



NAMIBIAN WAGYU SOCIETY

Mangosteak

4 Portions:

4	Wagyu Steaks
2	Mango
40g	Butter
	Salt
	Black Pepper fresh from the grinder
100g	Cashew Nuts roasted

Remove Steaks from the fridge and let rest at room temperature

Heat a pan on your oven (a braai grid on open fire works as well)

Salt and Pepper the steaks both sides to taste

Carefully put the steaks into the hot pan (do not add oil or fat)

Peel the Mango and cut into thin slices

Sautee the steaks until desired temperature (a guide to temperatures can be viewed on the Namibia Wagyu Society Recipe page)

Remove the steaks and let rest

Put the butter in the pan

Add the mango slices and sauté until golden brown

Serve the steaks with a few mango slices over it. Garnish with chopped Cashew nuts

Accompany this dish with steamed green beans, grilled asparagus or your favourite vegetables