



# NAMIBIAN WAGYU SOCIETY

## Some general guidelines to cook that perfect Wagyu cut

Your meat will cook faster and more evenly if it gets cooked from room temperature. Remove your Prime Namibian Wagyu from the fridge an hour before cooking.

### Spicing

Prime Namibian Wagyu Beef has a very delicate flavour. You can bring this out by seasoning your cut all around with Salt and freshly ground black pepper once it is at room temperature and you are ready to cook your meat.

### Heat is another secret

Do not use any oils as the healthy fats contained in Prime Namibian Wagyu are sufficient and add to the unique flavour experience. To retain the moisture of your meat, sear all sides in a very hot pan by browning them on all sides. When cooking that succulent steak, reduce the heat and slowly cook to desired temperature. A Wagyu roast gets transferred to the oven for finishing.

### If you have time...

Try this “reverse cooking” trick to achieve some exceptional results.

Cover your room temperature Prime Namibian Wagyu cut with foil and put it in the oven at 55° C Steak for 2 - 3 hours and roast for 4-5 hours.

Take out of the oven, uncover and season with Salt and fresh ground Black Pepper and sear all sides and serve.

### Roast guide

<b>Rare</b>	Red with cold, soft centre	51-55°C
<b>Medium to Rare</b>	Red with warm, somewhat firm centre	55-60°C
<b>Medium</b>	Pink and firm throughout	60-65°C
<b>Medium to Well</b>	Pink line in centre, quite firm	65-70°C
<b>Well Done</b>	Gray-brown throughout and completely firm	70-75°C

### Steak guide

	1.5 cm	2 cm	2.5 cm	4 cm	
Rare	2 min	2-3 min	3-4 min	5-6 min	51-55°C
Medium to Rare	2-3 min	3-4 min	4-5 min	6-7 min	55-60°C
Medium	3-4 min	4-5 min	6-7 min	8-9 min	60-65°C
Medium to Well	4-5 min	5-6 min	7-8 min	10-11 min	65-70°C
Well Done	5-6 min	6-7 min	8-9 min	11-12 min	70-75°C