

# Japanese Cuisine

Japanese cuisine is extremely varied and includes raw, stewed and fried dishes. Signature Japanese beef dishes maximize the characteristics of Wagyu including its freshness, tenderness and full-bodied flavor through improvements to the way beef is thinly sliced and ground

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

★ = Specially Recommended Cuts

## Japanese Beef Mince Cutlets



### Recommended cuts



3 Neck 6 Shank

### Ingredients

400g beef mince  
120g onion  
1 egg  
10g bread crumbs  
Nutmeg  
Salt & pepper to taste  
Bulldog sauce

**Batter:**  
Flour  
1 egg  
1tbs water  
Salt & pepper to taste  
Bread crumbs

### Method

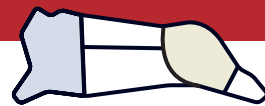
1. Place beef mince, finely chopped onion, egg, bread crumbs, nutmeg, salt and pepper in a bowl and mix well.
2. Using both hands, shape 4 equal sized patties tossing between hands to remove excess air. Patties should be an oval shape with a thickness of approx. 7-8mm.
3. Lightly beat egg and add water, 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.

## Japanese Beef Carpaccio



### Recommended cuts



4 Chuck tender 13 Top-round

### Ingredients

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

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

### 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 chili powder).

## Sukiyaki



### Recommended cuts



1 Chuck roll★ 12 Gooseneck round★

### Ingredients

800g thinly sliced beef  
2 shallots  
300g shirataki noodles  
1/2 bunch shungiku (Garland Chrysanthemum)  
8 shiitake mushrooms

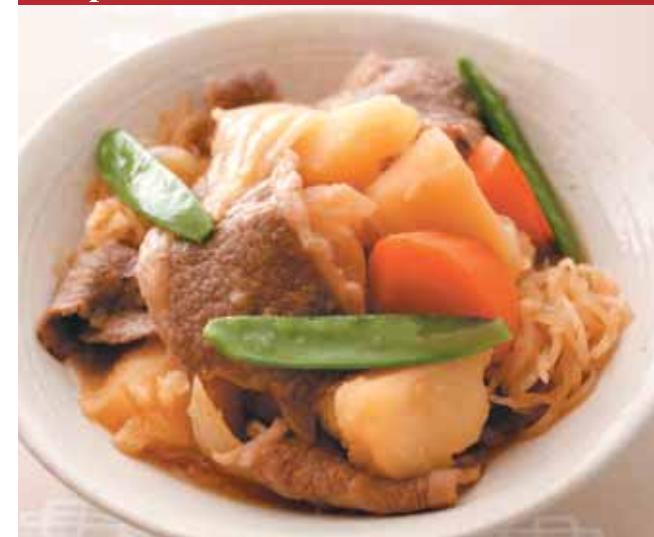
4 eggs  
20g beef fat  
**Sauce:**  
4tbs brown sugar  
200cc soy sauce  
100cc mirin  
200cc cooking sake

### Method

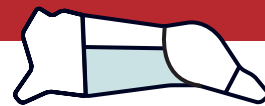
1. Diagonally slice shallots. Boil shirataki noodles for 5 minutes, drain and cut into easy-to-eat lengths. Remove leaf and soft stem from shungiku. Cut stalk from shiitake mushrooms and using a sharp knife, score a cross in the mushroom head. Cut grilled tofu into 2cm thick cubes.
2. Place sauce ingredients 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.

4. Add beef to pot, cook slightly and add a little of the cooled sauce and caramelize.
  5. Add shirataki noodles and combine with beef and slightly caramelized sauce then add remaining ingredients.
  6. Serve sukiyaki into bowls with a separate serving bowl containing slightly beaten egg.
- ※ The point to making good sukiyaki is not to add too much of the sauce at once. Gradually add sauce while cooking.  
※ You can always add extra stock or cooking sake if cooking sauce boils down too much.

## Japanese Beef and Potato Stew



### Recommended cuts



10 2 Rib short rib★ 11 Short plate★

### Ingredients

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

**Stock:**  
500cc bonito stock  
2 1/2tbs soy sauce  
2/3tbs sugar  
1 1/2tbs cooking sake  
1 1/2tbs mirin

### Method

1. Peel potatoes and cut into thirds or quarters and leave in water. Remove skin from onion and cut coarsely into sixths. Peel carrot and cut into bite-size chunks. Boil shirataki 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 shirataki 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 soups 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.