

# 28 Days UMAMI WAYGU

4 Weeks of International Recipes



# Waygu<sup>TM</sup>

PREMIUM PLANT-BASED BEEF

# 28 Days UMAMI WAYGU

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# 28 Days UMAMI WAYGU

Week 1

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY

Waygu™

PREMIUM PLANT-BASED BEEF



# Waygu™

PREMIUM PLANT-BASED BEEF

## Ingredients

- 300g Umami Waygu strips
- 2 tablespoons vegetable oil
- 1 onion, sliced
- 2 bell peppers, sliced
- 1 carrot, julienned
- 150g snap peas
- 3 tablespoons soy sauce
- 1 tablespoon rice vinegar
- 1 tablespoon mirin
- 1 teaspoon sesame oil
- 2 tablespoons cornstarch
- 4 servings of cooked rice or noodles
- Sesame seeds for garnish (optional)



## Japanese-Style Umami Waygu Stir Fry

Servings: 4

This Japanese-inspired stir fry features Umami Waygu strips cooked to perfection with crisp vegetables and a savory sauce. It's a quick and flavorful dish that's perfect for a Monday meal.

## Instructions

1. Heat the vegetable oil in a large skillet or wok over medium-high heat.
2. Add the Umami Waygu strips and cook until heated through. Remove from the skillet and set aside.
3. In the same skillet, add the sliced onion, bell peppers, carrot, and snap peas. Stir-fry for about 3-4 minutes until the vegetables are crisp-tender.
4. In a small bowl, whisk together soy sauce, rice vinegar, mirin, sesame oil, and cornstarch.
5. Pour the sauce mixture into the skillet with the vegetables. Stir well to coat the vegetables evenly.
6. Return the Umami Waygu strips to the skillet and toss everything together until the sauce thickens and coats the ingredients.
7. Remove from heat and serve the stir fry over cooked rice or noodles.
8. Garnish with sesame seeds if desired.
9. Enjoy the delicious Japanese-style Umami Waygu stir fry!





# Waygu™

PREMIUM PLANT-BASED BEEF

## Ingredients

- 300g Umami Waygu strips
- 8 small corn tortillas
- 1 cup diced pineapple
- ½ cup chopped onion
- ¼ cup chopped fresh cilantro
- Lime wedges for serving

### For the marinade:

- 3 tablespoons pineapple juice
- 2 tablespoons lime juice
- 2 tablespoons orange juice
- 2 tablespoons soy sauce
- 1 tablespoon chili powder
- 1 teaspoon ground cumin
- 1 teaspoon smoked paprika
- ½ teaspoon dried oregano
- 2 garlic cloves, minced
- 1 tablespoon vegetable oil



## Umami Waygu Taco al Pastor

Servings: 4

Give your Taco Tuesday a twist with these mouthwatering Umami Waygu tacos al pastor. Marinated in a flavorful sauce and grilled to perfection, these tacos are packed with savory and spicy goodness.

## Instructions

1. In a bowl, combine all the marinade ingredients: pineapple juice, lime juice, orange juice, soy sauce, chili powder, ground cumin, smoked paprika, dried oregano, minced garlic, and vegetable oil. Mix well.
2. Place the Umami Waygu strips in a shallow dish and pour the marinade over them. Toss to coat the strips evenly. Let them marinate for at least 30 minutes or overnight in the refrigerator.
3. Preheat a grill or grill pan over medium-high heat.
4. Grill the Umami Waygu strips for about 3-4 minutes on each side, until nicely charred and cooked through.
5. Remove the Umami Waygu strips from the grill and let them rest for a few minutes. Then, slice them into thin strips.
6. Warm the corn tortillas on the grill or in a dry skillet.
7. Assemble the tacos by placing Umami Waygu strips on each tortilla. Top with diced pineapple, chopped onion, and fresh cilantro.
8. Serve the Umami Waygu tacos al pastor with lime wedges on the side.
9. Enjoy the delightful fusion of flavors in these tasty tacos!



# Waygu™

PREMIUM PLANT-BASED BEEF

## Ingredients

- 200g Umami Waygu strips
- 4 large pita bread or flatbreads
- 1 cup shredded lettuce
- ½ cup sliced tomatoes
- ½ cup sliced cucumbers
- ¼ cup sliced red onions

### Tzatziki sauce:

- 1 cup Greek yogurt or dairy free alternative
- ½ cup grated cucumber
- 2 garlic cloves, minced
- 1 tablespoon lemon juice
- 1 tablespoon chopped fresh dill
- Salt and pepper to taste



## Umami Waygu Gyro Wrap

Servings: 4

Transport your taste buds to Greece with this delectable Umami Waygu gyro wrap. Filled with tender Umami Waygu strips, fresh vegetables, and creamy tzatziki sauce, it's a satisfying and flavorful meal.

## Instructions

1. Heat a non-stick skillet over medium heat and cook the Umami Waygu strips until heated through. Set aside.
2. In a small bowl, combine Greek yogurt, grated cucumber, minced garlic, lemon juice, chopped fresh dill, salt, and pepper. Mix well to make the tzatziki sauce.
3. Warm the pita bread or flatbreads in a dry skillet or microwave.
4. Spread a generous amount of tzatziki sauce on each pita bread.
5. Layer shredded lettuce, Umami Waygu strips, sliced tomatoes, sliced cucumbers, and sliced red onions on one side of the pita bread.
6. Fold the other side of the pita bread over the filling to form a wrap.
7. Secure the wrap with a toothpick or wrap it in foil to hold its shape.
8. Repeat the process for the remaining wraps.
9. Serve the Umami Waygu gyro wraps as a delicious and satisfying meal.
10. Enjoy the Mediterranean flavors in every bite!





# Waygu™

PREMIUM PLANT-BASED BEEF

## Ingredients

- 300g Umami Waygu strips
- 1 tablespoon vegetable oil
- 2 tablespoons Thai green curry paste
- 1 can (400ml) coconut milk
- 1 cup vegetable broth
- 1 red bell pepper, sliced
- 1 zucchini, sliced
- 1 cup broccoli florets
- 1 cup snap peas
- 1 tablespoon soy sauce
- 1 tablespoon brown sugar
- Fresh basil leaves for garnish



## Thai Green Curry with Umami Waygu

Servings: 4

This aromatic and creamy Thai green curry features Umami Waygu strips simmered in a flavorful coconut milk-based sauce with a perfect balance of herbs and spices. It's a comforting and fragrant dish that will transport you to Thailand.

## Instructions

1. Heat the vegetable oil in a large skillet or wok over medium heat.
2. Add the Thai green curry paste to the skillet and stir-fry for about 1 minute until fragrant.
3. Add the Umami Waygu strips to the skillet and cook until heated through. Remove from the skillet and set aside.
4. In the same skillet, pour in the coconut milk and vegetable broth. Stir well to combine.
5. Add the sliced red bell pepper, zucchini, broccoli florets, and snap peas to the skillet. Simmer for about 5-6 minutes until the vegetables are tender-crisp.
6. Stir in soy sauce and brown sugar to enhance the flavors.
7. Return the Umami Waygu strips to the skillet and stir everything together.
8. Remove from heat and serve the Thai green curry with Umami Waygu over steamed jasmine rice.
9. Garnish with fresh basil leaves for an extra burst of aroma and flavor.
10. Enjoy the fragrant and comforting Thai green curry!





# Waygu™

PREMIUM PLANT-BASED BEEF

## Ingredients

- 300g Umami Waygu strips
- 1 cup couscous
- 1 cup boiling water
- 1 cup cherry tomatoes, halved
- 1 cucumber, diced
- ½ cup chopped red onion
- ¼ cup chopped fresh parsley
- ¼ cup chopped fresh mint
- Juice of 1 lemon
- 2 tablespoons extra virgin olive oil
- Salt and pepper to taste



## Umami Waygu Couscous Salad

Servings: 4

This vibrant and nutritious couscous salad features Umami Waygu strips, fresh vegetables, and a zesty lemon dressing. It's a light and refreshing option for a Friday meal.

## Instructions

1. Cook the Umami Waygu strips according to package instructions. Set aside.
2. Place the couscous in a heat-proof bowl and pour boiling water over it. Cover the bowl with a plate or cling wrap and let it sit for 5 minutes.
3. Fluff the couscous with a fork and let it cool.
4. In a large salad bowl, combine the cooled couscous, cherry tomatoes, diced cucumber, chopped red onion, chopped fresh parsley, and chopped fresh mint.
5. In a small bowl, whisk together the lemon juice, extra virgin olive oil, salt, and pepper to make the dressing.
6. Pour the dressing over the couscous salad and toss to coat the ingredients evenly.
7. Add the cooked Umami Waygu strips to the salad and gently mix them in.
8. Adjust the seasoning if needed.
9. Serve the Umami Waygu couscous salad chilled as a delicious and nutritious meal.
10. Enjoy the refreshing flavors of this delightful salad!



# Waygu™

PREMIUM PLANT-BASED BEEF

## Ingredients

- 400g Umami Waygu strips
- 4 burger buns or sandwich rolls
- 1 cup barbecue sauce
- 1 tablespoon tomato paste
- 1 tablespoon apple cider vinegar
- 1 tablespoon brown sugar
- 1 teaspoon smoked paprika
- ½ teaspoon garlic powder
- ½ teaspoon onion powder
- ¼ teaspoon cayenne pepper (optional, for heat)
- Salt and pepper to taste



## Pulled Umami Waygu Sandwiches

Servings: 4

These hearty and flavorful pulled Umami Waygu sandwiches are a plant-based twist on classic pulled pork. Slow-cooked with spices and barbecue sauce, the Umami Waygu strips become tender and succulent, perfect for a satisfying Saturday lunch.

## Instructions

1. Place the Umami Waygu strips in a slow cooker or a pot.
2. In a bowl, combine barbecue sauce, tomato paste, apple cider vinegar, brown sugar, smoked paprika, garlic powder, onion powder, cayenne pepper (if using), salt, and pepper. Mix well.
3. Pour the barbecue sauce mixture over the Umami Waygu strips in the slow cooker or pot. Stir to coat the strips evenly.
4. Cook on low heat for 4-6 hours in a slow cooker or 1-2 hours on the stovetop, until the Umami Waygu strips are tender and easily shred apart.
5. Using two forks, shred the Umami Waygu strips in the sauce.
6. Toast the burger buns or sandwich rolls if desired.
7. Spoon a generous amount of the pulled Umami Waygu onto each bun or roll.
8. Serve the pulled Umami Waygu sandwiches with additional barbecue sauce on the side, if desired.
9. Enjoy the savory and satisfying flavors of these plant-based pulled sandwiches!





# Waygu™

PREMIUM PLANT-BASED BEEF

## Ingredients

- 300g Umami Waygu strips
- 2 tablespoons ghee or vegetable oil
- 1 onion, finely chopped
- 2 garlic cloves, minced
- 1-inch piece of ginger, grated
- 1 teaspoon ground cumin
- 1 teaspoon ground coriander
- ½ teaspoon ground turmeric
- ¼ teaspoon cayenne pepper (adjust to taste)
- 1 cup tomato puree
- ½ cup cashew cream (blend cashews with water until smooth)
- ½ cup heavy cream or coconut cream for a vegan option
- 1 tablespoon butter or vegan butter
- Salt to taste
- Chopped fresh cilantro for garnish



## Indian Butter Masala with Umami Waygu

Servings: 4

Indulge in the rich and creamy flavors of this Indian Butter Masala with Umami Waygu. Tender Umami Waygu strips simmered in a luscious tomato and cashew-based sauce, spiced with aromatic Indian spices. It's a luxurious and comforting dish to savor on a lazy Sunday.

## Instructions

1. Heat ghee or vegetable oil in a large skillet or saucepan over medium heat.
2. Add the chopped onion and sauté until golden brown.
3. Stir in minced garlic and grated ginger, and cook for another minute until fragrant.
4. Add ground cumin, ground coriander, ground turmeric, and cayenne pepper. Stir well to coat the onions with the spices.
5. Pour in the tomato puree and cook for 5 minutes, stirring occasionally.
6. Add the Umami Waygu strips to the skillet and cook until heated through.
7. Stir in cashew cream and heavy cream (or coconut cream). Simmer for 10 minutes, stirring occasionally, until the sauce thickens.
8. Add butter and salt to taste. Stir until the butter melts and incorporates into the sauce.
9. Remove from heat and garnish with chopped fresh cilantro.
10. Serve the Indian Butter Masala with Umami Waygu over steamed basmati rice or with naan bread for a truly indulgent experience.
11. Enjoy the rich and creamy flavors of this delightful Indian dish!

*Note: If you have any specific allergen concerns, please review the ingredient list and make necessary substitutions or consult a healthcare professional.*



# 28 Days UMAMI WAYGU

Week 2

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY

Waygu™

PREMIUM PLANT-BASED BEEF



# Waygu™

PREMIUM PLANT-BASED BEEF

## Ingredients

- 300g Umami Waygu strips
- 2 cups cooked rice
- 1 cup shredded carrots
- 1 cup sliced cucumber
- 2 cups baby spinach
- 1 cup bean sprouts
- 4 large eggs or plant-based egg alternative (optional)
- 4 tablespoons gochujang sauce
- 2 tablespoons soy sauce (or tamari for gluten-free option)
- 2 tablespoons sesame oil
- 2 tablespoons vegetable oil
- Sesame seeds, for garnish
- Salt and pepper to taste



## Umami Waygu Bibimbap

Servings: 4

This Korean-inspired bibimbap features Umami Waygu strips served over a bed of steamed rice and colorful sautéed vegetables, topped with a savory gochujang sauce and an optional fried egg for a complete and satisfying meal.

## Instructions

1. In a large skillet, heat 1 tablespoon of vegetable oil over medium heat. Sauté the Umami Waygu strips until heated through. Set aside.
2. In the same skillet, add another tablespoon of vegetable oil and sauté the shredded carrots, cucumber slices, baby spinach, and bean sprouts separately until each vegetable is tender-crisp. Season with salt and pepper to taste.
3. In a small bowl, mix soy sauce and sesame oil. Drizzle this sauce over the sautéed vegetables and toss to coat evenly.
4. In the same skillet, fry the eggs sunny-side up or as desired.
5. To assemble, divide the cooked rice among four serving bowls. Arrange Umami Waygu strips and sautéed vegetables on top of the rice.
6. Place a fried egg on each bibimbap bowl.
7. Drizzle gochujang sauce over the ingredients and sprinkle sesame seeds for extra flavor and presentation.
8. Serve the Umami Waygu Bibimbap immediately, mixing all the components together before eating.



# Waygu™

PREMIUM PLANT-BASED BEEF

## Ingredients

- 200g Umami Waygu strips
- 1 cup quinoa, rinsed
- 2 cups water or vegetable broth
- 1 cup cherry tomatoes, halved
- 1 cup diced cucumber
- 1 ripe avocado, diced
- ¼ cup chopped fresh parsley
- ¼ cup chopped fresh mint
- ¼ cup tahini
- 2 tablespoons lemon juice
- 2 tablespoons water
- 1 garlic clove, minced
- 2 tablespoons olive oil
- Salt and pepper to taste



## Umami Waygu Quinoa Salad

Servings: 4

This hearty and nutritious quinoa salad features Umami Waygu strips, mixed with cooked quinoa, crunchy vegetables, creamy avocado, and a zesty lemon-tahini dressing, making it a perfect dish for a light lunch or dinner.

## Instructions

1. In a medium saucepan, bring 2 cups of water or vegetable broth to a boil. Add quinoa and reduce the heat to low. Cover and simmer for 15-20 minutes, or until the quinoa is cooked and water is absorbed. Fluff with a fork and let it cool.
2. Cook Umami Waygu strips in a pan until heated through.
3. In a large mixing bowl, combine cooked quinoa, Umami Waygu strips, halved cherry tomatoes, diced cucumber, diced avocado, chopped fresh parsley, and chopped fresh mint.
4. In a separate small bowl, whisk together tahini, lemon juice, water, minced garlic, olive oil, salt, and pepper to make the dressing.
5. Pour the dressing over the quinoa salad and toss gently to coat all ingredients.
6. Serve the Umami Waygu Quinoa Salad chilled or at room temperature.





# Waygu™

PREMIUM PLANT-BASED BEEF

## Ingredients

- 300g Umami Waygu strips
- 4 whole wheat pita bread pockets
- 1 cup shredded lettuce
- 1 cup diced tomatoes
- ½ cup sliced red onions
- ½ cup sliced cucumbers
- ¼ cup chopped fresh dill
- ¼ cup chopped fresh mint
- ½ cup tzatziki sauce
- Juice of 1 lemon
- Salt and pepper to taste



## Umami Waygu Pita Pockets

Servings: 4

These delicious and convenient pita pockets are filled with Umami Waygu strips, crisp vegetables, tangy tzatziki sauce, and fresh herbs, making it a satisfying and flavorful meal on-the-go.

## Instructions

1. Cook Umami Waygu strips in a pan until heated through.
2. Warm the pita bread pockets in a toaster or oven.
3. In a small bowl, toss shredded lettuce, diced tomatoes, sliced red onions, sliced cucumbers, chopped fresh dill, chopped fresh mint, lemon juice, salt, and pepper.
4. Open the pita pockets and spread tzatziki sauce inside each pocket.
5. Fill the pockets with Umami Waygu strips and the prepared vegetable mixture.
6. Serve the Umami Waygu Pita Pockets as a delicious and satisfying handheld meal.



# Waygu™

PREMIUM PLANT-BASED BEEF

## Ingredients

- 200g Umami Waygu strips
- 8 cups vegetable broth
- 200g rice noodles
- 1 medium onion, sliced
- 2 cloves garlic, minced
- 2-inch piece of ginger, sliced
- 1 cinnamon stick
- 2 star anise
- 4 whole cloves
- 2 tablespoons soy sauce (or tamari for gluten-free option)
- 1 tablespoon hoisin sauce
- 1 tablespoon lime juice
- 1 cup bean sprouts
- Fresh basil leaves, for garnish
- Fresh cilantro leaves, for garnish
- Fresh lime wedges, for serving
- Sriracha or chili sauce, for serving
- Salt and pepper to taste



## Umami Waygu Pho

Servings: 4

This comforting Vietnamese-inspired Umami Waygu Pho is a fragrant and flavorful noodle soup, packed with Umami Waygu strips, aromatic herbs, spices, and rice noodles, perfect for a chilly day.

## Instructions

1. Cook Umami Waygu strips in a pan until heated through.
2. In a large pot, add vegetable broth, sliced onion, minced garlic, sliced ginger, cinnamon stick, star anise, and whole cloves. Bring to a boil, then reduce heat and simmer for 30 minutes to infuse the flavors.
3. While the broth simmers, cook the rice noodles according to package instructions. Drain and set aside.
4. After simmering, strain the broth to remove the spices and aromatics. Return the strained broth to the pot.
5. Stir in soy sauce, hoisin sauce, and lime juice. Season with salt and pepper to taste.
6. Divide the cooked rice noodles among four serving bowls.
7. Arrange Umami Waygu strips on top of the noodles.
8. Ladle the hot broth over the noodles and Umami Waygu strips.
9. Garnish with bean sprouts, fresh basil leaves, and fresh cilantro leaves.
10. Serve the Umami Waygu Pho with lime wedges and Sriracha or chili sauce on the side.





# Waygu™

PREMIUM PLANT-BASED BEEF

## Ingredients

- 200g Umami Waygu strips
- 16-20 grape leaves, preserved in brine or fresh (blanched)
- 1 cup cooked white rice
- 1 small onion, finely chopped
- 2 cloves garlic, minced
- 2 tablespoons chopped fresh dill
- 2 tablespoons chopped fresh mint
- 2 tablespoons lemon juice
- 2 tablespoons olive oil
- Salt and pepper to taste



## Umami Waygu Stuffed Grape Leaves

Servings: 4

These delightful stuffed grape leaves are filled with Umami Waygu strips, fragrant rice, and a mixture of herbs and spices, resulting in a flavorful and satisfying appetizer or main course.

## Instructions

1. Cook Umami Waygu strips in a pan until heated through.
2. In a mixing bowl, combine cooked rice, chopped onion, minced garlic, chopped fresh dill, chopped fresh mint, lemon juice, olive oil, salt, and pepper. Mix well.
3. Take one grape leaf at a time and place it on a flat surface, vein-side up.
4. Place a spoonful of the rice mixture in the center of the leaf.
5. Place an Umami Waygu strip on top of the rice mixture.
6. Fold the bottom of the leaf over the filling, then fold the sides inward, and roll tightly to form a cigar shape.
7. Repeat the process with the remaining grape leaves, rice mixture, and Umami Waygu strips.
8. Place the stuffed grape leaves in a steamer basket or a pot lined with grape leaves.
9. Steam the stuffed grape leaves for about 30-40 minutes, or until the leaves are tender and the filling is cooked.
10. Remove from heat and let them cool slightly before serving.
11. Serve the Umami Waygu Stuffed Grape Leaves as an appetizer or main course. They can be enjoyed warm or at room temperature.



# Waygu™

PREMIUM PLANT-BASED BEEF

## Ingredients

- 150g Umami Waygu strips
- 1 pre-made pizza dough or your favorite pizza crust recipe
- ½ cup tomato sauce
- 2 cups shredded mozzarella cheese (or vegan cheese for a vegan option)
- 1 cup sliced bell peppers
- 1 cup sliced mushrooms
- ¼ cup sliced black olives
- ¼ cup sliced red onions
- Fresh basil leaves, for garnish
- Olive oil, for drizzling
- Salt and pepper to taste



## Umami Waygu Pizza

Servings: 4

This scrumptious Umami Waygu Pizza features a thin and crispy crust topped with tomato sauce, melty cheese, Umami Waygu strips, and your favorite vegetables, creating a mouthwatering vegetarian pizza that will satisfy your pizza cravings.

## Instructions

1. Cook Umami Waygu strips in a pan until heated through.
2. Preheat your oven according to the pizza crust recipe instructions.
3. Roll out the pizza dough into your desired size and shape.
4. Place the rolled-out dough on a baking sheet or pizza stone.
5. Spread tomato sauce evenly over the dough, leaving a small border around the edges.
6. Sprinkle shredded mozzarella cheese over the sauce.
7. Arrange Umami Waygu strips, sliced bell peppers, sliced mushrooms, sliced black olives, and sliced red onions on top of the cheese.
8. Season with salt and pepper to taste.
9. Drizzle a little olive oil over the toppings.
10. Bake the pizza in the preheated oven until the crust is golden brown and the cheese is bubbly and melted, following the pizza crust recipe instructions.
11. Remove from the oven and garnish with fresh basil leaves.
12. Slice and serve the Umami Waygu Pizza while it's still hot and delicious.



# Waygu™

PREMIUM PLANT-BASED BEEF

## Ingredients

- 400g Umami Waygu strips
- 1 pre-made pie crust or your favorite pastry dough recipe
- 1 onion, chopped
- 2 cloves garlic, minced
- 2 carrots, diced
- 2 celery stalks, diced
- 1 cup sliced mushrooms
- 1 cup vegetable broth
- 1 cup Guinness stout
- 2 tablespoons tomato paste
- 2 tablespoons all-purpose flour (or gluten-free flour for a gluten-free option)
- 2 tablespoons Worcestershire sauce
- 2 tablespoons chopped fresh thyme
- Salt and pepper to taste
- 1 egg, beaten (for egg wash) or use vegan alternative



## Umami Waygu Guinness “Meat” Pie

Servings: 4

This hearty and flavorful Umami Waygu Guinness “Meat” Pie is a vegetarian twist on the classic meat pie. Filled with Umami Waygu strips, vegetables, and a rich Guinness-infused gravy, all encased in a flaky pastry crust, this pie is a comforting and indulgent meal for a Sunday dinner.

## Instructions

1. Cook Umami Waygu strips in a pan until heated through.
2. Preheat your oven according to the pie crust recipe instructions.
3. In a large skillet, heat some oil over medium heat. Add chopped onion and minced garlic, sauté until fragrant and translucent.
4. Add diced carrots, diced celery, and sliced mushrooms. Sauté until the vegetables are slightly softened.
5. In a small bowl, whisk together vegetable broth, Guinness stout, tomato paste, all-purpose flour, Worcestershire sauce, chopped fresh thyme, salt, and pepper to make the gravy mixture.
6. Pour the gravy mixture into the skillet with the sautéed vegetables. Stir well to combine. Bring to a simmer and cook until the sauce thickens, about 5 minutes.
7. Add the cooked Umami Waygu strips to the skillet and stir to coat them in the gravy. Remove from heat.
8. Roll out the pie crust or pastry dough and line a pie dish or individual ramekins with the pastry, leaving an overhang.
9. Pour the Umami Waygu filling into the pie dish or ramekins.
10. Cover the filling with the remaining pastry dough, sealing the edges and cutting a few slits in the top to allow steam to escape.
11. Brush the pastry with beaten egg wash for a golden crust.
12. Bake the pie in the preheated oven until the crust is golden brown and the filling is bubbling, following the pie crust recipe instructions.
13. Remove from the oven and let it cool slightly before serving.
14. Serve the Umami Waygu Guinness “Meat” Pie as a hearty and comforting Sunday dinner.

# 28 Days UMAMI WAYGU

Week 3

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY

Waygu™

PREMIUM PLANT-BASED BEEF





# Waygu™

PREMIUM PLANT-BASED BEEF

## Ingredients

- 300g Umami Waygu strips
- 4 cups cooked rice
- 2 cups mixed vegetables (e.g., broccoli, bell peppers, carrots)
- ¼ cup soy sauce
- 2 tablespoons mirin
- 2 tablespoons brown sugar
- 2 tablespoons rice vinegar
- 1 tablespoon sesame oil
- 2 cloves garlic, minced
- 1 tablespoon grated ginger
- 2 tablespoons sesame seeds
- Vegetable oil for cooking
- Salt and pepper to taste
- Green onions for garnish



## Umami Waygu Teriyaki Bowl

Servings: 4

This delicious and satisfying Umami Waygu Teriyaki Bowl is packed with umami flavors. Tender Umami Waygu strips are marinated in a homemade teriyaki sauce and served over a bed of fluffy rice, along with sautéed vegetables and a sprinkle of sesame seeds for added crunch.

## Instructions

1. In a bowl, whisk together soy sauce, mirin, brown sugar, rice vinegar, sesame oil, minced garlic, and grated ginger to make the teriyaki sauce.
2. Place Umami Waygu strips in a shallow dish and pour half of the teriyaki sauce over them. Let them marinate for about 20 minutes.
3. Heat a drizzle of vegetable oil in a pan over medium heat. Sauté the mixed vegetables until crisp-tender. Season with salt and pepper to taste. Set aside.
4. In the same pan, cook the marinated Umami Waygu strips until browned and heated through. Pour in the remaining teriyaki sauce and cook for an additional minute until the sauce thickens.
5. Divide cooked rice among four bowls. Top each bowl with the Umami Waygu strips, sautéed vegetables, and sprinkle with sesame seeds.
6. Garnish with chopped green onions.
7. Serve the Umami Waygu Teriyaki Bowl hot and enjoy!



# Waygu™

PREMIUM PLANT-BASED BEEF

## Ingredients

- 300g Umami Waygu strips
- 8 small flour tortillas
- 1 cup cooked black beans
- 1 cup shredded cheese (such as cheddar, Mexican blend or plant-based alternative)
- 2 cups enchilada sauce
- Vegetable oil for cooking
- Salt and pepper to taste
- Sour cream for serving
- Fresh cilantro for garnish



## Umami Waygu Enchiladas

Servings: 4

These flavorful Umami Waygu Enchiladas are filled with savory Umami Waygu strips, black beans, and melted cheese, then smothered in a rich and spicy enchilada sauce. They are baked to perfection and served with a dollop of sour cream and fresh cilantro.

## Instructions

1. Preheat your oven to 350°F (175°C).
2. Heat a drizzle of vegetable oil in a pan over medium heat. Cook the Umami Waygu strips until heated through. Season with salt and pepper to taste.
3. In a large baking dish, spread a thin layer of enchilada sauce to coat the bottom.
4. Assemble the enchiladas by placing a small amount of Umami Waygu strips, black beans, and vegan cheese in the center of each tortilla. Roll up tightly and place seam side down in the baking dish.
5. Pour the remaining enchilada sauce over the rolled tortillas, covering them completely.
6. Sprinkle additional vegan cheese on top.
7. Bake in the preheated oven for 20-25 minutes, or until the cheese is melted and bubbly.
8. Remove from the oven and let cool slightly.
9. Serve the Umami Waygu Enchiladas with a dollop of sour cream and garnish with fresh cilantro.





# Waygu™

PREMIUM PLANT-BASED BEEF

## Ingredients

- 400g Umami Waygu strips
- 2 large eggplants, sliced lengthwise
- 1 onion, finely chopped
- 3 cloves garlic, minced
- 1 can diced tomatoes
- 2 tablespoons tomato paste
- 1 teaspoon dried oregano
- ½ teaspoon ground cinnamon
- ½ teaspoon ground nutmeg
- ¼ cup chopped fresh parsley
- ¼ cup grated parmesan cheese or vegan alternative
- Salt and pepper to taste
- Olive oil for cooking

### For the béchamel sauce:

- 2 cups milk (whole, 2% or oat)
- ¼ cup all-purpose flour
- 3 tablespoons butter or vegetable oil
- ¼ teaspoon ground nutmeg
- Salt and pepper to taste



## Umami Waygu Moussaka

Servings: 4

This vegetarian twist on a classic Mediterranean dish features layers of roasted eggplant, Umami Waygu strips, and a rich tomato sauce, all topped with a creamy béchamel sauce and baked to golden perfection. This hearty and flavorful Umami Waygu Moussaka is sure to impress.

## Instructions

1. Preheat your oven to 400°F (200°C).
2. Place the sliced eggplant on a baking sheet and drizzle with olive oil. Roast in the preheated oven for 20-25 minutes, or until softened and slightly golden. Set aside.
3. Heat a drizzle of olive oil in a pan over medium heat. Sauté the chopped onion until translucent. Add minced garlic and cook for another minute.
4. Add Umami Waygu strips to the pan and cook until heated through. Stir in diced tomatoes, tomato paste, dried oregano, ground cinnamon, ground nutmeg, and chopped fresh parsley. Season with salt and pepper to taste. Simmer for 10 minutes.
5. In a separate saucepan, melt vegan butter over medium heat. Whisk in all-purpose flour to form a roux. Slowly whisk in plant-based milk until smooth and creamy. Cook the béchamel sauce until thickened. Season with ground nutmeg, salt, and pepper.
6. In a baking dish, layer roasted eggplant slices, Umami Waygu mixture, and béchamel sauce. Repeat the layers until all ingredients are used, ending with a layer of béchamel sauce.
7. Sprinkle grated vegan parmesan cheese on top.
8. Bake in the preheated oven for 30-35 minutes, or until the top is golden and bubbling.
9. Let the Umami Waygu Moussaka cool for a few minutes before serving.
10. Slice and serve the moussaka as a comforting and flavorful main dish.





# Waygu™

PREMIUM PLANT-BASED BEEF

## Ingredients

- 250g Umami Waygu strips
- 8 ounces rice noodles
- 1 cup firm tofu, cubed
- 1 cup bean sprouts
- ½ cup sliced bell peppers
- ½ cup sliced carrots
- ½ cup sliced green onions
- 2 tablespoons chopped peanuts
- 2 tablespoons chopped fresh cilantro
- 2 tablespoons lime juice
- 2 tablespoons soy sauce
- 2 tablespoons tamarind paste
- 1 tablespoon brown sugar
- 1 tablespoon vegetable oil
- Salt and pepper to taste
- Lime wedges for serving



## Umami Waygu Pad Thai

Servings: 4

This vegetarian twist on the popular Thai dish features Umami Waygu strips stir-fried with rice noodles, crispy tofu, and an assortment of colorful vegetables. Tossed in a tangy and savory sauce, this Umami Waygu Pad Thai is a burst of flavors in every bite.

## Instructions

1. Cook rice noodles according to package instructions until al dente. Drain and set aside.
2. Heat vegetable oil in a large pan or wok over medium-high heat. Add Umami Waygu strips and cubed tofu. Cook until heated through and slightly browned. Season with salt and pepper to taste.
3. Push the Umami Waygu strips and tofu to one side of the pan and add bell peppers, carrots, and green onions to the other side. Stir-fry the vegetables until crisp-tender.
4. In a small bowl, whisk together lime juice, soy sauce, tamarind paste, and brown sugar to make the sauce.
5. Push the vegetables and Umami Waygu strips to one side of the pan again, and pour the sauce into the empty space. Let it simmer for a minute.
6. Add the cooked rice noodles to the pan and toss everything together until well coated with the sauce.
7. Stir in bean sprouts and cook for another minute, until the bean sprouts are slightly wilted.
8. Remove from heat and garnish with chopped peanuts and fresh cilantro.
9. Serve the Umami Waygu Pad Thai hot, with lime wedges on the side for squeezing over the dish.

# Waygu™

PREMIUM PLANT-BASED BEEF

## Ingredients

- Umami Waygu strips
- 1 cup fine bulgur wheat
- 1 large onion, finely chopped
- 2 cloves garlic, minced
- 1 teaspoon ground cumin
- 1 teaspoon ground coriander
- ½ teaspoon ground cinnamon
- ¼ teaspoon ground allspice
- ¼ teaspoon cayenne pepper
- 2 tablespoons chopped fresh parsley
- 2 tablespoons chopped fresh mint
- 2 tablespoons olive oil
- Salt and pepper to taste

### For the filling:

- ½ cup chopped walnuts
- ¼ cup chopped fresh parsley
- ¼ cup chopped fresh mint
- 1 tablespoon olive oil
- Salt and pepper to taste

### For the tzatziki sauce:

- 1 cup vegan yogurt
- 1 cucumber, grated and squeezed to remove excess liquid
- 1 clove garlic, minced
- 1 tablespoon lemon juice
- 1 tablespoon chopped fresh dill
- Salt and pepper to taste



## Umami Waygu Kibbeh Saniyeh

Servings: 4

Kibbeh Saniyeh is a traditional Middle Eastern dish made with bulgur, spices, and a flavorful filling. This vegetarian version features Umami Waygu strips as the star ingredient, combined with bulgur, onions, and a blend of aromatic spices, baked to perfection. Served with a side of tzatziki sauce, this Umami Waygu Kibbeh Saniyeh is a satisfying and hearty meal.

## Instructions

1. Preheat your oven to 375°F (190°C).
2. Cook Umami Waygu strips according to package instructions. Once cooked, let them cool and chop into small pieces.
3. In a bowl, combine bulgur wheat with enough hot water to cover. Let it sit for 10 minutes until the bulgur softens. Drain any excess water.
4. In a large mixing bowl, combine chopped onions, minced garlic, ground cumin, ground coriander, ground cinnamon, ground allspice, cayenne pepper, chopped fresh parsley, chopped fresh mint, olive oil, salt, and pepper.
5. Add the drained bulgur wheat and chopped Umami Waygu strips to the bowl. Mix everything together until well combined.
6. In a separate bowl, mix together the ingredients for the filling: chopped walnuts, chopped fresh parsley, chopped fresh mint, olive oil, salt, and pepper.
7. Grease a baking dish with olive oil. Spread half of the bulgur mixture evenly across the bottom of the dish.
8. Top with the filling mixture, spreading it evenly over the bulgur layer.
9. Cover the filling with the remaining bulgur mixture, pressing it down gently.
10. Bake in the preheated oven for 30-35 minutes, or until the top is golden brown.
11. While the Kibbeh Saniyeh is baking, prepare the tzatziki sauce. In a bowl, combine vegan yogurt, grated cucumber, minced garlic, lemon juice, chopped fresh dill, salt, and pepper. Mix well.
12. Remove the Kibbeh Saniyeh from the oven and let it cool slightly before serving.
13. Slice into squares and serve with a side of tzatziki sauce.





# Waygu™

PREMIUM PLANT-BASED BEEF

## Ingredients

- 200g Umami Waygu strips
- 350g elbow macaroni
- 4 cups milk (whole milk, 2% milk, or preferred dairy free alternative)
- 2 tablespoons unsalted butter or dairy free alternative
- 2 tablespoons all-purpose flour
- 2 cups shredded cheddar cheese or dairy free alternative
- 1 cup shredded mozzarella cheese or dairy free alternative
- ½ teaspoon Dijon mustard
- ¼ teaspoon garlic powder
- ¼ teaspoon onion powder
- Salt and pepper to taste
- Breadcrumbs (optional, for topping)



## Premium Umami Waygu Mac and Cheese

Servings: 4

Elevate your classic mac and cheese to a gourmet level with the addition of Umami Waygu, a plant-based thin strip meat. This creamy and indulgent dish combines tender Umami Waygu strips with rich and cheesy macaroni, creating a delightful comfort food experience for four servings.

## Instructions

1. Cook the Umami Waygu strips in a pan until heated through. Set aside.
2. Cook the elbow macaroni in a large pot of salted boiling water according to package instructions until al dente. Drain and set aside.
3. In the same pot, melt the unsalted butter over medium heat. Once melted, add the all-purpose flour and stir continuously to create a roux. Cook the roux for about 1-2 minutes until it becomes golden in color.
4. Gradually pour in the dairy milk while whisking constantly to avoid lumps. Continue to cook and stir until the sauce thickens and starts to simmer.
5. Reduce the heat to low, then add the shredded cheddar and mozzarella cheeses, stirring until fully melted and smooth. Add Dijon mustard, garlic powder, onion powder, salt, and pepper. Taste and adjust seasoning as desired.
6. Preheat your oven to 350°F (175°C).
7. Add the cooked Umami Waygu strips and elbow macaroni to the cheese sauce. Stir until everything is evenly coated in the cheese sauce.
8. Transfer the mac and cheese mixture to a greased baking dish.
9. If desired, sprinkle breadcrumbs over the top for a crunchy texture.
10. Bake the mac and cheese in the preheated oven for about 25-30 minutes or until the top is golden and bubbling.
11. Remove from the oven and let it cool slightly before serving.
12. Serve the premium Umami Waygu Mac and Cheese hot and enjoy the delightful combination of creamy cheese and savory Umami Waygu strips.

*Note: You can also add other seasonings and herbs to customize the flavor to your liking. Additionally, feel free to mix in some steamed vegetables like broccoli or peas for an extra burst of color and nutrients.*





# Waygu™

PREMIUM PLANT-BASED BEEF

## Ingredients

- 400g Umami Waygu strips
- 1 French baguette, sliced into individual sandwich-sized portions or 4 smaller individual sized demi-baguettes
- 1 cup shredded carrots
- 1 cup thinly sliced cucumber
- ½ cup thinly sliced radishes
- ½ cup fresh cilantro leaves
- ½ cup fresh mint leaves
- ½ cup vegan mayonnaise
- 2 tablespoons soy sauce
- 2 tablespoons lime juice
- 2 tablespoons rice vinegar
- 1 tablespoon brown sugar
- 1 tablespoon Sriracha (optional)
- Salt and pepper to taste



## Umami Waygu Bahn Mi

Servings: 4

This vegetarian take on the popular Vietnamese Bahn Mi sandwich features Umami Waygu strips marinated in a tangy and flavorful sauce, along with pickled vegetables, fresh herbs, and a spread of vegan mayonnaise. All layered in a crusty baguette, this Umami Waygu Bahn Mi is a fusion of textures and tastes.

## Instructions

1. In a bowl, combine shredded carrots, sliced cucumber, sliced radishes, rice vinegar, brown sugar, and a pinch of salt. Toss everything together and let it sit for at least 10 minutes to allow the flavors to meld. Drain any excess liquid before using.
2. In a separate bowl, whisk together soy sauce, lime juice, and Sriracha (if using). Add Umami Waygu strips to the bowl and let them marinate for about 20 minutes.
3. Heat a drizzle of oil in a pan over medium heat. Cook the Umami Waygu strips until heated through. Season with salt and pepper to taste.
4. Slice the French baguette portions lengthwise, without cutting all the way through. Spread a layer of vegan mayonnaise on the inside of each baguette.
5. Fill the baguettes with Umami Waygu strips, pickled vegetables, fresh cilantro leaves, and fresh mint leaves.
6. Serve the Umami Waygu Bahn Mi sandwiches as a delicious and satisfying meal.

# 28 Days UMAMI WAYGU

Week 4

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY

Waygu™

PREMIUM PLANT-BASED BEEF



# Waygu™

PREMIUM PLANT-BASED BEEF

## Ingredients

- 300g Umami Waygu, thinly sliced
- 2 large potatoes, peeled and diced
- 2 large carrots, peeled and diced
- 1 large onion, thinly sliced
- 2 cloves garlic, minced
- 2 tablespoons vegetable oil
- 4 cups vegetable broth
- 3 tablespoons Japanese curry roux (mild or medium, according to preference)
- 1 tablespoon soy sauce
- 1 tablespoon mirin (Japanese sweet rice wine)
- 1 tablespoon tomato paste
- 1 tablespoon honey or maple syrup (for a vegan option)
- 1 teaspoon garam masala
- ½ teaspoon turmeric powder
- Salt and pepper to taste
- Steamed rice for serving



## Japanese Curry with Umami Waygu

Servings: 4

This delectable Japanese curry features 300g of Umami Waygu, a savory and tender plant-based meat, combined with a medley of vegetables, simmered in a rich and flavorful curry sauce. Serve this hearty and aromatic dish over steamed rice for a satisfying and comforting meal that will delight your taste buds.

## Instructions

1. In a large pot or deep skillet, heat the vegetable oil over medium heat.
2. Add the minced garlic and sliced onions. Sauté until the onions become translucent and fragrant.
3. Add the Umami Waygu strips to the pot and cook until heated through and lightly browned. Remove the Umami Waygu from the pot and set it aside.
4. In the same pot, add the diced potatoes and carrots. Sauté for a few minutes until they start to soften.
5. Pour in the vegetable broth and bring it to a simmer. Cover the pot and let the vegetables cook until tender.
6. Once the vegetables are cooked, return the Umami Waygu to the pot.
7. Stir in the Japanese curry roux, soy sauce, mirin, tomato paste, honey (or maple syrup), garam masala, and turmeric powder. Mix well until the curry roux is completely dissolved and the sauce thickens.
8. Season with salt and pepper to taste. Adjust the seasoning according to your preference.
9. Let the curry simmer for a few more minutes to allow the flavors to meld together.
10. Remove the pot from the heat.
11. Serve the delicious Umami Waygu Japanese curry over steamed rice in individual bowls.
12. Garnish with chopped scallions or toasted sesame seeds if desired.
13. Enjoy your hearty and flavorful Umami Waygu Japanese curry!

*Note: You can customize this curry by adding other vegetables like sweet potatoes, bell peppers, or peas, depending on your taste preferences. Additionally, you can adjust the spiciness by using different varieties of Japanese curry roux.*





# Waygu™

PREMIUM PLANT-BASED BEEF

## Ingredients

- 300g Umami Waygu, thinly sliced
- 2 tablespoons olive oil
- 1 onion, finely chopped
- 1 bell pepper, finely chopped
- 2 cloves garlic, minced
- 1 teaspoon ground cumin
- 1 teaspoon paprika
- Salt and pepper to taste
- Store-bought empanada dough (or homemade if preferred)
- Egg wash (1 egg whisked with a splash of water) or plant-based alternative



## Umami Waygu Empanadas

Servings: 4

These savory Latin American pastries are filled with seasoned Umami Waygu, vegetables, and spices, creating a delicious handheld meal.

## Instructions

1. Cook Umami Waygu in a pan until heated through. Set aside.
2. Heat olive oil in a skillet over medium heat. Add the onion, bell pepper, and garlic. Sauté until softened.
3. Add the Umami Waygu, ground cumin, paprika, salt, and pepper to the skillet. Cook for another 2-3 minutes to combine the flavors. Remove from heat and let it cool.
4. Preheat the oven according to the empanada dough package instructions.
5. Roll out the empanada dough and cut it into circles.
6. Place a spoonful of the Umami Waygu filling in the center of each dough circle.
7. Fold the dough in half, sealing the edges by pressing with a fork.
8. Brush the empanadas with the egg wash.
9. Bake the empanadas in the preheated oven until golden brown and crispy, following the dough package instructions.
10. Serve the Umami Waygu empanadas hot as a flavorful and satisfying meal.



# Waygu™

PREMIUM PLANT-BASED BEEF

## Ingredients

- 400g Umami thinly sliced Waygu
- 2 tablespoons olive oil
- 1 onion, chopped
- 2 cloves garlic, minced
- 1 teaspoon ground cumin
- 1 teaspoon ground coriander
- 1 teaspoon ground cinnamon
- 1 teaspoon ground turmeric
- 1 cup vegetable broth
- 1 carrot, sliced
- 1 zucchini, sliced
- 1 preserved lemon, chopped (or lemon zest if preserved lemon is unavailable)
- Salt and pepper to taste
- Fresh cilantro for garnish



## Umami Waygu Tajine

Servings: 4

This Moroccan-inspired dish features tender Umami Waygu strips cooked with fragrant spices, vegetables, and preserved lemon, resulting in a rich and aromatic tajine.

## Instructions

1. Cook Umami Waygu in a pan until heated through. Set aside.
2. Heat olive oil in a tajine or large skillet over medium heat.
3. Add the chopped onion and minced garlic. Sauté until the onion is translucent.
4. Stir in the ground cumin, coriander, cinnamon, and turmeric. Cook for a minute to release the aromas.
5. Add the Umami Waygu, vegetable broth, carrot, zucchini, and preserved lemon to the tajine. Season with salt and pepper.
6. Cover the tajine and let it simmer over low heat for about 20-30 minutes, or until the vegetables are tender and the flavors have melded together.
7. Garnish with fresh cilantro.
8. Serve the Umami Waygu tajine hot with couscous or crusty bread.



# Waygu™

PREMIUM PLANT-BASED BEEF

## Ingredients

- 200g Umami thinly sliced Waygu
- Rice paper wrappers
- Vermicelli noodles, cooked according to package instructions and cooled
- Shredded lettuce
- Shredded carrots
- Fresh herbs (mint, basil, cilantro)
- Soy sauce or tamari for dipping



## Umami Waygu Salad Rolls

Servings: 4

These fresh and vibrant Vietnamese salad rolls are filled with Umami Waygu, crunchy vegetables, herbs, and vermicelli noodles, providing a refreshing and light appetizer or snack.

## Instructions

1. Cook Umami Waygu in a pan until heated through. Set aside.
2. Prepare a large bowl of warm water.
3. Dip a rice paper wrapper into the warm water until pliable.
4. Place the softened rice paper on a clean surface.
5. Layer Umami Waygu, vermicelli noodles, shredded lettuce, shredded carrots, and fresh herbs on the lower half of the rice paper.
6. Fold the sides of the rice paper over the filling, then roll tightly to form a spring roll.
7. Repeat the process with the remaining ingredients.
8. Serve the Umami Waygu spring rolls with peanut sauce, soy sauce or tamari for dipping.





# Waygu™

PREMIUM PLANT-BASED BEEF

## Ingredients

- 300g Umami Waygu, thinly sliced
- 4 bell peppers (assorted colors), tops removed and seeds removed
- 1 cup cooked rice (white or brown)
- 1 onion, chopped
- 2 cloves garlic, minced
- 1 zucchini, chopped
- 1 tomato, chopped
- 1 tablespoon tomato paste
- 1 teaspoon dried oregano
- 1 teaspoon dried basil
- Salt and pepper to taste
- Grated vegan cheese for topping (optional)



## Umami Waygu Stuffed Peppers

Servings: 4

These colorful bell peppers are filled with a flavorful mixture of Umami Waygu, rice, vegetables, and herbs, creating a satisfying and nutritious meal.

## Instructions

1. Cook Umami Waygu in a pan until heated through. Set aside.
2. Preheat your oven to 375°F (190°C).
3. In a skillet, sauté the chopped onion and minced garlic until softened.
4. Add the chopped zucchini and tomato to the skillet. Cook for a few minutes until slightly softened.
5. Stir in the tomato paste, dried oregano, dried basil, salt, and pepper. Cook for another minute to combine the flavors.
6. In a large bowl, combine the cooked Umami Waygu, cooked rice, and the vegetable mixture from the skillet.
7. Mix well to incorporate all the ingredients.
8. Stuff the bell peppers with the Umami Waygu and rice mixture, pressing it down gently.
9. Place the stuffed bell peppers in a baking dish.
10. If desired, sprinkle grated vegan cheese on top of each stuffed pepper.
11. Bake in the preheated oven for about 25-30 minutes, or until the peppers are tender and the cheese is melted and bubbly.
12. Serve the Umami Waygu stuffed peppers as a satisfying and flavorful meal.



# Waygu™

PREMIUM PLANT-BASED BEEF

## Ingredients

- 500g Umami Waygu, thinly sliced
- 2 tablespoons olive oil
- 1 onion, thinly sliced
- 1 bell pepper, thinly sliced
- Salt and pepper to taste
- Vegan cheese slices or shredded vegan cheese
- Crusty rolls or hoagie buns



## Umami Waygu Philly Cheese Steak

Servings: 4

This plant-based twist on the classic Philly cheese steak features Umami Waygu strips sautéed with onions and bell peppers, smothered in vegan cheese (or dairy cheese if preferred), and served in a crusty roll for a hearty and indulgent sandwich.

## Instructions

1. Cook Umami Waygu in a pan until heated through. Set aside.
2. Heat olive oil in a skillet over medium heat.
3. Add the thinly sliced onion and bell pepper to the skillet. Sauté until softened and slightly caramelized.
4. Push the onions and bell peppers to one side of the skillet and add the Umami Waygu strips to the other side.
5. Season with salt and pepper. Cook for a few minutes until heated through and slightly browned.
6. Mix the Umami Waygu with the onions and bell peppers in the skillet.
7. If using cheese slices, place them on top of the Umami Waygu mixture and cover the skillet until the cheese melts. If using shredded cheese, sprinkle it over the mixture and cover the skillet until it melts.
8. Split the crusty rolls or hoagie buns lengthwise.
9. Fill each roll with the Umami Waygu, onion, pepper, and cheese mixture.
10. Serve the Umami Waygu Philly cheese steak sandwiches hot as a satisfying and flavorful meal.





# Waygu™

PREMIUM PLANT-BASED BEEF

## Ingredients

- 200g Umami Waygu, thinly sliced
- Dumpling wrappers (store-bought or homemade)
- 1 cup shredded cabbage
- 1 carrot, grated
- 2 green onions, chopped
- 2 cloves garlic, minced
- 1 tablespoon soy sauce or tamari
- 1 tablespoon sesame oil
- Salt and pepper to taste
- Dipping sauce of your choice (e.g., soy sauce, vinegar, chili oil)



## Umami Waygu Chinese Dumplings

Servings: 4

These homemade Chinese dumplings are filled with a delicious mixture of Umami Waygu, vegetables, and aromatic seasonings, making them a delightful and satisfying dish.

## Instructions

1. Cook Umami Waygu in a pan until heated through. Set aside.
2. In a large bowl, combine the shredded cabbage, grated carrot, chopped green onions, minced garlic, soy sauce or tamari, sesame oil, salt, and pepper.
3. Mix well to ensure all the ingredients are evenly distributed.
4. Place a spoonful of the Umami Waygu and vegetable mixture onto the center of a dumpling wrapper.
5. Moisten the edges of the wrapper with water.
6. Fold the wrapper in half, sealing the edges by pressing firmly.
7. Continue filling and folding the remaining dumpling wrappers.
8. Bring a large pot of water to a boil.
9. Carefully add the dumplings to the boiling water and cook for about 5-7 minutes, or until the dumplings float to the surface and the wrappers are cooked.
10. Using a slotted spoon, remove the dumplings from the pot and drain any excess water.
11. Serve the Umami Waygu Chinese dumplings hot with your favorite dipping sauce.



