

the Boffins newsletter

AMUSE-BOUCHE



BOFFINS
PUBLIC HOUSE

December 2015 | Gyoza





CHOICE



PRIME



WAGYU



KOBE / WAGYU

Wagyu BEEF FEATURED AT BOFFINS' ARGENTINIAN BUFFET HAS QUITE A BACK STORY

Back on Wednesday, November 18, Boffins Chefs prepared a Wagyu baron of beef that was purchased from Snake River Farms out of Idaho. But what is Wagyu beef and why is it so expensive and so delicious?

THE ORIGIN

Wagyu comes from *Wa*, meaning Japanese-style, and *Gyu*, meaning cow or cattle. So Wagyu refers to Japanese cattle. The story goes that the horned breed made its way to Japan from China via the Korean Peninsula during the second century. In Japan they were used as draft animals to plow the fields due to their physical endurance. This was related to the large amount of intra-muscular fat cells, which act as readymade energy sources.

Eventually folks discovered the cattle were even better on the plate than they were in the field and thus priorities shifted. These animals went from working hard in the field to living a pampered lifestyle, which, at one point in history, involved massages, beer feeding (to aid in digestion and increase hunger) and sake baths. The realities are this indeed occurred at some point in Japan, but not so much today.

BREEDS

There are four breeds of Wagyu cattle: Japanese Black, Japanese Brown, Japanese Polled and Japanese Shorthorn. Under the Japanese Black there are three major strains, the most popular being Tajima, which provides us with Kobe beef, the most expensive beef in the world.

Tajima-Gyu tend to have a smaller frame and slower growth rates, and their bloodlines are considered to produce the best quality meat in all of Japan.

ALL KOBE BEEF IS WAGYU, BUT NOT ALL WAGYU IS KOBE

Much like how Champagne can only come from the Champagne region in France, Kobe beef can only come from around Kobe, the capital in the Hyogo Prefecture of Japan. As such, Kobe beef comes from Wagyu cattle and is Wagyu, but Wagyu cattle bred outside Kobe can never be called Kobe.

Kobe beef must be certified as follows:

- breed is pure lineage Tajima
- between 28 and 60 months old
- born, raised and slaughtered in the Hyogo Prefecture of Japan
- a yield score of A or B (based on the amount or percentage of edible cuts that can be gained from a single head of cattle)
- Japanese Meat Grading Association score of 4 or 5 (based on marbling, texture, colour, quality, etc.)
- Japanese Beef Marble Score (BMS) of 6 or higher on the Tajima-Gyu marble grading scale (1 through 12)
- has the Japanese Chrysanthemum Seal aka the Imperial Seal of Japan

As the USA doesn't recognize Japan's trademarks on Kobe Beef, Kobe Meat and Kobe Cattle, numerous restaurants and retailers market their Wagyu beef as being Kobe beef despite the fact it cannot be certified Kobe. So keep your radar on when you see Kobe listed on a menu as most of what you will actually come across will be either Australian or American Wagyu (Kobe style) beef.

ABOUT WAGYU BEEF

Wagyu beef is so sought after due to its intense marbling (that intra-muscular fat) and its quality over commodity beef – higher percentages of monounsaturated fats, omega-3 and omega-6 fatty acids as well as lower cholesterol. It comes back to care and feeding methods. For example, Wagyu are fattened longer, being fed almost a year longer than commodity cattle, and aren't pasture fed. The result is a taste experience that is rich, buttery and tender.

IN VINO
THE FIRST IN VINO VERITAS OF 2016
THURSDAY, JANUARY 21 @ 6 PM
\$50 - REGISTER AT BOFFINS.CA



**VISIT BOFFINS PUBLIC HOUSE
TO PURCHASE A DELICIOUS SELECTION
OF HOLIDAY TEAS FROM TEA FORTÉ**

WARMING JOY TINS (15 TEAS) FOR \$21.00

Blends include Rum Raisin Biscotti, Sweet Orange Spice,
Sweet Ginger Plum, Winter Chai and Harvest Apple Spice

WAGYU AND SNAKE RIVER FARMS

The first Wagyu bulls, four of them, were brought over to the USA from Japan in 1976 with the intent to crossbreed with domestic cattle such as Angus. To maintain the high quality animal, their diet was designed to mimic that which they would have received in Japan. As such, they fed on corn, alfalfa, barley and wheat straw.

In the 1990's, around 40 more full-blooded Wagyu cattle (male and female) were brought over for breeding. One of these Wagyu bulls was Fukutsuru who was born in the Kobe region of Japan and can trace his lineage back through the Tajima line.

Fukutsuru is a Wagyu legend in the US and was named the top marbling bull in all the country by the Washington State University in 2006. All of his progenies grade at 100% USDA Prime or higher.

Fukutsuru is the main sire of the Snake River Farms Wagyu beef program despite the fact that he left for the big pasture in the sky back in 2005. He lives on, in a sense, as Snake River Farms cryogenically froze 100,000 units of his semen to ensure his high quality genetics could be passed on for continued breeding purposes.

BEEF GRADES IN THE US

| Japanese BMS | USDA Grading | Snake River Farms Grading | USDA Marbling Levels |
|--------------|--------------|---------------------------|----------------------|
| 12 | | GOLD | VERY ABUNDANT |
| 11 | | | |
| 10 | | | |
| 9 | | | |
| 8 | | BLACK | MODERATELY ABUNDANT |
| 7 | | | |
| 6 | | | |
| 5 | PRIME | SILVER | SLIGHTLY ABUNDANT |
| 4 | | | |
| 3 | CHOICE | | SMALL TO MODERATE |
| 2 | | | |
| 1 | SELECT | | SLIGHT |

CLASSIFYING WAGYU BEEF IN AMERICA

The most common Wagyu beef in America is the F1, which is 50% crossbred Wagyu. F2 is 75% crossbred, F3 is 93.75% purebred Wagyu and then there is 100% full blood Wagyu, which is quite rare. Full blood Wagyu must be DNA-verified back to its pure Japanese lineage.

The rarity of the full blooded Wagyu comes from the special care and effort required to raise the cattle to reach top potential. Requirements include specialty feeding and attentive, individual care for these prized animals. Not all producers can nurture in such a manner.

RECENTLY SERVED AT BOFFINS

Boffins Public House chefs recently served up a 100% full blood Wagyu, gold grade baron of beef, a joint of beef consisting of two sirloins joined at the backbone, for an Argentinian Buffet. This Guy was there and it was amazing. For details about the Argentinian Buffet and the inspiration behind it, check out the article on the back page of *amuse-bouche*.

That Wagyu was sooo good that This Guy was back in Boffins Public House a week later when the daily special was a *Bare Naked Wagyu Burger with House Cut Fries*. This amazing burger was simply a modest aioli, salt, pepper, tomato, lettuce, beef and bun but holy wholly cow the flavour. One of the best burgers This Guy had ever eaten bar none. Stay tuned to [Boffins Public House on Twitter](#) so you never miss out on a special like that.

Bare Naked Wagyu Burger with House Cut Fries



Argentinian Buffet

HOPEFULLY THE FIRST OF MANY CREATIVE AND INSPIRED BOFFINS BUFFETS

On Wednesday, November 18 Boffins served up a buffet inspired by Line Cook Diego Escudero's homeland of Argentina. For Diego, it was like bringing wedding / birthday / anniversary party food to Boffins Public House.

We're talking about parties involving the cooking of a whole cow starting with the torso at a 9pm supper. This big meal would be followed by some intense beverage intake before more party food would be prepared at around 4 am – the cow's leg and shoulder. Let's get into the specifics as Diego condensed this party into a classy Boffins buffet.

Here is a rundown of some of what was being served.

The bread. Chipaca con Chicharrón y Cebolla (bread with bacon and onions). Authentically made with chicharróns, fried bacon fat, here the Boffins team simply used bacon. The result was a tasty bread that acted as the perfect vessel to get the soup into your mouth – leave that spoon alone.

The soup. Humita con Albahaca (creamy corn soup with basil). In Argentina, Diego says this soup would be cooked in a big pot over a smoky wood fire where the smoke would add its flavour to the soup. In the Boffins kitchen, onions were sweated down before corn was added and then, when tender, cream was added before being all blended up. To give the Boffins version the smoky flavour, liquid smoke was used. It's a simple soup with robust flavour.

To take the soup to the next level it is garnished with cheese and fresh basil. In Argentina, the cheese would be a sort of mozzarella-bocconcini-esque cheese known as queso blanco. For the Boffins buffet, mozzarella was used. The garnish really set the soup off. Throw in the bacon bun for good measure and you had a soup bowl worth filling at least twice over.

The vegetables. Verduras Asadas del Altiplano (tri coloured potatoes with peppers, onions, carrots and zucchini). Potatoes are kind of a big deal in Argentina. In fact, there are over 4,000 varieties of potatoes worldwide with most of them found in and around the Andes, a mountain range that extends through seven South American countries including Argentina. This equates to a variety of colours and flavours.



For this dish, Diego riffed again off that party cookout where one would roast veggies on a huge fire. The potatoes would be wrapped in foil and cooked until the foil was browned. Peppers would be cut in half, filled with cheese and basil and then put to the grill. Then, when ready to serve, they would add a little more cheese for good measure.

The beef. Carne Flambada with Chimichurri, Malbec, and Criolla Dips. First and foremost, it's about the Wagyu, an intensely marbled beef full of rich and tender flavour. [See interior article for more about Wagyu.](#)

The love began with about 7 hours of marinating in a chimichurri sauce. Then, at about 9pm the night before the buffet, the Wagyu hit the oven on low. The next morning temperature was up to medium for about 5 hours. Diego says it is about getting the bone inside hot to cook the meet from the inside out.

The Wagyu came out of the oven with a blackened outer crust, which has so much flavour that WOW! The meat itself is so tender and flavourful due to Wagyu beef's intense marbling. You could divide the meat with a fork before enjoying its melt in your mouth goodness.

For the dips and sauces, Diego made a chimichurri sauce similar to the marinade, but thicker. He also made a Malbec dip from shallots, garlic, wine and a copious amount of butter. Then there was the Criolla dip, which, although similar to salsa fresca, was made with chili flakes instead of jalapenos, red wine vinegar instead of lime juice and parsley instead of cilantro.

It was a great buffet experience and hopefully the first of many more creative and inspired buffets to come. Stay in the loop on [Facebook](#) and [Twitter](#) so you never miss another [Boffins event](#).