Greetings

I would like to take this opportunity to thank you for your loyalty towards Japanese beef.

Wagyu is a breed of cattle unique to Japan and can also be said to be part of Japan’s heritage. The unrivaled quality and taste of Wagyu has been recognized around the world, and exports are increasing in line with the recent Japanese cuisine boom.

This guidebook has been prepared in an effort to introduce cutting and slicing methods so to optimize the characteristic qualities of each cut, including cuts that were previously uncommon overseas, and for a range of dishes including barbecue and hot pot recipes.

I hope that this guidebook provides more opportunities to enjoy the great taste of Wagyu.

MAFF, Agricultural Production Bureau
Director-General: Kunio Naito
Bringing the great taste of globally acclaimed Wagyu to dinner tables worldwide

The tenderness and delicate flavor of Wagyu is in high demand in Japan, where cuisine honors the inherent flavor of the ingredients. In response to such demand, Japan has refined its production technologies and the rest of the world, which is more accustomed to slightly more textured red meat, has been taken by surprise by the texture of Wagyu - a new style beef that once tried will not soon be forgotten. Wagyu, a relatively rare commodity, has the potential to increase the possibilities and value of food cultures around the world and bring with it significant change.

Raised with loving care for perfect Wagyu

Each and every head of Wagyu cattle is given time and attention, and raised lovingly by feeding specialists in the vast open space of Japan. In addition to a well-managed environment - a carefully designed diet including rice, hay, wheat, and bran in ratio ratios that are both healthy and produce great tasting beef, and cattle sheds kept in immaculate condition so as not to stress the delicate cattle - Wagyu cattle are bred with human compassion and attention. Outstanding production technologies and the pride of the master in pursuit of perfect Wagyu give way to a superior quality found nowhere else in the world.

Wagyu - Refined by Japanese food culture

Including teppanyaki, sukiyaki and shabushabu, there is a wide variety of Japanese dishes that allow one to fully appreciate the tenderness and flavor of Wagyu. Teppanyaki is a simple method of drawing out the full flavor of the ingredients, while sukiyaki and shabushabu emphasize the delicate flavor and mouth-watering texture of thinly sliced beef. Japanese food culture places emphasis on enjoying the natural flavors of ingredients and has developed Wagyu into what it is today. Wagyu is unrivalled in its great taste and is now gaining popularity around the world as a luxury ingredient.

The melt-in-your-mouth texture is unique to Wagyu

Perhaps the most prominent characteristic of Wagyu is the marbled fat distributed through the muscle fibers known as “shimofuri” in Japan. The fine texture of Wagyu gives an extremely tender, melt-in-the-mouth quality. Wagyu is also known for its sweet, full-bodied aroma known as “ wagyuko” or beef aroma. When cooking, Wagyu is known to give off an aroma that is likened to coconut or fruit. This beef aroma serves to further draw out the great taste of Wagyu. The flavor of Wagyu does not only satisfy the taste buds, but all five senses and has the potential to significantly change beef cuisine in countries around the world.
The Wagyu brand is increasing in popularity all over the world

Authentic Japanese Wagyu comes sealed with the universal Wagyu mark

Wagyu is increasing in popularity all over the world. This mark is only given to authentic Japanese Wagyu and we hope that you use it as a guide to selecting high-quality, great tasting authentic Wagyu meat products. Try one of the authentic Wagyu products today.

What breeds of cattle produce Wagyu?

Only breeds that satisfy the following conditions can be accredited as Wagyu beef.

- **Breeds**
  1. Japanese Black Cattle
  2. Japanese Brown Cattle
  3. Japanese Shorthorn Cattle
  4. Japanese Polled Cattle
  5. Cross breeds resulting from interbreeding of 1 - 4. above
  6. Cross breeds from the interbreeding of 1 - 3, or 5, above. Most of the above must be able to be evidenced by means of registration in systems with the Improvement and Increased Production of Livestock Act and through the cattle traceability system.

- **Breeding environment**
  1. Must be cattle born and bred in Japan.
  2. Ancestry of the cattle must be able to be confirmed by a traceability system.

Grading system to clearly identify meat yield and quality

To ensure fair trading, beef in Japan is currently graded by the Japan Meat Grading Association. Beef is graded based on the yield grade and meat quality. The yield grade refers to the ratio of meat to total weight of the carcass and is classified into three grades from A to C with A being a grade of higher yield. Meat quality is classified into five grades from 5 to 1 based on beef marbling, color and brightness of the meat, firmness and texture of the meat and color and brightness of the fat. The lowest of the four individual grades is the final grade allocated to the meat. A thorough grading system of 15 grades through a combination of the above two elements ensures a clear indication of Wagyu meat quality and yield grade.

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<th>Yield Grade</th>
<th>Meat Quality Grade</th>
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Wagyu Product Guide

- A new range of selections -

This catalog, while also reviewing standard cuts that are popular in the marketplace, will also focus on introducing cuts that until now have been used with less frequency. We hope that this catalog serves as a guideline to exploring the possibilities for new product development.
Illustration of Beef Cuts

Beef Carcass and Respective Cuts

- Shank
- Knuckle
- Short plate
- 2 Rib short rib
- Brisket
- Shank (Shin)
- Fillet
- Sirloin
- Ribloin
- Shoulder clod
- Chuck roll (square cut chuck)
- Lean cubing
- Gooseneck round
- Top-round
- D Rump

Recommended Cooking Methods for Each Cut

<table>
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<th>Primal Cut</th>
<th>Sub-primal Cut</th>
<th>Steak</th>
<th>Barbecue</th>
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<th>Sukiyaki</th>
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**Chuck roll**

The chuck roll is the forequarter portion that is cut between the 6th and 7th rib perpendicular to the dorsal line excluding the shoulder clod and the brisket. It is divided into the chuck and the neck. The chuck roll can be well-marbled and the meat is tender and tasty making it perfect for sukiyaki and barbecuing.

### Overview of Raw Meat

The chuck roll is part of the forequarter section. It is divided into the chuck and the neck. The chuck is further divided into sub-primals, each with its own characteristics.

#### PRIMAL CUT

- **A**: Chuck, the main part of the chuck roll.
- **B**: Neck.
- **C**: Shoulder clod, located behind the neck.

#### Culinary Applications

- **Steak**
- **Barbecue**
- **Sukiyaki**
- **Shabu-shabu**

#### Cross-sections

- **Cross-section between the 6th thoracic vertebrae**: The portion where the intercostal fat is minimal and the cut of the meat is smaller in size as the portion is cut further from the rib cage.
- **Cross-section between the 7th thoracic vertebrae**: The joint from which the chuck roll is cut, separating the thoracic vertebrae.
- **Cross-section between the 12th thoracic vertebrae**: The part of the meat that contains a proportionately balancer of bone meat and fat.

### Retail Cut

- **Cut A**: Dividing into the chuck eye log and the chuck flap
  - **Dividing**: Cutting along the ribcage.
  - **Slicing**: Slicing into thin slices.

- **Cut B**: Dividing into the chuck eye log and the chuck flap
  - **Marinating**: Marinating the meat in a flavorful sauce.
  - **Slicing**: Slicing into thin slices.

- **Cut C**: Removing of cap muscle
  - **Removing of cap muscle**: Cutting along the costovertebral region.

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*Note: Images and diagrams not included in this text.*
Shoulder Clod

Overview of Raw Meat

The shoulder clod is a well-muscled area with a large proportion of muscle and muscle tissue and is made up of both tough and tender meat. The meat typically has a deep color and a strong flavor. It can be divided into cuts for sukiyaki, barbecue and steak etc.

Culinary Applications

- Steak
- Barbecue
- Stewing
- Sukiyaki
- Shaba-shaba

PRIMAL CUT

Upper oyster blade: Tend to be very tender.

M. pectoralis major: Relatively tough, less meat.

Top blade: Tender, marbled meat.

M. triceps brachii: Large portion of the cut. Approximately half of the meat towards the shank is relatively tough becoming increasingly tender towards the trunk.

M. anconeus: Well-marbled however, the meat is relatively tough.

Retail Cut 1

- Slicing from the entire clod
- Slicing from the top blade
- Dividing along the fat

Retail Cut 2

- Preparing meat products from the primal cut
- Dividing into two after removing the central muscle

Other product examples:

- Upper oyster blade
- M. pectoralis major
- Top blade
- M. triceps brachii
- M. anconeus
**Neck**

**Overview of Raw Meat**
The neck meat comes from the portion of the neck that is well-muscled. The meat is tough, rough-textured, and lean. The meat is also comprised of a large proportion of muscle tissue making it ideal for stewing. It can also be combined with other cuts for BBQ, cuts and slices for stewing.

**Culinary Applications**
- Barbecue
- Stewing
- Sukiyaki

**Chuck tender**

**Overview of Raw Meat**
The chuck tender is rare because only 2kg can be obtained from each animal. This is the part of the forequarter running from the forequarter to the shoulder clod however the meat is similar to round. The chuck tender is well marbled with a subtle, sweet taste that grows stronger the more it is chewed.

**Culinary Applications**
- Barbecue
- Roast beef
Brisket

Overview of Raw Meat

The brisket refers to the chest area of the cow and is made up of cuts with very different meat qualities including fatty and tough pectoral meat, the brisket (A) located under the rib, brisket (pectoral meat) that is lean and tender, and chuck short rib (chuck rib) that has more flavor, marbling and a good appearance.

- Cut perpendicular to the muscle

PRIMAL CUT 1 (Chuck short rib)

Culinary Applications

- Barbecue
- Stewing
- Sukiyaki
- Shabu-shabu

PRIMAL CUT 2 (Brisket)

Cutting away the fat

Retail Cut 1 (Chuck short rib)

A cross-sectional view of the brisket shows the thickness of the cut characteristics of Wagyu.

Cut A

Cut B

Cut C

Steak cuts

Retail Cut 2 (Brisket)

- Brisket
- Dividing into the pectoral meat and (A)
- Pectoral meat, Trimmed
- Trimmed
- Must be sold to have a little fat when trimming

Shabu-shabu slices

Stewing cuts

Stewing block

Beverage cuts
Shank

**Overview of Raw Meat**

The shank includes the shin and the shank. The shin is well-muscled and consists primarily of lean meat. Generally, it is prepared for ground or chopped meat. The shin can be divided into the shin body and the (C). The shank is also well-muscled and the meat lean.

**Culinary Applications**

Barbecue  
Stewing

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Fillet*

**Overview of Raw Meat**

The fillet is located on the inside of the loin, contains practically no muscle and is characterized by its fine texture, tenderness and low fat content. It accounts for only 2% of the entire dressed carcass and it is a luxury item making it the most expensive cut of beef available. Care needs to be taken as the color of the meat degrades rapidly.

**Culinary Applications**

Steak  
Barbecue  
Roast Beef

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Photo of shin  
Shin Trimmed  
Removing the (C) from the shin  
(C) Trimmed  
Barbecue cuts  

---

Shank meat products (Shin and shank)  
Braised meat for stewing  
Minced

---

Preparation: Remove any flap meat from the shoulder  
Trimmed

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A: (D)  
B: Chateaubriand  
C: Fillet Mignon  
Steak cuts  
Steak cuts 01  
Steak cuts 02  
Diced steak

---

The above has been removed from the previous cut, leaving only the under portion giving it higher commercial value.

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*The thickness of this cut is characteristic of Wagyu.
**Ribloin**

**Overview of Raw Meat**
The ribloin is the loin located next to the chuck at the dorsal side of the rib area. The meat is thick and fine textured. It is often well marbled giving it a full-bodied flavor.

**Culinary Applications**
- Steak
- Barbecue
- Sukiyaki
- Shabu-shabu

**PRIMAL CUT**
- Photo
- Dividing (cap off)
- Rib Cap
- Ribcap

**RETAIL CUT**
- Photo
- Removing Transverse
- Slicing the ribloin allows for larger cuts of meat.
- A large cross section allows for good size steaks
- Sukiyaki / Shabu-shabu slices
- Steak cuts
- BBQ cuts

---

**Sirloin**

**Overview of Raw Meat**
The sirloin, similar to the fillet is considered a high-quality cut and is located behind the ribloin. Its meat is finely textured and tender. It holds it shape well and it is possible to obtain identically sized cuts making it ideal for steak.

**Culinary Applications**
- Steak
- Barbecue
- Sukiyaki
- Shabu-shabu
- Roast beef

**PRIMAL CUT**
- Photo
- Make an incision every 7cm along the entire width of the fat
- Removing the upper fat followed by the back strap
- After removing the back strap

**RETAIL CUT**
- Photo: Transverse
- Steak cuts
- Sukiyaki / Shabu-shabu slices
**Overview of Raw Meat**

The 2 Rib short rib is the upper half of the short plate located at the belly. The short plate is well-marbled, making the 2 Rib short rib fibrous with a proportionally large amount of connective tissues. The meat has a rough texture, however the lean meat and fat are proportionally equal, giving a rich taste and flavor. The 2 Rib short rib is also made up of a cut known as the flap meat that has a large proportion of lean meat and is well marbled.

**Culinary Applications**

- Steak
- Barbecue
- Stewing
- Sukiyaki

**PRIMAL CUT**

- Flap meat
- Short rib
- Half short rib

**Retail Cut**

- Half short rib
  - Trimming
  - Removing the rib fingers
  - Cutting along the fat

- Central cut

- Flap meat
  - Trimming
  - Central thick cut

- Short rib
  - Trimming
  - Boosting slices
  - Rib fingers

- Barbecue cuts

*Cut perpendicular to the muscle.
**Overview of Raw Meat**

The short plate is the bottom half of the short plate located at the belly. The meat, similar to the 2 Rib short rib, has a rough texture but is characterized by its rich flavor. The short plate includes a cut known as the flank steak with a proportionate distribution of lean meat and fat.

**Culinary Applications**

- Steak
- Barbecue
- Stewing
- Sukiyaki
- Shabu-shabu

**PRIMAL CUT**

- Flank steak
- Inner skirt steak
- Short plate

*It is recommended that the skin be left on the inner skirt steak unless for immediate use as the skin color changes quickly once the skin is removed.*

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**Retail Cut**

- Short plate: Trimmed, cut along the muscle fibers
- Inner skirt steak: Trimmed, cut along the muscle fibers

**Slice**

Slicing the whole cut allows for larger slices.

**Barbecue cuts**

- Blocks for steaming

**Sukiyaki cuts**

- Rolled and skewered

**BBQ**

- Kabobs

**Steak cuts**

- Barbecue cuts
Gooseneck round

Overview of Raw Meat
The gooseneck round is the lean, well-muscled part of the round. The meat generally has a rough texture and is relatively tough. The gooseneck round is divided into three parts: eye of round, a cut that is paler in color and more elastic than other parts; the neck, a cut prepared for sale after removal of the M. flexor digitorum superficialis located in the center; and the outside round (gooseneck round) that is commonly used for stewing.

Culinary Applications
- Barbecue
- Stewing
- Sukiyaki
- Shabu-shabu
- Roast beef

PRIMAL CUT
- Gooseneck round (Divided)
- Eye of round
- Outside round
- Neck
- Splitter
- Shoulder blade
- M. flexor digitorum superficialis

Retail Cut
- Outside round
- Neck
- Eye of round
- M. flexor digitorum superficialis
- Splitter
- Shoulder blade

Processed
- Sukiyaki cuts
- Shabu-shabu slices
- Barbecue cuts

Slicing for whole cut allows for larger slices.
**Top-round**

The top-round consists of a large block with a proportionately large amount of lean meat. It has a cover of fat however very little under fat. Meat quality can vary from the outside, towards the gourmetsick round to the inside, towards the knuckle. Towards the gourmetsick round the meat contains proportionately more fat, however has a rough texture with slightly tough meat. On the other hand, meat towards the knuckle is characteristically tender.

**Overview of Raw Meat**

**Culinary Applications**

- Steak
- Barbecue
- Stewing
- Shabu-shabu
- Roast beef

**PRIMAL CUT**

- Top-round
- Divisions (Cap Off)
- M. gracilis (cup)
- M. semimembranosus & M. adductor magnus
- M. pectineus & M. sartorius

**RETAIL CUT**

- Top-round
- M. semimembranosus & M. adductor magnus
- M. pectineus & M. sartorius
- M. gracilis (cup)
- M. semimembranosus & M. adductor magnus
- Roast beef block

- Slicing
- Steak cuts
- Roast beef slices
- Barbecue cuts
- Trimming
**Overview of Raw Meat**

The D Rump can be divided into the sirloin butt that runs into the ribeye and the top sirloin cap that runs into the gemmeck round. The D Rump has a very attractive color, is lean, finely-textured and is characterized by the proportionate fat and tender quality. The top sirloin cap has a deep color and a strong flavor, however it is important to pay attention to the direction of muscle fiber when cutting it for retail.

**Culinary Applications**

- Steak
- Barbecue
- Sukiyaki
- Shabu-shabu
- Roast beef

**PRIMAL CUT**

- **Photo**
- **Sirloin butt**
- **Cutting along the constractive muscle and fat**
- **Removing the (B)**
- **Removing the M. glutaeus medius**
- **M. glutaeus medius**
- **M. glutaeus profundus**

**RETAIL CUT**

- **Top sirloin cap**
- **M. glutaeus profundus**
- **M. glutaeus medius**

*A cross-sectional view shows that the muscle fibers form a radial pattern*

- **Divided into 2 down the center**
- **M. glutaeus medius** Popped over to show the underside

- **It is possible to cut the M. glutaeus medius into good-size steaks**

- **Steak cuts**
- **Barbecue cuts**
- **Roast beef steak**
**Overview of Raw Meat**

The knuckle is a spherical-shaped and contains primarily bone meat. It consists of four parts: the inside knuckle muscle, slightly deep in color and tender, the knuckle main muscle that has muscle running into the center, is fine textured and tasty, the outside knuckle that is deep in color and slightly tough; and the Tridip that has some marbling but is not as tender as would be expected from the appearance.

**Culinary Applications**

- Steak
- Barbecue
- Sukiyaki
- Shabu-shabu
- Roast beef

**PRIMAL CUT**

- **Removing the inside knuckle muscle**
- **Dividing into the knuckle main muscle and the outside knuckle along the center muscle**
- **Inside knuckle muscle**
- **Outside knuckle**

**RETAIL CUT**

- **Knuckle Trimmed**
  - Slicing the whole cut allows for larger sizes

- **Tridip Trimmed**
  - *The muscle fibers fan out in a radial pattern*
  - *A side view shows the Wagyu is significantly thick*

- **Inside knuckle muscle Trimmed**
  - Divided into three along the center muscle

- **Knuckle main muscle Trimmed**

- **Outside knuckle Trimmed**

- **Sukiyaki slices**

- **Barbecue cuts**

- **Steak cuts**

- **Shabu-shabu slices**
How to slice Wagyu to achieve maximum value

In addition to general cutting methods, there is a technique to slice Wagyu and optimize its fine texture and tenderness with a special slicer. Following are some guidelines to using the slicer and arranging the sliced meat effectively.

**Slices and Off-cuts**

Slices are thin slices taken from large blocks of one particular cut. Off-cuts are smaller pieces or slices from a combination of differing cuts and are used in accordance with the cooking method and the particular cut. Slices are ideally suited to dishes like shabu-shabu and sukiyaki while off-cuts are perfect for stewing. Off-cuts in particular produce a full-bodied flavor in just a short time making them convenient for use in quickly prepared meals such as stews.

**Guidelines for arranging sliced meat**

- Fold both the right and left sides towards the top and bottom edges under the slice.

**Guidelines to using the slicer**

- Lean cuts and fatty cuts are placed alternately. This will help to achieve uniform cuts.

- Lean cuts and fatty cuts are placed in groups. This will result in an attractive-looking slice.

- Careful not to try and slice too much meat in one cut. The blade is the guide to the thickness of the slice. This will result in an unpredictable texture when eating. (The meat will be tough.)

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Tasty Suggestions for Wagyu in Cuisine from Around the World

American Cuisine  Italian Cuisine  Korean Cuisine  Chinese Cuisine  Japanese Cuisine

The following pages introduce recipes incorporating Wagyu into signature dishes from around the world. In particular, recipes take a diverse approach to incorporate relatively unused cuts, expanding your possibilities in the kitchen giving rise to a new dimension of flavor.
American Cuisine

Popular American home-cooked cuisine. Juicy flavor and tenderness of a BBQ or stew that only Wagyu can provide.

Hamburgers

**Recommended cuts**

- Neck
- Shank

**Ingredients**

- 500g beef mince
- 1 large egg
- 2-4bs fresh bread 2bs milk
- Salt & pepper to taste
- ½ onion
- 1bs garlic powder
- 1 red onion
- Tomato ketchup
- 4 lettuce leaves
- 4 slices tomato
- 4 hamburger buns
- Butter
- Salad oil

**Method**

1. Roughly chop onion and thinly slice red onion and tomato into 1cm rings.
2. Soak bread crumbs in milk until soft.
3. Heat oil in frypan and sauté onion over medium heat and leave to cool.
4. Combine beef mince, sautéed onion from step 3, garlic powder, bread crumbs from step 2, egg, salt and pepper in a bowl.
5. Rub oil on handle and form generous sized hamburgers patties. While shaping hamburger patties gently pat with handle to remove air.
6. Heat oil in frypan and cook on both sides over medium heat. Cook both sides of red onion slices.
7. Butter hamburger buns, add mustard if desired and place lettuce leaf and hamburger patty on the bottom half of the bun. Add tomato, red onion slice and lettuce ketchup.
8. Cover with top half of the bun.

BBQ

**Recommended cuts**

- Chuck roll
- 2 Rib short rib
- Short plate

**Ingredients**

- 400g beef
- 1 zucchini
- 1 red onion
- 4 mushrooms
- 1/3 red pepper
- Lemon (or lime)
- 150cc tomato ketchup
- 1 medium onion
- 25cc brown sugar
- 2 tsp apple vinegar
- 1bs salad oil
- 1bs whisky
- 1 clove garlic
- 1/3tsp mustard

**Method**

1. Cut beef into 5cm cubes.
2. Cut zucchini into 1cm thick slices. Cut red onion into 1cm squares and remove excess dirt from mushrooms. Remove seeds and inner membrane from red pepper and cut to same size as the red onion. Finely chop onion and garlic for the grilling sauce.
3. Heat oil in pot and sauté garlic and onion over low heat. Saute until onions is slightly opaque, then add remaining ingredients and simmer for approximately 10mins until sauce reduces.
4. Place beef in grilling sauce and leave to cool in the fridge for 30mins.
5. Place beef and vegetables on skewers and grill while basting with grilling sauce.
6. Season with lemon (or lime).

Pot Roast

**Recommended cuts**

- Chuck roll
- D Rump

**Ingredients**

- 1kg black beef
- 4 potatoes
- 80g baby carrots
- 5 sticks celery
- 1 onion
- 1 clove garlic
- 400cc chicken stock
- 1bs salt
- 1bs pepper
- 3bs salad oil

**Method**

1. Chuck beef in half and rub with salt and pepper.
2. Cut potatoes, with skin on, into eights and celery into 2cm pieces. Remove skin from onion and cut to same size as the potato pieces. Finely chop garlic.
3. Heat oil in heavy pot over medium heat. Increrse heat to high and sear beef on both sides. Once nicely browned add vegetables.
4. When vegetable are lightly cooked, add chicken stock, 200cc of water and bring to the boil over high heat. Remove scum, replace lid and simmer for 5mins over low heat.
5. Season with salt and pepper, remove beef and cut into 2cm pieces. Serve meat onto plates with cooked vegetables. If top with remaining gravy sauce as desired.

Chilli Con Carne

**Recommended cuts**

- Chuck roll
- 2 Rib short rib
- Short plate

**Ingredients**

- 200g beef mince
- 200g chorizo sausage
- 2bs olive oil
- 1 large onion
- 2 cloves garlic
- 2 sticks cinnamon
- 2 jalapenos
- 2 red and 2 yellow peppers
- 2 cloves garlic
- 1 can (400g) red kidney beans
- 2 cans (800g) tomatoes
- 50cc chilli
- 2sp cumin
- Salt & pepper to taste
- Grated cheese

**Method**

1. Roughly chop onion and cut jalapenos in half vertically and remove seeds. Finely chop garlic.
2. Wrap ingredients from A in gaussen and tie off with cooking twine.
3. Heat olive oil in pot and add beef mince. When cooked through, add garlic and onion and cook until onion is lightly browned. Add chilli, cumin and red kidney beans.
4. Add remaining ingredients, except cheese, including the gaussen pack, and simmer over low heat for 2 hours. Every so often remove scum from surface while simmering.
5. Serve onto plates and top with cheese. Enjoy with crackers or bread.
Ragout of Beef

**Method**
1. Finely chop onion, carrot and celery.
2. Sauté onion, carrot and celery until soft.
3. Season beef with salt and pepper and cook with flour.
4. Place lard in frypan and cook beef over high heat until both sides are lightly browned.
5. Transfer beef to large pot and add vegetables from step 2. Add red wine and leave over high heat to burn off alcohol.

**Ingredients**
- 500g-1kg block beef
- ½ onion
- ½ carrot
- ½ stick celery
- 2tbs olive oil
- 500cc red wine

**Recommended cuts**
- Brisket
- D Rump
- Shank

6. Peel and seed tomatoes and mash while adding to the pot together with the canned tomatoes. Add with water until ingredients are just covered.
7. Lightly season with salt and pepper and simmer gently for approximately 1 hour.
8. Season with salt and pepper to taste.

Beef Red Wine Stew

**Method**
1. Cut beef into generous bite size pieces. Finely chop onion, carrot and celery and remove skin from garlic and cut into halves.
2. Heat olive oil in frypan and sauté onion, carrot and celery until soft.
3. Season beef with salt and pepper and cook with flour. Place lard in separate frypan and cook beef over high heat until browned on both sides.
4. Transfer beef to oven-proof pot and add sautéed vegetables from step 2.

**Ingredients**
- 400g block beef
- ½ onion
- 1/3 carrot
- 1 small stick celery
- 1 clove garlic
- 1 bay leaf
- 2 sprigs Italian parsley
- 1 sprig sage and rosemary

**Recommended cuts**
- Brisket
- 2 Rib short rib
- Shank

2. Add red wine and cook over high heat to burn off alcohol. Add ingredients from A and the can of tomatoes, bring to the boil and reduce to low heat.
3. Lightly season with salt and pepper and replace lid. Transfer pot to oven preheated to 200°C and bake for approximately 90 minutes.
4. Remove sauce and reduce until slightly thickened. Serve meat on plates and top with thickened sauce.

Beef Tagliata

**Method**
1. Combine finely chopped rosemary and garlic in a bowl. Dress with olive oil, salt, pepper and balsamic vinegar and mix well.
2. Cut endives into bite size pieces, slice mushrooms and use a poacher or grater to slice parmesan cheese.

**Ingredients**
- 1 (200g) block beef
- 3-4 sprigs endives
- 3 mushrooms
- 20g parmesan cheese
- Salt & pepper to taste

**Recommended cuts**
- 2 Rib short rib
- Short plate
- Top round

3. Season both sides of beef strongly with salt and pepper, heat olive oil in fry pan and lightly sear beef over high heat on both sides.
4. Remove beef from frypan and slice thinly.
5. Serve endives on plates and top with sliced beef, parmesan cheese and mushrooms. Drizzle with dressing prepared in step 1.

Italian Cuisine

Italian cuisine that effectively uses the inherent flavor of beef can be further enhanced with Wagyu. Italian cuisine provides a wide range of uses for block meat in an extensive range of recipes.

Milan-style Cutlets

**Method**
1. Combines bread crumbs, finely chopped garlic, Italian parsley and grated parmesan cheese in a shallow tray bowl.
2. Wire beef in plastic and gently stretch out with a meat mallet, removing excess sinew and season with salt and pepper.
3. Combine egg with 1tbs of water.
4. Place flour, egg and combined bread crumbs from step 1 into separate trays/bowls. Coat individual beef steaks in flour, egg and bread crumbs (in that order).

**Ingredients**
- 4, 85g beef steaks
- 100g fine bread crumbs
- 50g parmesan cheese
- 5g garlic
- 1/2 tsp Italian parsley
- 2 eggs

**Recommended cuts**
- Chuck roll
- Shoulder clod
- Top round

5. Use back of knife to create a lattice pattern on steaks.
6. Heat olive oil in frypan and when bubbling, add steaks and cook over medium heat on both sides until golden brown.
7. Remove oil and serve onto plates with lemon slices.
8. Serve with salad if desired.
Chinese Cuisine

Spicy Beef and Tomato Stir Fry

Highlighted Recipe

**Gooseneck round***

Recommended cuts

- Shoulder clod
- Chuck tender
- Gooseneck round

Ingredients

- 250g Stir fry beef
- 2 tomatoes
- 1/2 lettuce
- Ginger
- 1 clove garlic
- Beef Seasoning:
  - Salt & pepper to taste
  - 2lbs cooking sake

Sauce:

- 1 tbsp corn starch
- 1 tbsp oil
- Sauce:
  - 1/2 tsp salt, 1/2 cup water, cooking sake
  - 1/2 tsp soy sauce
  - 1/2 tsp chili bean paste
  - 1 tsp corn starch

Method

1. Place tomatoes in boiling water to remove skin and cut into quarters. Wash lettuce, drain excess water and tear using hands into bite-size pieces. Finely chop ginger.
2. Cut thirty sliced beef into easy-to-cut pieces and season lightly with salt and pepper.
3. Rub ingredients from step 1 in the beef seasoning in the order of salt, pepper, cooking sake and oil. Quickly marinate lettuce, remove pan and dribble with hot water to remove excess oil.
4. Quickly sauté beef (removed from pan when beef begins to change color).
5. Heat oil in wok, add crushed garlic, ginger and chili bean paste and sauté until aromatic, add beef and tomatoes. While stirring gently crush tomatoes with a ladle, however leave with some distinguishable shape.
6. Add lettuce and sauce.
7. Add corn starch dissolved in water and cook until sauce thickens.

Shredded Beef with Green Pepper

Highlighted Recipe

**Gooseneck round***

Recommended cuts

- Shoulder clod
- Chuck tender
- Gooseneck round

Ingredients

- 150g beef
- 6 green peppers (of which 1 should be red)
- 100g bamboo shoots in spring water
- 1 clove garlic
- 3tbsp salad oil
- Beef Seasoning:
  - 1 tbsp Shaoxing rice wine, soy sauce
  - 1 tsp sugar
  - 1 tsp oyster sauce
  - 1/2 tsp Chinese sauce stock (powder)
  - 1/2 tsp salt
  - 1/2 tsp sugar
  - 1/2 tsp salt
  - 1/2 tsp sugar
  - 1/2 tsp salt
  - 1/2 tsp sugar
  - 1/2 tsp salt
  - 1/2 tsp sugar
  - 1/2 tsp salt
  - 1/2 tsp sugar
  - 1/2 tsp salt
  - 1/2 tsp sugar

Method

1. Cut beef into 1cm strips. Combine sauce ingredients.
2. Slice green peppers and bamboo shoots into 5mm strips. Finely chop garlic and ginger.
3. Rub beef seasoning into beef.
4. Heat oil in wok and sauté garlic and ginger over low until aromatic. Add beef and cook over medium heat.
5. When the meat begins to brown, add vegetables and cook over high heat.
6. Add sauce and cook until heated through.

Poached Sliced Beef in Hot Chili Oil

Recommended cuts

- 10 Rib short rib
- Short plate
- Gooseneck round

Ingredients

- 200g thinly sliced beef
- 1/2 lettuce
- Beef Seasoning:
  - 1tbsp soy sauce
  - 1/2 cup corn starch
  - Shaoxing rice wine
  - 1/2 egg white
  - 1/2 tsp salt
  - 1/2 tsp sugar
  - 1/2 tsp Chinese sauce stock
  - 1/2 tsp salt
  - 1/2 tsp sugar
  - 1/2 tsp salt
  - 1/2 tsp sugar
  - 1/2 tsp salt
  - 1/2 tsp sugar
  - 1/2 tsp salt
  - 1/2 tsp sugar

Method

1. Cut beef into 5cm widths, rub with beef seasoning and leave to stand in fridge for 30mins. Tear lettuce into bite-size pieces.
2. Add salad oil, Shaoxing pepper, seeded chili and finely chopped shallot and garlic to wok and cook over low heat until aromatic and oil colors. (be careful not to burn ingredients) Strain oil using extremely fine colander orin separate pot and finely chop remaining spices.
3. Add chilli bean paste to wok and cook until oil turns a red color, add black bean paste and sauté quickly, add Shaoxing rice wine and soy sauce.
4. Once sauce thickens slightly add 500cc Chinese sauce stock, taste and add salt if required.
5. Cook over high heat, adding lettuce when mixture comes to the boil.
6. Remove lettuce when soft and serve with deep plates or bowls.
7. Add beef to remaining soup gently stirring until just cooked. (approx. 1min)

Beef in Oyster Sauce

Highlighted Recipe

**Gooseneck round***

Recommended cuts

- Gooseneck round

Ingredients

- 200g beef
- Shaoxing rice wine
- Soy sauce
- 1/2 tsp salt
- 1/2 tsp sugar
- 1/2 tsp oyster sauce
- Salt

Method

1. Combine ingredients from A, rub into beef and leave to stand in fridge for 20mins. Score a cross into the stem of the beef choy leaves, finely chop ingredients from C. Take the shallot (for garnish) and with sharp scissors, cut the green tops down to where the hard stem starts to make a curl.
2. Boil 1 tsp corn starch in 2 tsp water. Combine egg white with beef from step 1 and mix in corn starch mixture. The trick is to mix quickly so as to avoid the mixture turning sluggish.
3. Place beef choy in boiling water with a pinch of salt and a little oil and boil until soft.
4. Heat oil in wok to 150°C and sauté beef until just cooked (approx. 1min).
5. Heat oil in frypan and combine with oyster sauce.
6. Add ingredients from C, sauté until aromatic and reduce to medium heat. Add ingredients from B, beef and cook until sauce thickens.
7. Serve beef and bok choy on plates and garnish with shallots.
Korean Cuisine

Bulgogi

Recommended cuts

1. Chuck roll
2. 2 Rib short rib
3. Short plate

Ingredients

- 600g thinly sliced beef
- 2lbs sugar
- 1 large onion
- 1 large carrot
- 3 shiitake mushrooms
- 1/2 bunch Welsh onion
- 3lbs sesame oil
- Marinade:
  5lbs soy sauce
- 2lbs Shaoxing rice wine, honey
- 3 cloves garlic
- 1/4 apple (or pear)
- 1/2 cups pepper
- 2lbs white sesame seeds
- 1/4 onion

Method

1. Cut beef into bite-size pieces. Thinly slice onion, carrot and shiitake mushrooms and cut Welsh onion into 3-4cm lengths. Grate garlic, apple (or pear) and onion.
2. Combine sugar with beef and leave to stand for 30mins.
3. Combine all ingredients for the marinade.
4. Dip each piece of meat in marinade individually. Place beef into a sealable container with vegetables except Welsh onion, layered over the top. Drizzle with sesame oil, seal container and leave to stand in the fridge for 3-5hrs.
5. Add Welsh onion directly before cooking and sauté beef and vegetables together.

Yuk Jang

Recommended cuts

1. Gooseneck round
2. Top-round

Ingredients

- 200g beef
- 2 cloves garlic
- 1 shallot (green half)
- Seasoning:
  - 1 1/2 lbs soy sauce
  - 2lbs shallots (chopped)
  - 80g soy bean paste (in water)
  - 2 shallots
- 1 egg
- 50g chives
- Sauce:
  - 3lbs salad oil
  - 1 1/2 lbs chili powder
  - 1 tsp garlic
  - 1 tsp soy sauce
  - 1 1/2 lbs sesame oil

Method

1. Finely chop shallot and garlic for seasoning. Grind sesame seeds. Cut royal fern and chives into 5cm lengths. Cut bottom half of shallot into diagonal lengths and put in salt. Stuff shallots, garlic and water until ingredients are just covered and cook over high heat. When mixture comes to boil, reduce to low heat and simmer for 2hrs periodically removing scum from the surface. Remove shallot, garlic and pepper for 40mins. Remove beef from soup and use hands to break up into bite-size pieces.
2. Combine beef, royal fern, and shallot with seasoning. Using a separate pot, add 10s of sauce and gently sauté royal fern. Add soup, beef and shallots.
3. Season to taste with soy sauce and salt (extra) and add sauce to suit individual preference. (Sauce will make soup spicer)
4. Stir in lightly beaten egg and add chives while egg is just cooked.

Korean Ribs

Recommended cuts

1. Chuck roll
2. 2 Rib short rib
3. Short plate

Ingredients

- 400g beef
- 1/2 cup asparagus
- 1/3 cup carrot
- 2 cloves garlic
- 1 parsley
- 4 green chili peppers
- 1/2 cup salt
- 1/2 cup soy bean paste
- 1/2 cup gochujang

Method

1. Cut carrot and green chilies into thin slices, slice garlic and onion and leave onion slices to stand in water.
2. Arrange prepared vegetables on a large serving dish.
3. Combine sesame oil and salt and leave on a small dipping plate. Arrange gochujang on a separate dipping plate plate.
4. Broil beef over a hotplate and place on lettuce and perilla leaves. Use leaves to wrap meat with garlic and other vegetables and dip in sesame oil (with salt) or gochujang as preferred.

Spicy Korean Hotpo

Recommended cuts

1. Gooseneck round
2. Top-round
3. D. Rump

Ingredients

- 2lbs cooking sake
- 1/2 cup miso
- 1/2 cup pearl barley
- 1/2 cup raisins
- 1/2 cup red pepper
- 1/2 cup white sesame seeds
- 1/2 cup soy bean paste
- 1/2 cup pepper

Method

1. Cut thinly sliced beef into 1cm widths, combine seasoning ingredients and use hands to rub seasoning into beef.
2. Cook Chinese radish, carrot, red pepper and Welsh onion into 7cm lengths. Thinly slice shiitake mushrooms and onion.
3. Line bottom of pot with onion and arrange beef, and other vegetables in a radial pattern. Break raw egg and place in the center.
4. Place over heat and eat while combining ingredients once simmering.
5. Add additional water if ingredients start to burn.
Japanese Cuisine

Japanese Beef Mince Cutlets

Method
1. Place beef mince, finely chopped onion, egg, bread crumbs, nutmeg, salt and pepper in a bowl and mix well.
2. Using both hands, shape 4 equal sized patties by tossing between hands to remove excess air. Patties should be an oval shape with a thickness of approx. 7-8mm.
3. Lightly beat egg and add water, salt and pepper.
4. Dip patties in flour, the egg mixture from step 3 and finally coat with bread crumbs.
5. Heat deep frying oil to 170°C and fry the patties until golden brown.
6. Serve onto plates and drizzle with Bulldog sauce.

Sukiyaki

Method
1. Diagonally slice shallots. Boil shirakaki noodles for 5 minutes, drain and cut into easy-to-eat lengths. Remove leaf and soft stem from shungiku. Cut stalk from shirakaki mushrooms and using a sharp knife, score a cross in the mushroom head. Cut grilled tofu into 2cm thick cubes.
2. Place sauce ingredients into pot and cook over medium heat until sugar dissolves. Remove from heat and leave to cool.
3. Place sukiyaki pot over high heat, add beef fat and spread fat over the entire cooking surface.

Japanese Beef and Potato Stew

Method
1. Peel potatoes and cut into thirds or quarters and leave in water. Remove skin from onion and cut coarsely into sixth. Peel carrot and cut into bite-size chunks. Boil shirakaki noodles in water for 5mins, drain and cut into easy-to-eat lengths. Remove string that runs down the back of the snow peas.
2. Heat beef fat in deep pot, add shirakaki noodles, potato, carrot, onion and beef in that order and cook gently.
3. Add bonito stock, bring to the boil and remove scum from the surface. Simmer over medium heat for 5 minutes. Increase heat to high and boil until soup gets a shiny luster. Add remaining stock and cover ingredients with lid. Simmer over low heat until stock is reduced to 1/3. Add snow peas and simmer until just soft and remove from heat.

Recommended cuts

Japanese Beef Carpaccio

Method
1. Rub salt into beef and leave to stand for 5mins.
2. Cut Chinese radish sprouts into 4cm lengths. Cut Japanese ginger into thin strips, stand in water, remove and drain excess water.
3. Place sauce ingredients in pot and bring to the boil, remove from heat and allow to cool.
4. Lightly sear beef on all sides and while still hot leave to stand in prepared sauce for 3-4hrs.
5. Before serving, slice beef into 3mm slices and serve on plates together with Chinese radish sprouts, Japanese ginger and grated Chinese radish (sprinkled with chilli powder).

Ingredients
- 300g block beef
- Salt
- Chinese radish sprouts
- 1 Japanese ginger
- Grated Chinese radish (sprinkled with chilli powder)

Sauce:
- 50cc soy sauce
- 50cc cooking sake
- 50cc mirin
- 50cc bonito stock

Recommended cuts

Recommended cuts

Sukiyaki

Ingredients
- 800g thinly sliced beef
- 2 shallots
- 300g shirakaki noodles
- 1/2 bunch shungiku
- 8 shirakaki mushrooms
- 4 eggs
- 26g beef fat

- Sauce:
  - 40g brown sugar
  - 200g soy sauce
  - 100cc mirin
  - 200cc cooking sake

Japanese Beef and Potato Stew

Ingredients
- 200g sliced beef
- 100g shirakaki noodles
- 300g potato
- 1/2 carrot
- 1 onion
- 40g snow peas
- 20g beef fat

Stock:
- 300cc bonito stock
- 2 2/3bs soy sauce
- 2 2/3bs sugar
- 1 1/3bs cooking sake
- 1 1/3bs mirin

Recommended cuts

- Chuck roll
- Gooseneck round

Recommended cuts

- 2 Rib short rib
- Short plate

Measurement conversions
- 1cm = 0.39inch / 100g = 3.5oz / 1kg = 35oz / 1tsp = 0.1pt / 1lbs = 0.3pt / 100°C = 212°F

**Specially Recommended Cuts**
High-level Measures to Ensure Meat Safety

**BSE Prevention Measures in Japan**

Japan maintains the following stringent regulations and inspections as a measure against BSE.

1. **Prohibition of the use of Meat and Bone Meal (MBM)**
   - As of October 2001, the use of Meat and Bone Meal, thought to be one source of BSE infection, was prohibited by law. Currently only grains such as rice, rice bran, wheat, and soybean meal are used. This is to ensure a reduction in the risk of BSE invasion.

2. **Compulsory removal and incineration of Specified Risk Materials (SRMs)**
   - As of 2001, the Ministry of Health, Labor, and Welfare implemented the removal and incineration of cattle heads, (excluding the tongue and cheek flesh), spinal cords, vertebrae columns and distal (front) legs in cattle to slaughterhouses.

3. **Strictest standards in the world for BSE inspections**
   - From October 2001, all cattle became subject to BSE inspections. In May 2005, the age of cattle subject to BSE inspections was lowered to 21 months and has been recognized as the most stringent inspections in the world in comparison to global standards.

4. **Inspections and guidance at breeding and fattening farms**
   - Inspectors with veterinary qualifications from prefectural livestock hygiene service centers periodically visit breeding farms (farms that raise calves to 8-9 months old) and fattening farms (farms that raise calves purchased at cattle sales to reach maturity from between 18-20 months) to conduct inspections and offer guidance and evaluations, including BSE inspections, are carried out on cattle at risk of BSE.

5. **Slaughterhouse inspections**
   - Cattle taken to the slaughterhouses are subject to stringent inspections by inspectors from meat inspection centers and only carcasses that pass can be further processed. At the slaughterhouse, screening tests are carried out on all cattle in order to weed out the BSE-risk cattle. Samples of accumulations of prions and mediulla oblongata are taken for testing with the enzyme-linked immunosorbent assay (ELISA method). In the event of a positive result, further tests are carried out using Western Blot tests or Immunoblot tests. Cattle that show no positive results are slaughtered, while carcasses from slaughtered cattle are thoroughly decontaminated. The Slaughterhouse Law is implemented to prevent the spread of BSE in the event of a positive test.

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**Establishment of a traceability system**

Japan has established a traceability system including records of production and distribution from the time of birth of all domestic cattle right up until the time it is sold or slaughtered. This highly transparent system, allowing access to information on any cattle at any time, enables prompt detection of the source in the event of a problem and promotes the consumer confidence. By looking at the registration information, consumers can check the origin of the meat.

**Total temperature control to preserve freshness**

Temperature control is necessary in order to prevent decay and increases in bacteria. Beef is frozen or refrigerated and is maintained at a low temperature throughout all stages of production from the factory to processing, fabrication and retail up until the time it reaches the consumer in what is referred to as a cold chain. For example, even when the meat is cut or packed, it is maintained at a temperature of approximately 0°C. Work rooms are also maintained at low temperatures and work completed quickly. Meat is also distributed in refrigerated transport maintaining total temperature control.

**Safe and risky temperatures for food storage**

<table>
<thead>
<tr>
<th>Temperature (°C)</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>-18°C - 4°C</td>
<td>Safe for freezing for up to a year</td>
</tr>
<tr>
<td>0°C - 4°C</td>
<td>Refrigerated food storage</td>
</tr>
<tr>
<td>5°C - 6°C</td>
<td>Safe for up to 2 days for fresh meat</td>
</tr>
<tr>
<td>10°C - 15°C</td>
<td>Safe for up to 1 day for cooked meat</td>
</tr>
<tr>
<td>15°C - 20°C</td>
<td>Safe for up to 2 hours for cold cuts</td>
</tr>
</tbody>
</table>

**Prevention of food poisoning causing bacteria**

Cattle, goat's and sheep's milk are known to carry enterohemorrhagic E. coli, on a bacterium that is known to cause food poisoning and originates from domestic livestock. As a measure to prevent food poisoning, the intestinal tract is ligated in order to avoid contamination of meat from the contents of the intestines during meat fabrication at slaughterhouses.

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* Bhay S. Wardh, Food Safety Standards Act 2011, India.