

Easy Cast Iron Wagyu Steak Recipe (How to Cook Wagyu at Home)

This is the only way I cook high-end beef, and here is why:



TIME

30 to 60 min

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INGREDIENTS

The Star: 16 oz Wagyu steak (Ribeye or New York Strip are popular choices).

The Seasoning: 2 teaspoons salt (Kosher or flaky sea salt is best) and 1 teaspoon freshly cracked black pepper.

DIRECTIONS

1. Temper the Meat: Remove your Wagyu steak from the refrigerator 30 to 60 minutes before you plan to cook. This "tempering" process ensures the middle of the steak isn't ice-cold when the outside hits the pan, allowing for an even cook throughout.
2. Season Simply: Pat the steak bone-dry with a paper towel. Generously apply the salt to both sides and the edges. Add the black pepper. The salt will help draw out a tiny bit of moisture to create that perfect crust.
3. Heat the Pan: Place your cast iron skillet over medium heat. You don't want it screaming hot (like you might for a lean Filet Mignon), as the Wagyu fat can burn quickly. Let the pan heat up for about 3-5 minutes.
4. Grease with the Fat Cap: Identify the white fat cap on the edge of your steak. Using tongs, hold the steak upright and rub that fat cap against the bottom and sides of the pan. It will melt almost instantly, creating a natural, non-stick coating.
5. The First Sear: Lay the steak flat in the pan. Cook for about 90 seconds without moving it. You want to see a deep, golden-brown crust form.
6. Flip and Finish: Flip the steak. Continue cooking until you reach your desired internal temperature.
7. Rare: 120°F - 125°F
8. Medium : Rare: 130°F - 135°F
9. The Final Rest: Transfer the steak to a warm plate or a wooden cutting board. Let it rest for 5 to 10 minutes. Slice it into thin strips against the grain to highlight the tenderness.

SWAPS & NOTES

The Pan: If you don't have cast iron, a heavy-bottomed stainless steel skillet is your next best bet.

Avoid non-stick pans, as they cannot handle the high heat required for a proper sear.

The Salt: Flaky sea salt (like Maldon) is a game-changer for Wagyu.

It adds a lovely crunch that contrasts with the buttery meat.

TIPS FOR SUCCESS

Dryness is Key: Moisture is the enemy of a good sear.

If your steak is damp, it will steam rather than crust.

Watch the Smoke: If the fat in the pan starts smoking excessively, turn the heat down slightly.

Wagyu fat has a lower smoke point than butter or olive oil.

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