the diced short rib, turnip, and steamed matsutake in a bowl. Add enough matsutake puree to form a mixture that can hold in a quenelle. Reserve.



FOR THE GRAINS

- 250g Barley - *washed*
- 500g Water

Place the grains in a pot or Kamado-san (Japanese clay pot donabe) with the water. Place the lid on and place over medium heat. Heat for 20 minutes and shut off the heat. Wait for 20 additional minutes to remove the grains. Cool and reserve.

FOR THE CARMELIZED GRAINS

- 250g Cooked Barley (*about half from above*)
- 50g Saikyo Miso
- 2g Baking Soda

Combine the barley with the saikyo miso and baking soda in a bowl and stir. Transfer to a glass canning jar and place the lid on the top. Close the lid and place in a pressure cooker on a rack. Pour 2 cm of water into the pressure cooker and place the lid on top. Cook under full pressure for 20 minutes and allow to cool.

FOR THE SAKE KASU BUTTER

- 100g Sake Kasu
- 100g Softened Butter

Combine the sake kasu and butter in a bowl and blend using a spatula. Transfer to a container and cool.

FOR THE MATSUTAKE TEA AND ICE FILTERED BEEF BROTH

- 300g Matsutake Liquid - *from above*
- 300g Ice Filtered Beef Broth - *from above*
- White Tamari

Combine both liquids and gently warm. Season as needed with white tamari.

FOR THE FINAL GRAINS

- 50g Grape Seed Oil
- 25g Sesame Seed Oil
- 50g Burdock Root - *Small Dice*
- 25g Mirin
- 25g Sake
- 200 - 300g of Beef Broth - *from above*
- Reserved Cooked Grains - *from above*
- 75g Saikyo Miso
- 50g Black Garlic - *Pureed smooth*
- 100g Reserved Caramelized Grains - *from above*
- 100g Sake Kasu Butter - *from above*
- White Tamari

In a saucepot combine the oils over medium heat with the burdock root and saute until softened and lightly browned. Add the mirin and sake and reduce. Add approximately 200g of the broth and the cooked grains and simmer. Add the saikyo miso, black garlic puree, and caramelized grains. Add enough stock to simmer together to a risotto like consistency. Remove from the heat and beat in the sake kasu butter and season with white tamari if needed.

FOR THE FINAL DISH

Spoon the grain mixture into four bowls. Make four quenelles of the wagyu mixture and place each into the bowls of grains. Place a few of the sliced steamed matsutake mushrooms on top. Dot with a few bits of the matsutake puree on top. Drizzle with the reserved grilled beef fat from above and garnish with micro mizuna. On the side pour the ice filtered beef broth and matsutake tea into a bowl with a few pieces of raw shaved matsutake mushroom.