

MAFF
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WAGYU
Japanese Beef
Safe, high quality Japanese beef

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WAGYU

Japanese Beef

Safe, high quality Japanese beef

GREETING

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

Wagyu is a breed of superior cattle unique to Japan and bestowed upon the world through many, many years of combined effort. Boasting unrivaled tenderness coupled with exquisite taste, Wagyu provides a rich, full flavor like no other.

The safety assurance and taste of Wagyu has been recognized around the world, and exports are increasing annually in line with the recent Japanese cuisine boom. And in an attempt to reassure the world with the provision of safe, Japanese beef, Japan engages in thoroughgoing safety management across the country.

This guidebook has been prepared in an effort to introduce characteristic Japanese beef cuts, cooking methods, as well as explain Wagyu qualities, production methods and the safety management system so to allow the people of the world to further enjoy the superior traits of Wagyu.

I hope that this guidebook proves useful and provides more opportunities for people around the world to savor the great taste of Wagyu.

MAFF, Agricultural Production Bureau
Director-General: Kazuyohi Honkawa

CONTENTS

Wagyu – culinary artwork founded in Japanese culture	—	03
Raised amidst Japan’s beautiful and abundant nature	—	05
Authentic Wagyu bears the “Universal Wagyu Mark”	—	07
Establishment of a high standard, total system focusing on safety	—————	09
Selecting the best cut for cooking	—————	11
Recommended Wagyu Recipes “Grilled and Sautéed”	———	13
Sliced beef and eggplant	—————	14
Diced steak with refreshing lemon sauce	—————	15
Stir fried beef and greens	—————	16
Recommended Wagyu Recipes “Simmer and Steam”	———	17
Blanched beef	—————	18
Boiled beef with green sauce	—————	19
Shank simmered in soy sauce	—————	20
Recommended Wagyu Recipes “Fried”	—————	21
Deep fried beef	—————	22
Fried beef and mozzarella seasoned with basil	—————	23
Fried Mango Rolls	—————	24

Wagyu - culinary artwork founded in Japanese culture

First-time diners are always impressed with the profound, rich taste of Wagyu; an effect now being felt all over the world. We now provide you with the opportunity to serve the people of your nation with Japan's top-grade brand, "Wagyu".

"Wagyu" is a luxury food cultivated through Japanese cuisine

Today, the world is experiencing an unprecedented boom in Japanese food. Of some of the more popular dishes that can be enhanced and enjoyed with the superior taste of Wagyu are *sukiyaki*, *shabushabu* and *teppanyaki*. Perhaps the most prominent characteristic of Wagyu is the melt-in-the-mouth succulence bestowed upon each bite. This unrivalled texture results from the "fat marbling" effect that delivers the quality of meat Wagyu is so renowned for. In Japan marbling is known as "*shimofuri*" and can be translated as "frosting". It gets this name from the exquisite frost-like appearance produced by the meshy distribution of fat marbling in the muscle fibers. With its characteristically sweet, rich aroma known as "*wagyuko*" in Japanese, the succulent tenderness of Wagyu is an extravagant experience that one will never forget. And while addressing the sensitive tastes of the Japanese consumer through improving Wagyu production technologies in Japan, we are now entering an era where unparalleled, superior quality Wagyu will be a luxury food enjoyed by people all over the world.



The ultimate Wagyu bred by Japanese masters

Characterized for paying great attention to each task at hand, the Japanese have developed an exceptional culture renowned for achievements in a wide range of fields including architecture and the arts. For instance, dedicating many hours to the creation of *bonsai* through transforming foliage into ideal shapes and patterns, or patently weaving each stitch into the land's exceptionally beautiful *nishijin* textiles. If anything, Japan is known around the world for its unique culture. This by no means ceases at architecture or art, as Japan has more than proved its abilities in the world of food. This is why we consider our carefully raised Wagyu, cared for one by one, a culinary work of art founded in Japan. The flawless grade of beef we have achieved boasts unprecedented perfection found nowhere else in the world.



Raised amidst Japan's beautiful and abundant nature

Wagyu is a breed of cattle raised with pride and persistence by feeding specialists in the beautiful and rich natural environment of Japan. Around the world, "Wagyu" is the only quality-enhanced breed known for being unique to Japan and the result of many, many years of combined effort. The mouth-watering taste and rarity of Wagyu guarantees total satisfaction anywhere.



Natural environments suitable for breeding

Wagyu breeds are bred in unconstrained environments with pure water and clean air amidst abundant landscapes throughout the seasons. Incorporating temperature management and so forth, cattle sheds are hygienically clean and kept in immaculate condition at all times to give Wagyu cattle the best environment possible 24 hours a day, 365 days a year. In order to raise healthy, tasty and safe cattle, Wagyu are fed a particular natural diet and great care is taken in the provision of drinking water as well. Consequently, a major factor contributing to the breeding of the best possible Wagyu is in fact Japan's natural environment.

Raised with pride and loving care of breeding specialists

Each and every head of Wagyu cattle is given time and attention, and raised with loving care by feeding specialists. Wagyu cattle are an extremely delicate breed and their rearing environment greatly affects the quality of meat. As such, great effort is placed on health management and dedicated breeding methods such as brushing are adopted to help relax the animals. As a result, a mere 34 cows on average are bred on each farm. Today, the persistence, conviction and pride of skilled farmers is further increasing the quality of Japan's very own breed – Wagyu Cattle.



Authentic Wagyu bears the “Universal Wagyu Mark”

With such a profound taste, Wagyu is increasing in popularity all over the world. Unfortunately, this has resulted in the appearance of many non-authentic Wagyu beef impostors. Wagyu is Japan-produced beef that satisfies a stringent set of conditions. Only authentic Wagyu bears the “Universal Wagyu Mark”. When choosing Wagyu, use this mark as a reminder to verify unrivalled, top-grade quality.

Wagyu is a variety of beef that satisfies a set of stringent conditions and incorporated into a traceability system

Only beef that satisfies the following two conditions can be accredited as Wagyu.

● **Requirement 1**

Beef that corresponds to the following and can be authenticated via the beef traceability system.

Wagyu refers to four specific varieties of beef from cattle including 1. Japanese Black, 2. Japanese Brown, 3. Japanese Shorthorn and 4. Japanese Polled as well as 5. cross breeds that result from interbreeding between the preceding four species, or cross breeds produced as a result of interbreeding between 5 and varieties 1-5. Additionally, proof of the above must be able to be evidenced by means of a registration system in accordance with the law for Improvement and Increased Production of Livestock (Law No.209, enacted 1950) and through the cattle traceability system.

● **Requirement 2**

Must be cattle born and bred in Japan and can be confirmed by the beef traceability system.

It is a requirement that the product is Wagyu beef which satisfies condition 1, and that the cattle is born and bred in Japan. In addition, it is necessary that such can be confirmed via the beef traceability system.

©The beef traceability system has been established in Japan to provide records from the time the cattle is born up until the time the cattle is slaughtered.
URL: <https://www.id.nlbc.go.jp/english/>

Local “beef brands” bred across the nation prove to be popular

Included under the category of Wagyu are beef brands that are extremely popular amongst consumers and have been bred and distributed in accordance with rearing management and quality standards individually developed by producer groups across Japan. A large majority of these beef brands are given the name of the production area such as Matsuzaka Beef, Kobe Beef and Omi Beef.

Japanese Black Cattle



This particular variety of Wagyu makes up for over 90% of fattened cattle in Japan today. With fine textured marble distributed throughout the muscle fibers, rich-flavored fats providing a succulent, melt-in-the-mouth quality, and of course its superior texture, taste and color, Japanese Black Cattle is the finest-grade “Wagyu” on the market.

Japanese Brown Cattle



This breed is also known as “Akaushi” (Japanese Red) because of its reddish-brown color. Together with its light-tasting fats, moderate marbling and leanness characteristic of the breed, Japanese Brown Cattle boasts a range of highly-welcomed health benefits.

Japanese Shorthorn Cattle



Japanese Shorthorn Cattle are a well built species noted for their dark red color. The breed is suited to the Japanese climate and bred as pastured cattle. The species possesses little fat, is lean, and provides for richly-flavored cuts. Constituent to their great taste, Japanese Shorthorn Cattle are high in inosinic and glutamate acids.

Japanese Polled Cattle



Considered quite ideal as a meat breed based on its body type, this variety possesses a black coat, has no horns, and is of a small-frame with thick subcutaneous fat. A very lean variety, Japanese Polled Cattle is rich in flavor-enhancing amino acids that bless the variety with inherent great taste.

photos courtesy of Japan Meat Information Service Center

Establishment of a Wagyu beef grading system that implements meat quality(5-1) and yield grade (A, B, C): 5 is the highest grade for meat quality

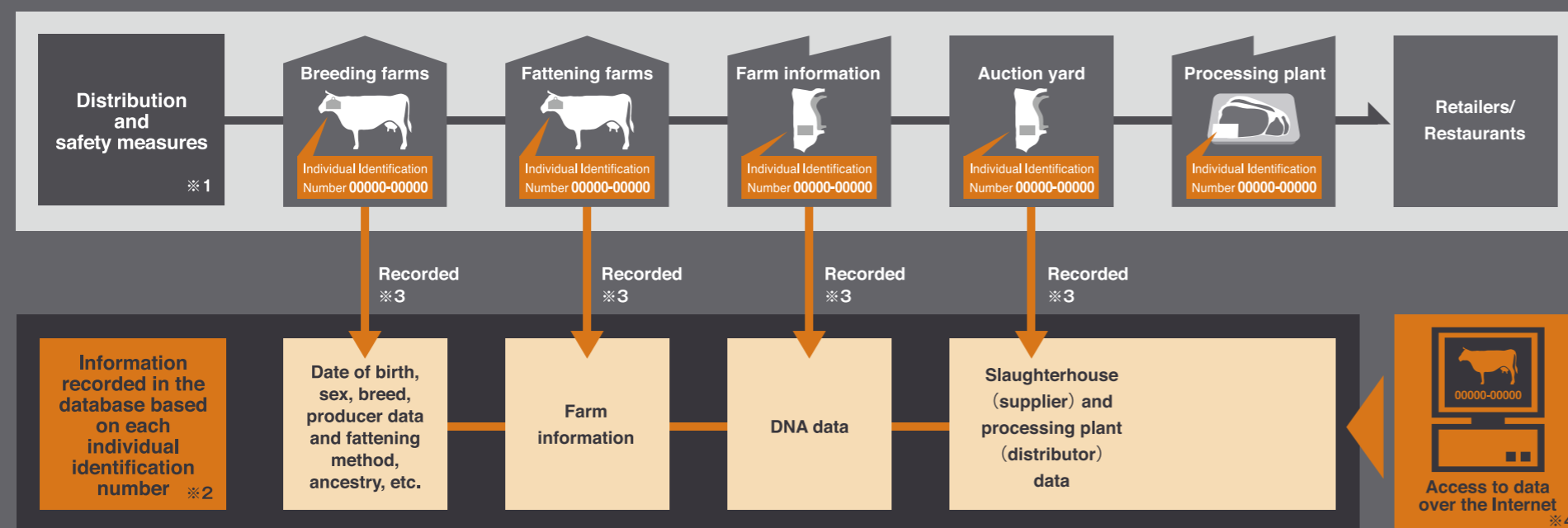
To ensure fair trading, the Japan Meat Grading Association has established a beef grading system. Beef is graded based on the yield grade and meat quality. The yield grade refers to the ratio of meat to total weight of the carcass and is classified into three grades from A to C with A being a grade of higher yield. Meat quality is classified into four elements and graded from 5 to 1 based on “marbling”, “color” and “firmness of the meat”, and the “color and quality of the fat”. The lowest of the four individual elements is the final grade allocated to the meat. A thorough grading system of 15 grades through a combination of the above two grading elements ensures a clear indication of Wagyu meat quality. The majority of Wagyu exported from Japan is generally awarded the highest grade of 5 or 4 in meat quality and meat of such caliber is rare even in Japan. The yield grade indicates the amount of primal cut meat retrieved from the carcass and, based on the fact that exported beef is made up of primal cuts, there is no difference in the actual meat quality of A-5 and B-5 for instance.

■ Standard grades and how they are displayed

Yield Grade	Meat Quality Grade				
	5	4	3	2	1
A	A5	A4	A3	A2	A1
B	B5	B4	B3	B2	B1
C	C5	C4	C3	C2	C1

↑ Meat Proportion (Greatest) ← Quality (Highest)

Traceability System



※1 Individual Identification Numbers for All Cattle

All cattle born in Japan and live cattle imported into Japan are given a clearly identifiable 10-digit individual identification number fixed to the ear of the cattle. This number, together with the cattle, will pass through a variety of distribution channels before reaching the consumer.

※2 Cattle Information Database (enacted December 1, 2003)

Individual identification numbers are registered upon submission of data concerning cattle from the producer. Information for each head of cattle including the date of birth, sex, breed, name and address of the owner, fattening method used, ancestry (mother's side) and date of slaughter is recorded and compiled into a database and this data formed into a "Family Register" of the herd. Information is further added to the database from breeding farms, fattening farms and slaughterhouses.

※3 Display of the Identification Number and Transaction Records

Following slaughter, the carcass is processed into cuts and dressed meat and through the distribution process the individual identification number is displayed on the product and transferred by each individual distributor and recorded and stored in a transaction ledger by the retailers, etc.

※4 Access to Production and Distribution Records

By means of steps 1–3 above, consumers are able to search for and gain access to production and distribution records over the Internet based on the individual identification number issued on meat packaging labels provided at retail stores. (homepage address...<https://www.id.nbc.go.jp/english/>)

Establishment of a high standard, total system focusing on safety

In all aspects, the provision of safe beef to consumers is of the utmost priority. To address the issue, Japan has established a finely-tuned system of inspections and checks that cover everything from production to handling, processing and distribution of beef.

Establishment of a traceability system to trace the pertinent information of each and every head of cattle

Japan has established a traceability system in order to maintain consumer confidence concerning domestically produced beef. The system allows for the retrieval of production and distribution records of all domestic born cattle from the time of birth to the time of slaughter. This system, allowing anyone at anytime to access information, enables prompt detection of the source in the unlikely event that a problem arises.

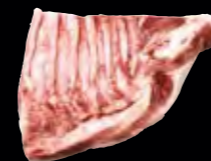
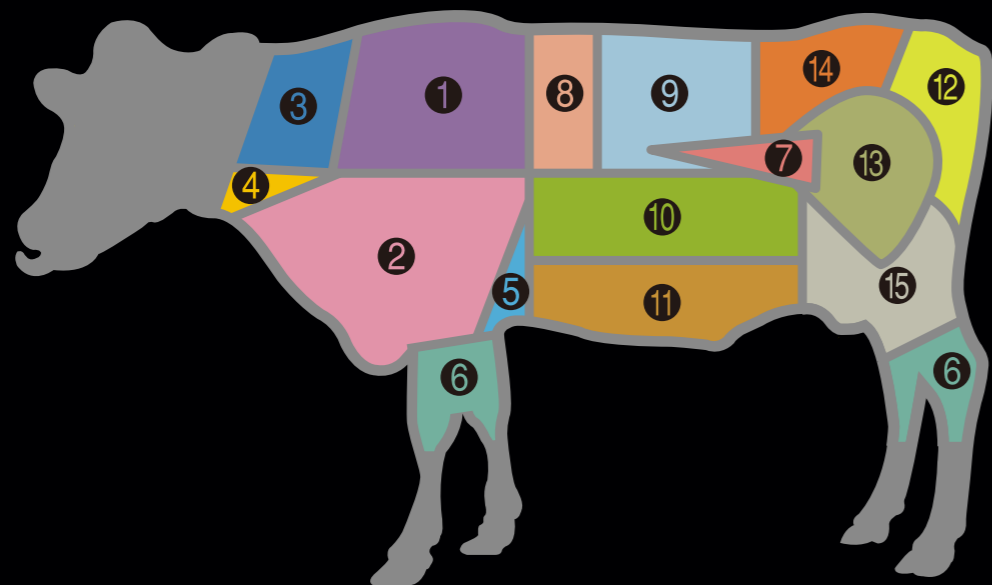


Japan executes stringent, world-class BSE safety measures

Japan incorporates a wide variety of regulations to countermeasure BSE. Today, the use of Meat and Bone Meal (MBM) as a source of cattle feed is prohibited by law and slaughterhouses are obligated to remove and incinerate all specified-risk materials (SRM). In addition, with extensive BSE inspections paralleling any across the globe, it is mandatory for slaughterhouses to inspect all cattle over the age of 21 months as well as cattle over the age of 24 months which has died at a farm. As for evidence of Japan's high level surveillance unequalled anywhere in the world, 36 cases of BSE infection have been detected as of January 2008. Through implementing this inspection system, Japan has displayed the effectiveness of its BSE safety measures and received high acclaim even amongst experts in the industry.

Selecting the best cut for cooking

Noted for its superior tenderness, succulence and thick, rich flavor, Wagyu boasts a range of great cuts including chuck roll, brisket, fillet and round. Draw out the ultimate flavor beef has to offer by selecting the best possible cut for beef cooking including deep-fried, stewed or grilled cuisines.



5 Brisket

A deep-layered section of lean meat and fat content, this is a marbled portion boasting excellent rich flavor. In addition to being ideal for thinly-sliced Japanese BBQ or grilled dishes, this portion cut into cubes makes for great stews or pot-au-feu.



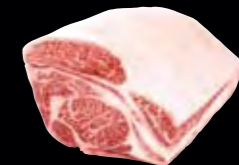
6 Shank

Although this cut is rather tough possessing a large amount of fiber, it is a full-flavored portion high in gelatin and rich in taste. Ideal for stews, pot-au-feu or making soup stock.



7 Fillet

In comparison to other cuts, this portion is the most tender boasting fine texture with little fat content. Occupying a small section, this cut only allows for a small portion per head of cattle. Ideal for steaks, steak tartar, *bi-fu katsu* (deep-fried beef cutlets) and grilled dishes.



8 Ribloin

A superb cut possessing excellent red-coloring coupled with fantastic marbling traits. Fine-textured and tender, this portion is perfect for roast beef, steaks, *sukiyaki* and *shabushabu*.



9 Sirloin

This is a tender, fine-textured marbled cut boasting excellent aroma and taste. Top-grade for steaks and fantastic for *sukiyaki* and *shabushabu*.



10 2Rib Short Rib

Although this is a grainy portion high in fiber and membrane content, this cut is blessed with fantastic richness while providing a moderate balance between lean meat and fat. Great for grill and BBQ dishes including steaks and Japanese BBQ.



11 Short Plate

Although grainy, this cut provides a full, rich flavor with a moderate blend of leanness and fat. Perfect for thinly-sliced meat dishes including Japanese BBQ, *sukiyaki* and *shabushabu*.



12 Gooseneck Round

Moderately grainy, this cut is a tough portion with little fat content. Ideal for cutting into cubes and stewing or thinly-slicing for *sukiyaki*, *shabushabu* and stir-fries.



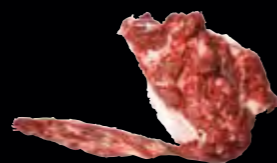
1 Chuck Roll

An excellent cut boasting succulent, fine texture and moderate fat content. Uses include varieties of thin-slice cookery such as *sukiyaki*, *shabushabu* and stir-fries, as well as moderate thick cuts for Japanese BBQ which produces a richer flavor.



2 Shoulder Clod

A darker lean meat with moderate toughness and little fat, this portion retains great taste nonetheless. Great for a range of dishes, the inherent strong flavor makes it ideal for steaks and barbecuing, while the full flavor and high collagen content makes it ideal for stews and curries.



3 Neck

Located next to the chuck roll, this is a darker lean meat possessing grainy, tough traits. Boasting full flavor and high collagen content, this cut is good for cutting into cubes and stewing as well as dishes incorporating minced, chopped or hashed meat.



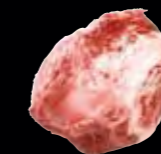
4 Chuck Tender

A rare commodity, this cut only allows for around 2kg of meat per head of cattle. With fine marbling on the inside section, this cut produces a superb light taste enhanced between bites. Perfect for Japanese BBQ and roast beef.



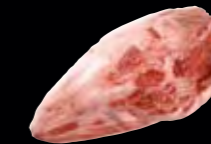
13 Top Round

Although this cut is a lean portion with low fat content and somewhat grainy, it is nonetheless tender. Boasting the delicious taste true to good meat, top round is great for steaks or roast beef and ideal for Japanese BBQ or using in stews.



14 D Rump (Sirloin Butt & Top Sirloin Cap)

The most prized portion amongst lean cuts, sirloin butt is a tender meat with minimal fat content. Fantastic as steak, Japanese BBQ or in stir-fries and great for a range of other dishes including stews and so forth. Boasting full-richness, top sirloin cap is perfect for steaks, Japanese BBQ or stews.



15 Knuckle

Although the outer layer of this cut is somewhat grainy, this portion is extremely lean and boasts a fine texture on the inner region of the thigh. The central portion is tender and great for steaks and roast beef. As the outer layer is somewhat grainy, it can be cut into small pieces and used for Japanese BBQ or in stir-fries.

Grilled

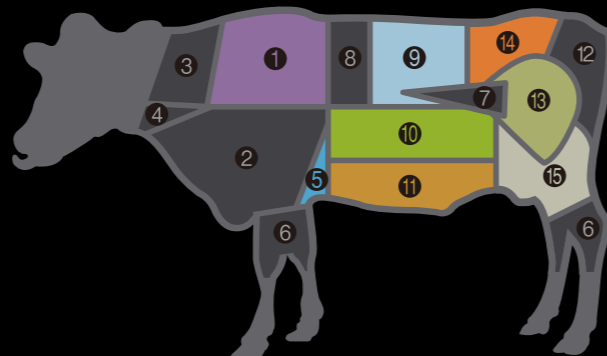
and Sautéed



Recommended cuts

- 1 Chuck Roll 9 Sirloin 10 2Rib Short Rib
11 Short Plate 13 Top Round 14 D Rump 15 Knuckle

Enjoy a variety of dishes using different cuts of Wagyu, from deep red and fleshy to just the right amount of marbling. In every tender bite you'll find good taste, sweetness and depth of flavor. With juices overflowing from the smallest amount of marbling, the end result will be rich in flavor whether thinly sliced and stir fried or as steak served in small diced bites.



Volume conversions : 1cm=0.39 inches /100g=3.5 oz/1kg=35 oz/1 teaspoon=0.01pt/1 tablespoon= 0.03pt/100°Celsius= 212°Fahrenheit



Sliced beef and eggplant

In this dish, you will enjoy the tender texture of high quality beef. Lightly grilling on both sides concentrates the flavor of the beef. A garnish of eggplant goes well with rich Wagyu



Ingredients

- 300g beef (Top Round)
- 2 small Japanese eggplants
- 1 teaspoon vinegar
- Sesame vinegar sauce
 - 90ml soy sauce,
 - 90ml vinegar,
 - 30ml of orange or other citrus juice,
 - 30ml sesame oil

Directions

1. Salt the beef and grill on both sides. While hot, sprinkle with vinegar and tenderize lightly with the palm of your hand. Cut into 5mm slices.
2. Remove the stem from the eggplant. Cut lengthwise into 5mm slices and boil briefly.
3. Arrange the dish by alternating beef and eggplant and add the sesame vinegar sauce.



Diced steak with refreshing lemon sauce

Dice marbled Wagyu to thoroughly taste the flavor in each bite. Refreshing lemon sauce adds an extra kick to the flavor of the ingredients.

Recommended cuts		
Chuck Roll	Sirloin	Top Round
D Rump		Knuckle

Ingredients

- 2 150g cuts (Top Round) thickly sliced
- Pinch of salt and pepper
- Juice of half a lemon
- Pinch of Italian parsley
- Pinch of salt and pepper
- 20g unsalted butter
- 1 tablespoon white wine
- Small amount of strong flour
- 1 tablespoon olive oil

Directions

1. Heat a frying pan and brown the meat. Add salt and pepper to taste. Remove meat from the pan.
2. Remove excess oil from the frying pan and add olive oil and 10g of butter. When butter is half melted, add white wine and burn off alcohol.
3. Add the lemon juice and 1 tablespoon of water and reduce to two thirds. Add chopped parsley, salt and pepper. Mix the remaining butter with flour and add to pan to emulsify.
4. Spoon sauce over the meat placed on a dish.



Stir fried beef and greens

The tender texture of thinly sliced Wagyu beef balances with the crispy crunch of julienned vegetables to make a filling dish.

Recommended cuts	
Chuck Roll	Brisket

Ingredients

- 300g thinly sliced beef
- Seasoning A
 - 1 tablespoon soy sauce,
 - 1 tablespoon sake for cooking,
 - 2 teaspoons potato starch
- 1/2 leek
- 1 knob ginger
- 1 clove garlic
- 100g simmered bamboo shoot
- 200g spinach
- Seasoning B
 - 1 tablespoon sugar,
 - 2 tablespoons soy sauce,
 - 1/2 teaspoon salt
 - 2 teaspoons potato starch mixed with 2 tablespoons water
 - 1 teaspoon sesame oil
 - Salad oil

Directions

1. Cut beef into bite sized pieces and mix with seasoning A.
2. Thinly slice the leek diagonally. Smash the ginger and garlic with a knife. Thinly slice the bamboo shoot. Parboil spinach and cut into pieces 4-5cm long.
3. Add 2 tablespoons of oil to the frying pan, sauté the beef until it is whitish in color then remove.
4. Increase oil from step 3 with an additional tablespoon then add the leek, ginger and garlic and sauté. When this mixture becomes fragrant, add the bamboo shoots and spinach and sauté on high heat.
5. Return the meat to the frying pan. Add seasoning B and mix to incorporate ingredients from the bottom of the pan. Thicken with the potato starch and water mixture. Lastly, add the sesame oil.

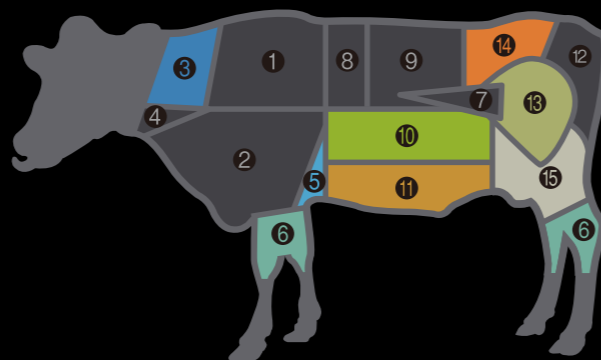
Simmer and Steam



Recommended cuts

③ Neck ⑤ Brisket ⑥ Shank ⑩ ⑫ Rib Short Rib
⑪ Short Plate ⑬ Top Round ⑭ D Rump ⑮ Knuckle

The delicious taste of Wagyu can be enjoyed when cooked slowly over low heat as a simmered dish like stew. Cuts like “Brisket,” with the appropriate proportions of marbling and lean meat, are the best way to enjoy the fine texture and tender meat. Tough cuts with little marbling, like “Shank” and “Neck” are also suited for use in dishes that are simmered for a long time. The meat becomes tender and the delicious flavor is drawn out of the meat for a deeply flavorful meal.



Blanched beef

Quickly immersing the meat in hot water reduces fat for a different kind of delicious taste. Wagyu features the same tender texture and rich flavor even when fat is reduced.

Recommended cuts
Top Round
D Rump
Knuckle

Ingredients

200g thinly sliced lean beef for *shabushabu* (Top Round)
 1 slice of ginger
 Pinch of salt
 Sauce
 50ml soy sauce
 65ml orange juice
 1/2 teaspoon *sake* for cooking
 1 teaspoon vinegar
 Wasabi or horseradish

Directions

1. Slice ginger. Mix sauce.
2. Boil a generous amount of hot water in a pot. Add the slice of ginger and a pinch of salt.
3. Pass one piece of beef at a time through the water in the pot in step 2. Place on a serving dish, add sauce and enjoy. Garnish with wasabi as desired.



Boiled beef with green sauce

The Shank and Neck are recommended for stewed dishes. Because of the delicious taste of Wagyu, first taste the beef with no flavorings. Then, enjoy variations on the taste with sauces.

Shoulder Clod

Neck

Shank

Recommended cuts

Gooseneck Round

Ingredients

600g whole cut of beef
(Shank, Gooseneck Round)
1 carrot
1 onion
1 stalk of celery
1 bay leaf
5-6 black peppercorns

Green sauce
4-5 anchovies, 80g oil packed
tuna, 5-6 cloves garlic, about
15 stalks of Italian parsley,
100ml olive oil, 1 ½ tablespoons
red wine vinegar, pinch of salt
and pepper

Directions

1. Make the green sauce. Combine and finely mince Italian parsley and garlic. Combine anchovies and parsley until they are of a minced consistency. Mix all ingredients.
2. Tie the whole cut of beef to hold it together. Put beef in a pot with enough water to cover with the carrot, onion, thinly sliced celery, bay leaf, pepper and salt. Skim the scum while simmering on low heat for 2-4 hours.



Shank simmered in soy sauce

Simmer with plenty of herbs for a moist and delicious dish. No need for a long simmer with high quality Wagyu. This dish is easy to make.

Neck

Shank

Recommended cuts

Ingredients

1 kg whole cut shank
10 cm leek
3-4 thin slices of ginger
100ml sake for cooking
400ml soy sauce
2 tablespoons of sugar

Directions

1. Remove sinew from around the meat of the shank.
2. Put the shank, onion, and ginger into a pot and add enough water to cover.
3. Turn heat to high. When boiling, skim off scum and lower heat. Add sugar, soy sauce, sake and simmer for about 1 ½ hours. Remove from heat and cool.
4. Slice thinly and serve.



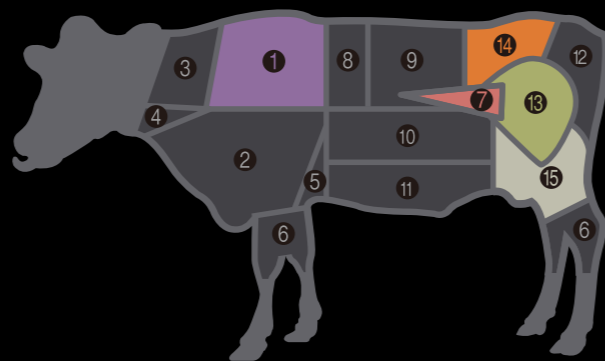
Fried



Recommended cuts

- 1 Chuck Roll 7 Fillet 13 Top Round
14 D Rump 15 Knuckle

“Top Round” and “Gooseneck Round” are the best cuts to use in thinly sliced deep fried dishes. Layer and deep fry them to enjoy the juicy taste and texture. For thicker slices, try tender and meaty cuts like “D Rump,” “Knuckle,” “Top Round,” or “Fillet.” To avoid losing the tenderness that is characteristic of high quality Wagyu take care not to overcook.



Deep fried beef

Thinly sliced beef is used to make this dish. Using well marbled, tender Wagyu will keep the beef from drying out even when fried and result in a moist and tender texture.

Recommended cuts		
Chuck Roll	Fillet	D Rump
		Knuckle

Ingredients

- 200g thinly slice beef (Chuck Roll)
- 3 potatoes
- 1 onion
- Batter
 - 1 egg, 1 cup flour, 2/3 teaspoon curry powder
- Pinch of minced parsley
- Salt, pepper, oil

Directions

- Cut beef into rectangles and season with salt and pepper.
- Cut potatoes into rectangles 3mm thick and 7-8mm wide. Thinly slice the onion.
- Mix the egg for coating with enough water to make 2/3 of a cup and divide into 2 parts.
- Add a 1/2 cup of flour to each part of step 3 and mix. Into one of these mixtures, put half of the ingredients from both step 1 and step 2 as well as the minced parsley and mix.
- Heat frying oil to medium. Scoop the mixture from step 4 with a spoon, drop in the oil and spread out. Turn over and fry thoroughly. Mix a 1/2 cup of flour and curry powder into the other mixture from step 3 and fry the remaining ingredients in the same way.



Fried beef and mozzarella seasoned with basil

Mozzarella cheese melted from heat is perfect with the delicate flavor and tender texture of rich Wagyu. Spice up this combination with basil sauce.

Recommended cuts

Top Round Knuckle

Ingredients

2 240g lean cuts of beef
 1/2 anchovy
 50g mozzarella cheese
 1/2 lemon
 1/2 egg
 Salt, pepper
 strong flour
 fine bread crumbs
 salad oil
 Basil

Directions

1. Tenderize beef with a meat mallet so it is 6-7mm thick. Season with salt and pepper, dust with strong flour. Coat with beaten egg, bread crumbs and chopped basil.
2. Heat enough salad oil to immerse about 1/3 of the beef in a frying pan over fairly high heat. Sauté one side of the beef from step 1. When browned turn over. Discard oil and remove from heat. Cut the anchovy and mozzarella into small pieces add to beef. Cover and return to heat. Cook over low heat until cheese is melted.
3. Arrange on a dish and top with a generous amount lemon juice.



Fried mango rolls

The mild taste of Wagyu is more compatible with fruit than you'd ever imagine. Wagyu is tender when thinly sliced and that texture isn't lost even when paired with fruit.

Recommended cuts

Chuck Roll Top Round

Ingredients

200g thinly sliced beef (Top Round)
 1 fully ripe mango
 Seasoning A
 2 dried chili peppers,
 2 teaspoons Touchi (if available),
 A pinch each of garlic, ginger and
 the white part of a leek
 1 tablespoon sake for cooking
 2 teaspoons soy sauce

Pinch of salt and pepper
 Corn starch
 Oil
 Seasoning B
 50ml soup, 2 teaspoons soy
 sauce, 1 teaspoon sugar,
 1 teaspoon oyster sauce,
 1 teaspoon of potato starch with
 water, Sesame oil

Directions

1. Crust the beef with sake, soy sauce, salt, a pinch of pepper and a pinch of cornstarch to season. Prepare seasoning A by finely chopping the ingredients.
2. Peel the mango, cut into 1 by 4cm rectangles and dredge in cornstarch.
3. Spread out the meat from step 2, top with the mango and roll tightly.
4. Dredge 3 in cornstarch, grasp in your hand and press lightly. Fry in 170°C oil.
5. Heat 1 tablespoon of oil in a pan and heat seasoning A while avoiding scorching. Add seasoning B. When the mixture has thickened, add rolls from step 4 and mix. When finished, add sesame oil.



WAGYU
Japanese Beef

Safe, high quality Japanese beef