**American Cuisine**

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

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**Hamburgers**

**Recommended cuts**

- Neck
- Shank

**Ingredients**

- 500g beef mince
- 1 large egg
- 2-4bs fresh bread 2lbs milk
- Salt & pepper to taste
- ½ onion
- 1lbs 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 hamburgers patties gently pat with hand 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 tomato ketchup.
8. Cover with top half of the bun.

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**Pot Roast**

**Recommended cuts**

- Chuck roll
- D Rump

**Ingredients**

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

**Method**

1. Cut beef in half and rib 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. Increase 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 together with cooked vegetables. If top with remaining gravy sauce as desired.

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**BBQ**

**Recommended cuts**

- Chuck roll
- 2 Rib short rib
- Short plate

**Ingredients**

- 400g beef
- 4 zucchini
- 4 mushrooms
- 1/3 red pepper
- Lemon (or lime)
- 150cc tomato ketchup
- 1 medium onion
- 25cc brown sugar
- 2 tsp apple vinegar
- 1 ltr salad oil
- 1 tbsp whisky
- 1 clove garlic
- 1 tsp 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. Sauté until onion is slightly opaque, then add remaining ingredients and simmer for approximately 10mins or until sauce reduces.
4. Place beef in grilling sauce and leave to cool in the fridge for 30mins.
5. Place beef and vegetables on steel skewers and grill while basting with grilling sauce.
6. Season with lemon (or lime).

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**Chilli Con Carne**

**Recommended cuts**

- Chuck roll
- 2 Rib short rib
- Short plate

**Ingredients**

- 200g beef mince
- 200g chorizo sausage
- 2lbs olive oil
- 1 large onion
- 2 cloves garlic
- 1 tsp cinnamon
- 12 jalapenos
- 2 red and 2 yellow peppers
- 2 cloves garlic
- 1 can (400g) red kidney beans
- 2 cans (800g) tomatoes
- 50cc chili
- 2 tsp cumin
- Salt & pepper to taste

**Method**

1. Roughly chop onion and cut jalapenos in half vertically and remove seeds. Finely chop garlic.
2. Wrap ingredients from A in guaze 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 guaze 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.
Italian Cuisine

Ragout of Beef

**Recommended cuts**
- 3 Brisket
- 4 D Rump
- 6 Shank

**Ingredients**
- 5kg + 1kg block beef
- 1/4 onion
- 1/4 carrot
- 1/4 stick celery
- 2lbs olive oil
- 500cc red wine
- 280cc canned tomatoes
- 4 tomatoes
- Salt & pepper to taste
- Lard
- Flour

**Method**
1. Finely chop onion, carrot and celery.
2. Sauté onion, carrot and celery until soft.
3. Season beef with salt and pepper and coat 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.
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 Tagliata

**Recommended cuts**
- 4 2 Rib short rib
- 1 Short plate
- 5 Top round

**Ingredients**
- 1 (200g) block beef
- 3-4 sprigs oregano
- 3 mushrooms
- 20g parmesan cheese
- Salt & pepper to taste
- 100cc olive oil
- 1 sprig rosemary
- 1 clove garlic

**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 poeler or grater to slice parmesan cheese.
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.

Beef Red Wine Stew

**Recommended cuts**
- 5 Brisket
- 10 2 Rib short rib
- 6 Shank

**Ingredients**
- 400g block beef
- 1/2 onion
- 1/3 carrot
- 1 small stick celery
- 1 clove garlic
- 1 bay leaf
- 2 sprigs Italian parsley
- 4 sprigs sage and rosemary
- Flour
- 400cc red wine
- 1 can tomatoes
- 2lbs olive oil
- Salt & pepper to taste
- Lard

**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 coat 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 sautéd vegetables from step 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.
5. Lightly season with salt and pepper and replace lid. Transfer pot to oven preheated to 200°C and bake for approximately 90 minutes.
6. Remove soup and reduce until slightly thickened. Serve meat on plates and top with thickened sauce.

Milan-style Cutlets

**Recommended cuts**
- 1 Chuck roll
- 2 Shoulder clad
- 10 Top round

**Ingredients**
- 4, 85g beef steaks
- 100g fine bread crumbs
- 50g parmesan cheese
- 5g garlic
- 1/2 tsp Italian parsley
- 2 eggs
- Flour
- Salt and pepper to taste
- 200cc Olive oil
- Lemon

**Method**
1. Combine bread crumbs, finely chopped garlic, Italian parsley and grated parmesan cheese in a shallow tray bowl.
2. Wine beef in plastic and gently stretch out with a meat mallet, removing excess sinew and season with salt & pepper.
3. Combine egg with 1/8tbs of water.
4. Place flour, egg and combined bread crumbs from step 1 into separate trays/chocks. Coat individual beef steaks in flour, egg and bread crumbs (in that order).
5. Use back of knife to create a lattice pattern on steak.
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

The most appealing of Chinese cuisine, also referred to as the art of flame and fire, is the stir fry. The full-bodied flavor of Wagyu after it is cooked is exquisite. The rump used in the following recipes was whole cuts and is a very easy-to-use cut of beef.

**Spicy Beef and Tomato Stir Fry**

**Recommended cuts**
- Gooseneck round
- Top-round

**Ingredients**
- 200g Stir fry beef
- 2 tomatoes
- 1/2 lettuce
- Ginger
- 1 clove garlic
- Beef Seasoning:
  - Salt & pepper to taste
  - 2tbs cooking sake

**Method**
1. Place tomatoes in boiling water to remove skins and cut into quarters. Wash lettuce, drain excess water and tear using hands into bite-size pieces. Finely chop garlic.
2. Cut thinly 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 sauté lettuce, remove from pan and drizzle 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.

**Poached Sliced Beef in Hot Chili Oil**

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

**Ingredients**
- 200g thinly sliced beef
- 1/2 lettuce
- Beef Seasoning:
  - 1tsp soy sauce
  - 1tbs corn starch, Shaoxing rice wine
  - 1/2 egg white
  - Chilli Oil: 200cc salad oil

**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 sliced salad, Szechuan 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 or gauze into 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 soup 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 onto deep plates or bowls.
7. Add beef to remaining soup gently stirring until just cooked. (approx. 1min)

**Shredded Beef with Green Pepper**

**Recommended cuts**
- Shoulder blade
- 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
- 1tbs salad oil
- Beef Seasoning:
  - 1tbs Shaoxing rice wine, soy sauce
  - 1tsp sugar
  - 1tbs oyster sauce
  - 1tbs Chinese soup stock (powder)
  - 1tbs Shaoxing rice wine, soy sauce
  - 1tbs salad oil
  - Salt & pepper to taste

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

**Beef in Oyster Sauce**

**Recommended cuts**
- Gooseneck round
- Top-round

**Ingredients**
- 200g beef
- 1tbs Shaoxing rice wine
- 1tbs oyster sauce
- 1tbs soy sauce
- 1tbs Chinese soup stock (powder)
- 1tbs garlic
- 1tbs ginger
- 1tbs corn starch
- 2tbs 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 bok 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. Dissolve 1tsp of corn starch in 2tbs 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 gluggy.
3. Place bok 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 saute 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 is made up of a multitude of recipes that utilize an extensive range of beef cuts. The tender, sweet flavor of Wagyu makes it perfect for yakiniku (Korean BBQ) and ideal for use in combination with vegetables and soups.

**Bulgogi**

**Recommended cuts**
- 1. Chuck roll
- 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
- Marinate:
  - 5lbs soy sauce
  - 2lbs Shoju
  - honey
  - 3 cloves garlic
  - 1/4 apple (or pear)
  - 1-2lbs 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. Combos sugar with beef and leave to stand for 30mins.
2. Combine all ingredients for the marinade.
3. 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 3-4hrs.
4. Add Welsh onion directly before cooking and sauté beef and vegetables together.

**Yuke Jang**

**Recommended cuts**
- 1. Gooseneck round
- 2. Top-round

**Ingredients**
- 200g beef
- 2 cloves garlic
- 1 shalott (green half)
- Seasoning:
  - 1 1/2 lbs soy sauce
  - 2lbs shallots (chopped)
  - 80g royal fern (in water)
  - 2 shallots
  - 1 egg
  - 50g chives
  - Sauce:
    - 3lbs salad oil
    - 1tbsp chili powder
    - 1 clove garlic
    - 1tsp soy sauce
    - 1tbsp 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 parboil.
2. Heat salad oil in pyrex, add crushed garlic, chili powder and shallot over low heat. Once aromatic, add soy sauce, sesame oil and remove from heat. Leave to stand for approx. 20mins.
3. Place beef in heavy pot, add green half of shallot, garlic and water until ingredients are just covered and cook over high heat. When mixture comes to the boil, reduce to low heat and simmer for 2hrs, periodically removing scum from the surface. Remove shallot, garlic and timer for a further 40mins. Remove beef from soup and use hands to break up into bite-size pieces.
4. Combine beef, royal fern, and shallot with seasoning.
5. Using a separate pot, add 15s of sauce and gently sauté royal fern. Add soup, beef and shallots.
6. Season to taste with soy sauce and salt (extra) and add sauce to suit individual preference. (Sauce will make soup spicier)
7. Stir in slightly beaten egg and add chives while egg is just cooked.

**Korean Ribs**

**Recommended cuts**
- 1. Chuck roll
- 2. Rib short rib
- 3. Short plate

**Ingredients**
- 460g beef
- Asparagus lettuce
- 1/2 carrot
- 2 cloves garlic
- 1 onion
- 4 green chili peppers
- Perilla leaves
- 1tsp roasted salt
- 4lbs sesame oil
- Gochujang
  - (Korean chili paste)

**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. Grill 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. Top-round
- 2. D Rump

**Ingredients**
- 500g thinly sliced beef
- 2lbs cooking sake
- 20cm Chinese radish
- 100g carrot
- 1/2 bunch (20g) Welsh onion
- 6 fresh shiitake mushrooms
- 1/2 onion
- 1/2 red pepper
- 2 eggs

**Method**
1. Cut thinly sliced beef into 1cm widths. Combine seasoning ingredients and use hands to rub seasoning into beef.
2. Cut 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.

*Add additional water if ingredients start to burn.*
**Japanese Cuisine**

**Japanese Beef Mince Cutlets**

**Recommended cuts**
- Neck
- Shank

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

**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 into equal-sized patties. Place in a tray to remove excess air.
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 on plates and drizzle with Bulldog sauce.

**Sukiyaki**

**Recommended cuts**
- Chuck roll
- Gooseneck round

**Ingredients**
- 800g thinly sliced beef
- 2 shiitake
- 300g shirakaki noodles
- 1/2 bunch shungiku
- 6 shiitake mushrooms
- 8 gooseneck round

**Method**
1. Diagonally slice shiitake. Boil shirakaki 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. If the point to making good sukiyaki is not to add too much of the sauce at once. Gradually add sauce while cooking.
3. Place sukiyaki pot over high heat, add beef fat and spread fat over the entire cooking surface.

**Japanese Beef and Potato Stew**

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

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

**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 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.
High-level Measures to Ensure Meat Safety

In order to ensure the provision of safe beef to consumers, Japan has established a stringent system of inspections and checks that cover the production, treatment, processing and distribution of beef.

**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 straw, wheat and corn are used as cattle feed.

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, vertebral columns and digits (fingers) of cattle in slaughterhouses.

3. **Stricter 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 8-9 months old) and fattening farms (farms that raise calves purchased at cattle sailes to maturity from 18-28 months old) 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 most 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 all the BSE risk cattle. Samples of accumulations of prions and medulla oblongata are taken for testing with the enzymes-linked immunosorbent assay (ELISA method). In the event of a positive result, further tests are carried out using Western Blot tests or Immunohistochemistry tests. Cattle that show a positive or suspect test are inventoried while specific parts are kept for research purposes. These tests are and are given a definite diagnosis following discussions by a council of national specialists, are incinerated while specific parts are kept for research purposes.

6. **Freshness management and bacteria control**
   - 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 through all the stages of distribution from producers, processing, fabrication and retail. 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.

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**Traceability System**

- **Information reader for herds, farms and processing plants**
- **Date of birth, sex, tracing, producer data and fattening method, ancestry etc.

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**Prevention of food poisoning causing bacteria**

Cattle, goats and sheep are known to carry enterohemorrhagic Escherichia coli, one bacterium that is known to cause food poisoning and originate from domestic livestock. As one measure to prevent food poisoning, the intestinal tract is ligated to in order to avoid contamination of meat from the contents of the intestines during meat fabrication at slaughterhouses.