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WAGYU

The Essence of Japanese Beef

牛





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1 cup = 240cc
 1 tablespoon = 15cc
 1 teaspoon = 5cc

The measurements used in this booklet were originally in Japanese measurements. Because U.S. and Japanese measurements differ significantly, approximate conversions of the amounts in Japanese measurements have been provided.

Traditional Dishes Suffused with the Essence of "Wa," the Backbone of Japanese Spirit

“Wagyu” is a type of beef characterized by a delicate, rich flavor and prime quality that is the pride of Japan worldwide.

There are many traditional Japanese dishes in which one can savor its wonderful taste to its fullest.

These dishes bring out the depth of the taste of its superb quality, and display the dexterity of chefs who pay attention not only to the taste but also to seasonal touches and color tones.

Japanese culture cherishes the natural beauty brought about by seasonal change and the attractiveness of each season, and places great emphasis on detail in order to create objects of matchless quality.

Here, a chef who keeps traditional Japanese cuisine alive in Kyoto will introduce to you the essence of the culinary culture of Japan, fostered by way of a lifestyle replete with fine-tuned sensitivity.

Recipe supervisor: Yoshihiro Murata

Mr. Murata was born in 1951 in Kyoto Prefecture, the oldest son of a family in charge of an exquisite Japanese restaurant with long history. While treasuring and handing down long-preserved traditions, he is willing to absorb new influences, such as French cooking techniques, and looks upon Kyoto-style cuisine and Japanese cuisine as a whole from a global point of view.



春 Spring



Sushi (Shimane Wagyu Beef)

"Sushi," a characteristically healthy Japanese specialty, is becoming a worldwide craze. Although sushi is usually made from seafood, with the use of Shimane Wagyu Beef, with its savory flavor of fat and creamy and tender texture, you can produce a most flavorsome sushi that is reminiscent of fatty tuna.

DIRECTIONS

1. Cook rice with *kombu* and water, add *sushi* vinegar (mixture of vinegar, sugar and salt) to the cooked rice and mix.
2. Slice beef into "*hegi-zukuri*."
3. Take a handful of (1) and (2) to manually shape into *sushi* form.
4. Place the *sushi* on a dish, place *kinome* on top and serve with pickled ginger.

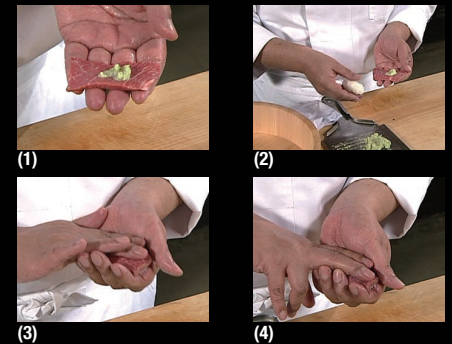


2. Beef hegi-zukuri
Slice the beef diagonally into thin strips suitable for manual shaping into *sushi* by pulling the knife towards you.

Topic of "Wa"

How to shape *sushi*

Place the slice of beef in your left hand and apply some grated *wasabi*. (1) Gently roll a ball of *sushi* rice with your right hand and place it on the beef. (2) Flip it upside-down on your left hand and adjust the shape by pressing your two right fingers over the beef. (3) Gently wrap both sides of the *sushi* with your left hand and press the top with two right-hand fingers to make the shape. (4) Be careful not to squeeze the *sushi* too hard.



<Ingredients> For two servings

- 10½ oz (300g) Shimane Wagyu Beef fillet
- Some *wasabi* (Japanese horseradish)
- Vinegared ginger root as needed
- *Kinome* (young leaf bud of Japanese pepper tree) as needed
- 8¾ oz (250g) *sushi* rice
[Ingredients for *sushi* rice in an easy-to-prepare amount]
- 16 oz (450g) rice
- ⅓ cup (80cc) vinegar
- 1¼ oz (50g) sugar
- 1 tsp (5g) salt
- *Kombu* (dried kelp) about 3 in. (8cm) long

FOOD VALUE

Energy	616kcal	Iron	4.0mg
Protein	32.1g	Cholesterol	99mg
Fat	23.1g	Dietary fiber	1.5g
Carbohydrates	64.3g	Salt	2.0g



Gyu-don (Hitachi Beef)

Gyu-don (beef bowl) is a very popular dish that also appears on the menu at fast food restaurants in Japan. You don't want to miss this recipe, which tells you how to make the "magic sauce" by mixing dashi, mirin and soy sauce in a proportion of 7/5/3, allowing anyone to prepare this delicious rice-bowl menu. The fat in Hitachi Beef is very tender and its exquisite juicy flavor permeates into the rice.

<Ingredients> For two servings

- 10 ½ oz (300g) Hitachi Beef sirloin in slices
- 1 onion
- 2 onsen eggs
- 2 stems of *kinome* (young leaf bud of Japanese pepper tree)
- 14 oz (400g) cooked rice
- ¾ cup (140cc) *dashi* (Japanese soup stock)
- ½ cup (100cc) *mirin* (sweet cooking rice wine)
- 4 tbsp (60cc) ordinary soy sauce

DIRECTIONS

1. Cut beef into 2 in. (5cm) wide strips.
2. Cut onion in half lengthwise and slice it finely.
3. Add *dashi*, *mirin*, soy sauce and onion into a pan and place on heat.
4. Cook the onion until tender, reduce heat and add the beef slice by slice.
5. When the beef is well separated, increase the heat and cook until the beef changes color. Be careful not to overcook.
6. Fill the bowl with cooked rice and cover it with (5) above. Add the cooked sauce in accordance with your taste. Place the *onsen egg* and *kinome* on top before serving.



4.



2.

Onsen egg

Onsen eggs can be prepared by boiling eggs in 176-degree F (80°C) water for five minutes. When the eggs are boiled at a low heat, the surface of the egg white hardens slightly while the inner part of the egg retains its liquid form.

FOOD VALUE

Energy	1193kcal	Iron	2.3mg
Protein	33.2g	Cholesterol	267mg
Fat	60.2g	Dietary fiber	2.4g
Carbohydrates	114.4g	Salt	2.5g



Yamato-ni (Mukaku Wagyu)

"Yamato-ni" (Japanese-style simmered beef) is a traditional Japanese dish wherein ingredients are cooked slowly with sugar and soy sauce. *Mukaku Wagyu*, with its rich umami flavor and low fat content, becomes even tastier when simmered or stewed. The rich taste goes very well with rice or sake. Mashed potato is also served in a Japanese style.

<Ingredients> For four servings

- 14 oz (400g) *Mukaku Wagyu* sirloin (in loaf form)
 - 2 ½ cup (500cc) water
 - 2 ½ cup (500cc) *sake*
 - 2 tbsp (30cc) ordinary soy sauce
 - 2 oz (60g) brown sugar
 - 1 piece of ginger
 - 2 oz (60g) *hatcho miso* (dark red soybean paste)
 - Winter melon as needed
 - 3 potatoes
 - Some *kinome* (young leaf bud of Japanese pepper tree)
- A**
[mixture consisting of the following ingredients]
- ½ cup (200cc) *dashi* (Japanese soup stock)
 - 1 tsp (5cc) light soy sauce
 - ½ tsp (2.5cc) *mirin* (sweet cooking rice wine)
 - ½ tsp (1g) salt

FOOD VALUE

Energy	692kcal	Iron	2.7mg
Protein	17.3g	Cholesterol	83mg
Fat	43.8g	Dietary fiber	3.6g
Carbohydrates	34.9g	Salt	2.2g

DIRECTIONS

1. Cut the loaf of beef into approximately 1 in. (2-3cm) size cubes. Put it in a hot frying pan over high heat and brown the surface.
2. Place (1) into a pot, add *sake*, water, brown sugar, *hatcho-miso* and soy sauce, and place over heat with a *drop lid*. After it starts boiling, add some ginger sliced with the skin intact, reduce heat and cook until the beef becomes tender.
3. Scrape off the skin of a winter melon with the back of the knife and make many cuts in the surface. Cut it into approximately 1 in. (2-3cm) sized cubes and boil them with water until they become tender. Soak it in A for over three hours.
4. Microwave potatoes until they become soft, peel off the skin, mash them and mix well with some A until smooth.
5. Spread the mashed potatoes on a dish, place the beef cooked in (2) on it and garnish with winter melon. Sprinkle some *kinome* on top.



1.



2.

Drop lid

Drop lid is a technique wherein a lid one size smaller than the pot is placed directly on top of the food inside to allow the sauce to cover the food to the top while being cooked.



Beef cutlet (Iwate Shorthorn)

Although pork is usually used to make cutlets in Japan, beef cutlets are also popular in parts of the Kinki Region such as Osaka. The Iwate Shorthorn has less fat so it makes for a healthy dish even when deep-fried. A light and refreshing sauce further brings out the flavor of the beef.

<Ingredients> For two servings

- 2 pieces of 7 oz (200g) Iwate Shorthorn rump
- Some salt
- Some pepper
- Flour as needed
- Eggs as needed
- Bread crumbs as needed
- Oil as needed
- ¼ carrot
- ⅓ celery
- 1 cucumber
- ½ *udo* (Japanese spikenard)

Sauce

- ⅓ cup (50cc) Worcester sauce
- ⅓ cup (50cc) ordinary soy sauce
- ⅓ cup (50cc) *dashi* (Japanese soup stock)
- ⅓ cup (50cc) *sudachi* (type of Japanese citrus fruit) juice
- Some Japanese welsh onion

FOOD VALUE

Energy	856kcal	Iron	3.7mg
Protein	37.3g	Cholesterol	188mg
Fat	62.1g	Dietary fiber	4.3g
Carbohydrates	29.8g	Salt	2.0g

DIRECTIONS

1. Cut the fiber of beef with the point of a knife to prevent shrinking when deep-fried, salt and pepper it, and coat it with flour, beaten egg and bread crumbs.
2. Peel the surface of the carrot, celery, cucumber and *udo* very thinly, and then cut the peeled skin in fine strips. Plunge all these ingredients in water.
3. Make sauce by mixing Worcester sauce with soy sauce, *dashi* and *sudachi* juice. Sprinkle in chopped Japanese welsh onion.
4. Slowly deep-fry the beef prepared in (1) with oil at a temperature of 340-360 degrees F (170-180°C).
5. Cut the beef cutlet prepared in (4), place it on a dish and serve with vegetables and sauce prepared in (2) and (3).



1.



2.



4.



Japanese-style roast beef (Kumamoto Aka Ushi)

This roast beef is made in an original Japanese style by way of steaming, which slowly allows the flavors to blend, rather than oven roasting. The surface is crispy brown, and although the inside is freshly rose-colored, the flavor of the soy sauce and sake permeates right through to the center. In this was you can enjoy the pleasant chewy texture of Kumamoto Aka Ushi.

<Ingredients> For four servings

- 14 oz (400g) Kumamoto Aka Ushi (in loaf form)

A

- 2 ½ cup (500cc) sake
- 2 ½ cup (500cc) water
- ¾ cup (160cc) ordinary soy sauce
- ⅓ cup (80cc) light soy sauce
- 1 ½ oz (40g) sugar
- Some starch with water
- ½ bunch of *nanohana* (young rapeseed blossom)

B

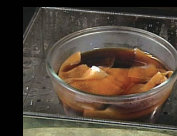
- ⅓ cup (200cc) *dashi* (Japanese soup stock)
- 1 tsp (5cc) light soy sauce
- ⅓ tsp (1g) salt
- Japanese mustard as needed

FOOD VALUE

Energy	502kcal	Iron	1.5mg
Protein	14.8g	Cholesterol	86mg
Fat	42.2g	Dietary fiber	0.8g
Carbohydrates	6.9g	Salt	1.7g

DIRECTIONS

1. Put A in a pan and place over heat to boil.
2. Put beef in a very hot frying pan and brown the surface. Put the beef in (1), cover the top with a paper towel instead of a drop lid, and place inside a steamer and steam for 10 minutes.
3. Remove the beef from the soup to cool. Let the soup cool as well.
4. Strain the soup, re-insert in the beef cooled in (3) and soak it overnight.
5. Remove the beef from the soup and cut it into slices about ¼ in. (5-7mm) thick.
6. Boil the soup and evenly pour in starch with water while stirring to make gravy.
7. Blanche *nanohana* and plunge in water to cool. Drain the water and soak it in B.
8. Place the roast beef and *nanohana* on a dish, pour gravy otop the roast beef, and serve it with Japanese mustard.



2.

By covering the beef in the soup with a paper towel to steam, the flavor permeates through to the middle of the loaf.



6.



Cold shabu-shabu (Miyazaki Wagyu)

Blanche sliced beef until it turns to a slightly rosy color, cool it, and make it into a salad with some crispy vegetables. It is rich in nutrients and has a refreshing taste, perfect for summertime when people tend to lose their appetite. Be careful not to boil it too much so as not to spoil the tenderness of the Miyazaki Wagyu.

DIRECTIONS

1. Cut *myoga* and lettuce in thin strips. Finely slice onion. Cut off the roots of the *kaiware-daikon* and cut it into lengths in approximately three parts. Place all the cut vegetables in water.
2. Blanche the sliced beef in 167-176-degree F (75-80°C) water until it turns slightly rosy. Plunge the blanched beef into ice water.
3. Drain the vegetables prepared in (1) and spread them on a dish. Paper-dry the beef prepared in (2) and spread it over the vegetables.
4. Pour *pon-zu* over (3) and sprinkle on plenty of roasted sesame.



2. Temperature to blanch the beef

When the beef is boiled in hot-boiling water, the fat will be lost and the beef hardens. Lightly boil the beef in 167-176-degree F (75-80°C) water so it turns rose-colored.



3.

<Ingredients> For four servings

- 18 oz (500g) of Miyazaki Wagyu short loin in 1/25 in. (1mm) thick slices
- 3 *myoga* (Japanese ginger blossom)
- 1 pack of *kaiware-daikon* (Japanese radish sprouts)
- 1/2 onion
- 1/2 lettuce
- *Pon-zu* (citrus-flavored vinegar) as needed
- Roasted sesame seeds as needed

FOOD VALUE

Energy	626kcal	Iron	1.5mg
Protein	17.3g	Cholesterol	109mg
Fat	56.2g	Dietary fiber	1.7g
Carbohydrates	6.7g	Salt	1.9g

Topic of "Wa"

How to make *pon-zu*

For cold shabu-shabu, you can either use ready-made *pon-zu* or make it by yourself. Mix ordinary soy sauce, *mirin* and citrus juice (lemon, *yuzu*, *sudachi*, etc.) in equal amounts. It will taste even better if you add some *kombu* and let it sit overnight.



Myoga

Myoga is an original herb in Japan with a distinctive scent and a refreshing spicy flavor. It is said that elements of the scent of *myoga* have the effects of improving people's appetite and stimulate sweat glands. It can be finely sliced for salads or used as a relish for soups and noodles.



Kaiware-daikon

Kaiware-daikon is the sprout of the Japanese radish. It has a refreshing taste and slightly spicy flavor. It is used for garnish, for salad or marinated foods.





Yahata-maki (Kyoto Beef)

Original yahata-maki is burdock, formerly a local specialty in Yahata area of Kyoto, which was rolled inside eel or loach meat. However, beef is popular for use in home cooking. Tender Kyoto Beef with slightly sticky fat is perfect for this dish, easy to make rolls out of and delicious to eat.

<Ingredients> For two servings

- 10½ oz (300g) of Kyoto Beef short loin in ⅛ in. (3mm) thick slices
- ¼ stick of burdock
- ½ carrot
- Some *kinome* (young leaf bud of Japanese pepper tree)
- A
- ⅔ cup (100cc) *sake*
- ⅓ cup (50cc) ordinary soy sauce
- ⅓ cup (50cc) *mirin* (sweet cooking rice wine)
- ½ cup (200cc) *dashi* (Japanese soup stock)
- 1 tsp (5cc) light soy sauce
- ⅓ tsp (1g) salt
- Starch as needed

DIRECTIONS

1. Wash burdock thoroughly, cut into approximately 6 in. (15cm) long pieces and cut into four lengthwise strips.
2. Peel carrot and cut into a similar size as the burdock.
3. Put the burdock and carrot in a pan with *dashi*, salt and a light soy sauce and place pan over heat. When it starts boiling, remove from heat and set aside for a while so as to let the flavor permeate the vegetables.
4. Take out the burdock and carrot and paper-dry them.
5. Powder some starch on sliced beef, and roll the beef around the burdock and carrot strip so as to cover them completely. After the rolls are made, powder its surface with some starch as well.
6. Put the rolls prepared in (5) in a very hot frying pan, with the loose side facing down, and brown the surface by rolling it in the frying pan.
7. When the meat is about 80% cooked, evenly pour A into the pan and dress the sauce around the rolls by evenly rolling them until the liquid is gone.
8. Allow the rolls to cool until manageable, cut them into adequate sizes, place them on a dish and garnish them with *kinome*.



5. Powdering the starch prevents the meat from shaking loose from the vegetables. By applying the starch on the surface of the rolls as well, the sauce will be dressed evenly, making the surface look glossy.



FOOD VALUE			
Energy	768kcal	Iron	1.7mg
Protein	23.8g	Cholesterol	132mg
Fat	54.8g	Dietary fiber	2.5g
Carbohydrates	23.6g	Salt	3.8g



Yanagawa-nabe (Kazusa Wagyu)

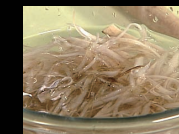
Yanagawa-nabe is simmered loach and burdock bound together with egg. This menu is prepared with the use of beef instead of loach. Burdock and beef complement each other well. The tender texture of Kazusa Wagyu matches the refreshing crispy texture of the burdock.

<Ingredients> For four servings

- 14 oz (400g) Kazusa Wagyu short loin in ⅛ in. (3mm) thick slices
- 2 sticks of burdock
- 8 eggs
- Some *mitsuba* (Japanese honeywort)
- 2 cup (480cc) *dashi* (Japanese soup stock)
- 4 tbsp (60cc) light soy sauce
- 4 tbsp (60cc) *mirin* (sweet cooking rice wine)
- Some sugar
- Powdered *sansho* (Japanese pepper) as needed

DIRECTIONS

1. Whittle burdock and soak in water to remove the coarse taste.
2. Cut *mitsuba* in about 1 in. (2-3cm) length.
3. Put *dashi*, soy sauce, *mirin* and sugar in a pan over heat. When it starts boiling, add the burdock.
4. Reduce heat before the burdock is cooked to too soft a texture. Place beef in the pan like covering the burdock.
5. When the beef turns slightly pink, evenly pour in lightly beaten egg. Remove from heat, add the *mitsuba* and sprinkle on powdered *sansho*.



1.



4.



5.

Topic of "Wa"



Whittling burdock

Slice the surface of burdock lengthwise. Slice it into thin piece by rolling it over a cutting board like a pencil being sharpened.



Beef tataki (Yamagata Gyu)

The "tataki" is to brown the surface only slightly while keeping inside still rare. The taste of beef is condensed by making tataki, so you can enjoy both the crispy surface and tastiness inside. Savor the rich taste of Yamagata Gyu, characterized by its mellow flavor.

<Ingredients> For four servings

- 10½ oz (300g) of Yamagata Gyu round (in loaf form)
- 1 leek
- 1 piece of ginger
- Carrot as needed
- Udo (Japanese spikenard) as needed
- Some wasabi (Japanese horseradish)
- Some salt

DIRECTIONS

1. Sprinkle salt all over beef and rub.
2. Place the beef prepared in (1) in a very hot frying pan and brown the surface. Plunge the beef in ice water. Take the beef out when sufficiently cooled, wrap inside a paper towel and set aside.
3. Cut leek and ginger in fine strips and soak in water.
4. Peel udo and carrot, cut in pieces approximately 2 in. (5cm) in length and ¼ in. (2mm) in thickness.
5. Cut the beef paper-dried in (2) into slices about ¾ in. (1cm) thick.
6. Spread leek and ginger on a dish, place the beef cut in (5), garnish with udo and carrot prepared in (4) and serve with grated wasabi.



2.

Brown the surface thoroughly

Brown the meat until you feel it may be overcooked. The brown color will fade slightly after being plunged in water. Be careful to cool the beef quickly after browning. When it is cooled slowly, residual heat will turn the color inside the loaf as well.

FOOD VALUE			
Energy	245kcal	Iron	1.1mg
Protein	20.3g	Cholesterol	72mg
Fat	14.5g	Dietary fiber	1.6g
Carbohydrates	6.4g	Salt	0.2g



Yakiniku (Kagoshima Wagyu)

Yakiniku (barbecued beef) is a cuisine that originates in Korea. The straightforward method by which beef is simply barbecued is also popular as an outdoor pastime. Enjoy the rich and tasty flavor of Kagoshima Wagyu with this refreshing sauce.

<Ingredients> For four servings

- Kagoshima Wagyu (in loaf form)
 - 5¼ oz (150g) short loin
 - 5¼ oz (150g) top round
 - 5¼ oz (150g) flank
- Sauce
 - 1 onion
 - ⅔ cup (100cc) citrus juice
 - ⅔ cup (100cc) ordinary soy sauce
 - ½ cup (50cc) mirin (sweet cooking rice wine)
 - ½ bunch of Japanese welsch onion
 - Some salt
 - 2 sudachi (type of Japanese citrus fruit)
 - Some shichimi togarashi (Japanese seven-flavor seasoning) or ichimi togarashi (chili pepper)

FOOD VALUE			
Energy	433kcal	Iron	1.1mg
Protein	17.0g	Cholesterol	98mg
Fat	38.3g	Salt	0.1g
Carbohydrates	0.3g		

DIRECTIONS

1. Slice beef into pieces approximately ¼ in. (5-7mm) thick.
2. Grate onion and sauté until the liquid is gone and turns brown.
3. Add mirin and soy sauce after the onion in (2) turns into paste. Mix thoroughly and remove from heat before adding citrus juice, chopped Japanese welsch onion and shichimi togarashi or ichimi togarashi.
4. Grill the beef to desired doneness and dip it into the sauce prepared in (3) before eating. It is also delicious with squeezed sudachi and salt.



1.



2.



3.

Topic of "Wa"

Citrus juice

At this point use citrus juice such as sudachi, yuzu or lemon. Sudachi is a small fruit about 1 oz. each with fresh fragrance and acidic taste. The juice is rich in vitamin C and also squeezed like lemon for use with sashimi, grilled fish and deep-fried dishes. Yuzu is a citrus fruit with strong acidic flavor. Its peel has a fresh fragrance and used also to add a colorful touch to dishes.



Autumn 秋

Sushi roll and Teriyaki beef

(Bushu Wagyu) (Tochigi Wagyu)

Sushi rolls can be easily eaten by hand without worrying about them falling apart, and as such it is among the staple menu items for packed lunches. This sushi roll, featuring "shigure-ni," which can be preserved over a long period, made of Bushu Wagyu, with its characteristic fine texture and sweetness, is perfect for packed lunches for outings. For teriyaki dressed with a slightly sweet gravy, the rich fat of Tochigi Wagyu adds a glossy finishing touch.

Sushi roll

<Ingredients> For four servings

- 18 oz (500g) Bushu Wagyu short loin in 1/8 in. (3mm) thick slices
- 3/5 cup (150cc) sake
- 5 tbsp (75cc) mirin (sweet cooking rice wine)
- 5 tbsp (75cc) ordinary soy sauce
- Sesame seeds as needed
- Wasabi (Japanese horseradish) as needed
- 1 bunch of mitsuba (Japanese honeywort) as needed
- Yuzu (type of Japanese citrus fruit) as needed
- 2 sheets of nori
- 21 oz (600g) sushi rice [Ingredients for sushi rice an easy-to-prepare amount]
- 16 oz (450g) rice
- 1/2 cup (80cc) vinegar
- 1 3/4 oz (50g) sugar
- 1 tsp salt
- Kombu (dried kelp) about 3 in.(8cm) long

Teriyaki beef

<Ingredients> For two servings

- 7 oz (200g) Tochigi Wagyu sirloin (in loaf form)
- Oil as needed
- 2/5 cup (100cc) sake
- 1/5 cup (50cc) ordinary soy sauce
- 1/5 cup (50cc) mirin (sweet cooking rice wine)
- Some sugar
- Some powdered sansho (Japanese pepper)
- 10 ginkgo nuts
- 8 roasted Chinese chestnuts

FOOD VALUE			
Sushi roll		Teriyaki beef	
Energy	862kcal	Energy	466kcal
Protein	27.8g	Protein	23.4g
Fat	36.4g	Fat	24.6g
Carbohydrates	88.6g	Carbohydrates	23.8g
Iron	3.6mg	Iron	2.0mg
Cholesterol	98mg	Cholesterol	71mg
Dietary fiber	2.3g	Dietary fiber	2.2g
Salt	4.2g	Salt	3.7g

DIRECTIONS

1. Cut beef in about 2 in.(5cm) length slices and sauté over low heat in frying pan, inserting them slice by slice. When the color changes, add sake, soy sauce and mirin and cook over high heat. Cook until the liquid is gone completely.
2. Blanche mitsuba.
3. Place nori on a bamboo rolling blind, spread sushi rice (see p.4 [1]) over it and sprinkle sesame seeds.
4. Place wasabi, yuzu peel cut in fine strips, mitsuba and beef prepared in (1) in the center and roll the sushi.
5. Cut the sushi roll in (4) in suitable portions and place them on a dish.



1.



3.

DIRECTIONS

1. Mix sake, soy sauce, mirin and sugar and set aside.
2. Place beef in a hot frying pan and lightly brown the surface over high heat.
3. When the surface becomes crispy, pour (1) in evenly and add ginkgo nuts chopped in halves and chestnuts with shells removed.
4. Sauté until the liquid has evaporated. When the loaf is thick, temporarily remove the beef from the pan before it is fully cooked, boil down the gravy and dress it on the beef returned to the pan.
5. Cut the beef in suitable sizes and place it on a dish. Pour the gravy over it and sprinkle powdered sansho on it in accordance with your taste.



3.



4.

Poke the beef with chopsticks. If the chopsticks penetrate the beef without any resistance, it is overcooked. Remove the beef temporarily while it is still firm and there should be a slight resistance against the chopsticks.

Topic of "Wa"



How to roll sushi

Hold the filling and roll firmly, but stop before rolling all the way. Remove the bamboo rolling blind that is inside the roll, place it overtop of the sushi and then start rolling again to the end. Hold the sushi tightly over the rolling blind to firmly form the shape.



Houba-yaki (Tajima Beef)

Houba-yaki is a dish prepared by grilling miso (soybean paste) and other ingredients on a leaf of the Japanese Magnolia ("hou" in Japanese), which grows in the alpine forests of the Hida Region (in the northern part of Gifu Prefecture). It represents the local cuisine of the Hida Region, wherein you can enjoy the aroma of magnolia leaves and miso. The rich taste of Tajima Beef goes perfectly with the flavor of miso.

<Ingredients> For two servings

- 7 oz (200g) Tajima Beef fillet (in loaf form)
- 2 1/2 oz (80g) *houba-miso*

[Ingredients for *houba-miso* in an easy-to-prepare amount]

- 14 oz (400g) white *miso* paste
- 3 1/2 oz (100g) *sakura-miso* (sweet red miso paste)
- 1/2 cup (200cc) *sake*
- 1/2 oz (3g) sesame paste
- 1 egg yolk
- 1/3 white leek
- 1/2 green leek
- Some roasted sesame
- Carrot as needed

DIRECTIONS

1. Cut the beef into bite-sized pieces.
2. Put white miso paste, sakura-miso, sake, sesame paste and egg yolk in a pan. Dissolve the miso and place over low heat. Knead slowly until the mixture regains the original firmness of the *miso*.
3. Slice white leek into juliennes and plunge in water. Slice green leek diagonally.
4. Cut up carrots into maple leaf shapes and blanch them.
5. Soak magnolia leaves in water so as to make them tender. Drain the leaves and spread the *miso* paste prepared in (2) over them. Place the beef, leeks and carrots on top and sprinkle roasted sesame seed on top of it all.
6. Place the magnolia leaf with miso and other ingredients over a charcoal fire and roast the beef by yourself while eating.



2.

When kneading *miso*, be careful to dissolve the *miso* completely before placing it over heat. When it starts simmering, stir well and knead the paste until it reaches a texture somewhat firmer than mayonnaise. It becomes firmer when cooled.



5.

FOOD VALUE			
Energy	328kcal	Iron	3.8mg
Protein	22.6g	Cholesterol	80mg
Fat	16.6g	Dietary fiber	4.0g
Carbohydrates	18.0g	Salt	2.0g



Teriyaki hamburger steak (Akita Yuri Beef)

This is a nutritious hamburger steak wherein tofu and rice are used instead of bread crumbs, and is served with a teriyaki flavor. It is a unique fusion of Japanese and Western cuisines. Hamburger steaks with the rich minced meat of Akita Yuri Beef are very tender and juicy.

<Ingredients> For two servings

- 10 1/2 oz (300g) roughly minced Akita Yuri Beef round
- 1 3/4 oz (50g) rice
- 2 oz (60g) *tofu*
- 1 onion
- 1 egg yolk
- 4 tsp (20cc) cooking oil
- 2 *shiitake* mushrooms
- 1/3 pack of *shimeji* mushrooms
- 10 ginkgo nuts
- 8 roasted Chinese chestnuts
- 3/5 cup (100cc) *sake*
- 1/5 cup (50cc) ordinary soy sauce
- 1/5 cup (50cc) *mirin* (sweet cooking rice wine)
- Some Japanese mustard

FOOD VALUE			
Energy	746kcal	Iron	5.2mg
Protein	37.5g	Cholesterol	123mg
Fat	35.3g	Dietary fiber	5.5g
Carbohydrates	52.1g	Salt	3.9g

DIRECTIONS

1. Finely chop onion and sauté thoroughly over low heat.
2. Put roughly minced beef, rice, drained *tofu*, egg yolk, finely chopped *shiitake* mushroom and onion prepared in (1). Sprinkle some salt overtop and mix thoroughly with hands until it becomes a sticky paste.
3. Cut off the lower stems of the *shimeji* mushrooms and divide them into small portions. Roughly chop chestnuts. Cut ginkgo nuts into thick round slices.
4. Grease the frying pan with oil. Roll the mixture prepared in (2) into an oval shape, and place in the frying pan. Flip the steaks when the color changes, and fry with the lid on.
5. Add the *sake*, soy sauce and *mirin* mixture as well as the vegetables prepared in (3) before the steaks are fully cooked. Cook for a while.
6. Take out the hamburger steak when fully cooked and boil down the sauce remaining in the frying pan until thickened.
7. Place the hamburger steaks on a dish, pour on the sauce and serve with Japanese mustard.



2.



4.



5.

Toban-yaki (Kobe Beef)

Toban-yaki means to roast on a ceramic plate. Ceramic plates continue to emit heat for a long time after removal from their heat sources, and also have a significant heat radiation effect. Therefore, ceramic plates are perfect for roasting ingredients in an even fashion. Kobe Beef, with its characteristic fine marbled texture, can be roasted on such plates, producing a tender and juicy steak.

DIRECTIONS

1. Cut pumpkin into wedges. Peel potato and cut into round slices. Microwave them for 30 sec. at 600W.
2. Cut off the lower stem of the *shiitake* mushroom and make an X-shaped cut at the top. Divide *maitake* mushrooms into small portions.
3. Cut onion into semicircular slices approximately $\frac{3}{8}$ in. (1 cm) thick.
4. Slice beef into $\frac{3}{8}$ in. (1 cm) thick slices.
5. Prepare **seasoned sake**. Place *kombu*, *sake* and *umeboshi* in a pan over heat. Boil down until fluid is reduced by one third. Add grated Japanese radish. Add some salt or citrus juice after cooled, in accordance with your taste.
6. Grease ceramic plate with cooking oil. Roast the beef and vegetables prepared from (1) through to (3). Dip into the **seasoned sake** prepared in (5) before eating.



2.



4.

Topic of "Wa"



Seasoned sake

Sake seasoned with salt and acid extracted from *umeboshi* has an exquisite flavor that is somewhat different from *pon-zu*. You can enjoy the hint of the color and scent of Japanese plums and its refreshing flavor.

<Ingredients> For two servings

- 7 oz (200g) Kobe Beef sirloin (in loaf form)
- $\frac{1}{16}$ pumpkin
- $\frac{1}{8}$ onion
- 1 *shiitake* mushroom
- $\frac{1}{3}$ pack of *maitake* mushroom
- $\frac{1}{2}$ potato

For Seasoned sake

- 2 in. (5cm) square sheet of *kombu* (dried kelp)
- 2 $\frac{1}{2}$ cup (600cc) *sake*
- 5-6 *umeboshi* (pickled plum)
- 11 oz (320g) grated Japanese radish

FOOD VALUE

Energy	616kcal	Iron	1.6mg
Protein	15.2g	Cholesterol	86mg
Fat	48g	Dietary fiber	4.8g
Carbohydrates	27.0g	Salt	0.2g





Sukiyaki (Joshu Wagyu)

One of the best known Japanese dishes in the world is "sukiyaki." It originated from "gyu-nabe (beef hot pot)," which became extremely popular in the Meiji Era immediately after the period of national isolation, when Western-style cuisine was imported from abroad. You can enjoy your fill of the fine texture and taste of Joshu Wagyu with this recipe.

DIRECTIONS

1. Prepare *warishita* by mixing sake, soy sauce and sugar.
2. Whittle burdock (see p.12). Cut onion horizontally in approximately 1/3 in. (7mm) thick slices. Cut leek into segments approximately 2 in. (5cm) in length. Cut off the lower stem of the *shiitake* mushrooms and slice them diagonally.
3. Cut broiled *tofu* in bite-size pieces. Coarsely cut and blanch *shirataki*.
4. Place beef and other ingredients in a sukiyaki pan and add the *warishita* to simmer. Dip the cooked ingredients in beaten egg before eating.



1.



2.



2.

<Ingredients> For four servings

- 18 oz (500g) thin slices of Joshu Wagyu short loin
 - 1 block of broiled *tofu*
 - 4 *shiitake* mushrooms
 - 1 pack of *shirataki*
 - 1 onion
 - 1 stick of burdock
 - 1 bunch of green leek
- Warishita (sukiyaki soup)**
- 1/2 cup (200cc) sake
 - 2/5 cup (100cc) ordinary soy sauce
 - 1 3/4 oz (50g) sugar
 - 4 eggs

FOOD VALUE			
Energy	700kcal	Iron	3.3mg
Protein	28.5g	Cholesterol	267mg
Fat	52.3g	Dietary fiber	5.3g
Carbohydrates	19.6g	Salt	1.8g

Topic of "Wa"

How to eat sukiyaki

The manner in which sukiyaki is eaten differs between the Kanto and Kansai regions. The Kansai method is usually characterized by tasting the beef beforehand by directly seasoning it with sugar and soy sauce and broiling it, to which vegetables are added and roasted with the leftover gravy in the pan. In the Kanto region, sukiyaki is usually made by way of cooking all the ingredients, including the beef, together with a sukiyaki sauce prepared beforehand. It is customary in both regions to dip the cooked ingredients in beaten egg prior to eating.

Broiled *tofu*

Broiled *tofu* is a tofu broiled over direct heat to brown the surface. Because it does not dissolve easily and the flavor of soup permeates it well, it is used for sukiyaki, oden and other stewed dishes.



Shirataki

Shirataki is a soft, white, noodle-like food made of konjac. The flavor of *warishita* permeates it well, and as such it is one of the staple ingredients for sukiyaki.





Miso-zuke (Ohmi Beef)

Miso-zuke (food preserved with miso paste) is a traditional Japanese cooking wherein ingredients are broiled after having been covered with miso paste, one of the most important components of the Japanese diet. One example of this is "miso dengaku," which is broiled tofu with miso paste, a dish often said to constitute the origin of oden. It is also known to have a nutritional fortification effect. Enjoy the rich taste of Ohmi Beef and the flavor of miso with this recipe.

<Ingredients> For two servings

- 14 oz (400g) Ohmi Beef sirloin (in loaf form)
- **Miso yuanji** as needed
[Ingredients for *miso yuanji* in an easy-to-prepare amount]
- $\frac{2}{5}$ cup (100cc) sake
- $\frac{2}{5}$ cup (100cc) water
- 4 tsp (20cc) ordinary soy sauce
- 2 tsp (10cc) light soy sauce
- 1 tsp (5cc) mirin (sweet cooking rice wine)
- 15 oz (430g) coarse white miso (or white miso)
- *Kikka-kabu* as needed
- *Mukago* (small bulb of glutinous yam) as needed
- Some salt

DIRECTIONS

1. Place sake, water, soy sauce and mirin in a pan over heat. Once it has boiled, remove from heat and let it cool. Add white miso and stir thoroughly to soften the miso.
2. Dip beef into the mixture prepared in (1) and let it marinate for about two days.
3. Spread a cooking sheet over a frying pan. Quickly scrape off the miso from the beef prepared in (2), place on the sheet, close the lid and roast over low heat.
4. Cut the beef roasted in (3) in slices about $\frac{1}{2}$ in. (1.5cm) thick. Steam the *mukago*, sprinkle some salt and skewer on pine needles. Garnish the beef with this *mukago* and *kikka-kabu*.



1.



2.



3.

Topic of "Wa"



Kikka-kabu

Peel turnips, make fine grid-shaped cuts and soak in water with 3% salt concentration for a while. When the turnips become tender, drain and soak in sweet vinegar (vinegar mixed with sugar and salt) together with kombu and hot pepper.

FOOD VALUE			
Energy	719kcal	Iron	4.6mg
Protein	36.0g	Cholesterol	144mg
Fat	52.0g	Dietary fiber	1.6g
Carbohydrates	19.5g	Salt	1.4g



Chikuzen-ni (Hakata Wagyu)

"Chikuzen-ni" is a stewed dish originally from the Kyushu Region. It is particularly tasty when left to sit some time after cooking and keeps well. This is why it is a staple dish that is prepared ahead of time for the New Year holiday when women are traditionally freed from kitchen work. Although chicken is usually used for chikuzen-ni, here we use tender Hakata Wagyu with a refined taste so as to make a luxurious dish.

<Ingredients> For four servings

- 10 $\frac{1}{2}$ oz (300g) Hakata Wagyu chuck (in loaf form)
 - $\frac{1}{2}$ node of lotus root
 - $\frac{1}{2}$ carrot
 - $\frac{1}{2}$ stick of burdock
 - $\frac{1}{2}$ konjac
 - 4 dried shiitake mushroom
 - Cooking oil as needed
 - 12 soft-shell garden peas
 - yuzu (type of Japanese citrus fruit) as needed
- Stock
- 2 cup (480cc) dashi (Japanese soup stock)
 - 2 tbsp (30cc) ordinary soy sauce
 - 2 tbsp (30cc) light soy sauce
 - 4 tbsp (60cc) mirin (sweet cooking rice wine)

FOOD VALUE			
Energy	401kcal	Iron	1.3mg
Protein	13.9g	Cholesterol	66mg
Fat	27.6g	Dietary fiber	4.6g
Carbohydrates	21.3g	Salt	2.5g

DIRECTIONS

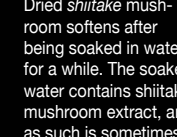
1. Cut beef into cubes approximately 1 in. (2-3cm) in size.
2. Peel lotus root and carrot and cut coarsely. Rinse burdock thoroughly and cut coarsely as well.
3. Cut konjac into cubes approximately 1 in. (2-3cm) size. Make cuts on the surface so as to allow the flavor to permeate well.
4. Soak dried shiitake mushrooms until softened. Cut into quarters.
5. Grease a pot with cooking oil. Lightly sauté vegetables prepared in (2) through (4) and konjac and take them out.
6. Pour stock in the pot over heat. Add beef and cook slowly and thoroughly over low heat. When beef becomes sufficiently tender to allow chopsticks to be poked in smoothly, take it out temporarily.
7. Return the ingredients prepared in (5) to stock. Cook over high heat with drop lid (see p.6).
8. When the stock is boiled down to about half the original amount, return the beef to the stock. When the liquid is almost gone, add soft-shell peas with fibers removed.
9. Remove from heat when the liquid is completely gone. Serve generously in a large bowl. Garnish with fine juliennes of yuzu peel.



1.



2.



3.

Dried shiitake mushroom softens after being soaked in water for a while. The soaked water contains shiitake mushroom extract, and as such is sometimes used as a cooking broth.



Niku-jaga (Hiroshima Beef)

"Niku-jaga" (stewed meat and potato) is a representative home-style Japanese dish. Its origin is unique in that Admiral Heihachiro Togo, a Meiji-era naval officer, tried to reproduce the beef stew he ate when he was studying in the United Kingdom. Hiroshima Beef retains its tender texture even after stewed, and the flavor permeates thoroughly.

<Ingredients> For four servings

- 10 ½ oz (300g) Hiroshima Beef flank slices
- 3 potatoes
- 2 onions
- Cooking oil as needed
- 8 soft-shell garden peas
- yuzu (type of Japanese citrus fruit) as needed

Stock

- 2 cup (480cc) dashi (Japanese soup stock)
- 4 tbsp (60cc) ordinary soy sauce
- 4 tbsp (60cc) mirin (sweet cooking rice wine)

DIRECTIONS

1. Cut beef into 2 in. (5cm) wide strips.
2. Peel potatoes and cut in about eight pieces each.
3. Cut onion lengthwise into wedges.
4. Grease the pan with cooking oil, place in the onions and potatoes therein and sauté. When the surface of the vegetables is coated with oil, add the beef.
5. When the color of the surface of the beef changes, add stock and cook over high heat with a drop lid (see p.6).
6. When the stock has been boiled down slightly, add soft-shell peas with fibers removed.
7. Cook over medium heat until the liquid has almost entirely evaporated. Make sure that the vegetables remain their firmness and do not become mushy.
8. Serve in a dish and garnish with fine juliennes of yuzu peel.



4.



5.



7.

FOOD VALUE

Energy	532kcal	Iron	1.8mg
Protein	12.2g	Cholesterol	75mg
Fat	37.7g	Dietary fiber	3.2g
Carbohydrates	30.7g	Salt	2.4g



Shabu-shabu (Matsusaka Ushi)

Shabu-shabu is a manner of eating extremely thin slices of meat blanched in boiling water. It originated from a Chinese dish wherein mutton is used. The quality of the ingredients is crucial for this quite simple dish. One can fully enjoy oneself with the luxurious taste of Matsusaka Ushi, which is referred to as an "artwork of beef" with its fine marbling and delicate flavor.

<Ingredients> For four servings

- 18 oz (500g) thin slices of Matsusaka Ushi short loin
- ½ Chinese cabbage
- 1 pack of kuzukiri (noodles made of kudzu)
- 4 shiitake mushrooms
- ½ stick of nama-fu (raw wheat gluten)
- 2 sheets of yuba (fresh soy-milk skin)
- 1 bunch of enokidake mushrooms
- 1 block of tofu
- 1 bunch of kujo-negi (a kind of welsch onion originally grown in Kyoto)

Sesame pon-zu

- ⅔ cup (100cc) ordinary soy sauce
- ⅔ cup (100cc) mirin (sweet cooking rice wine)
- ⅔ cup (100cc) citrus juice
- ⅔ cup (100cc) sesame paste
- Kombu (dried kelp) as needed

FOOD VALUE

Energy	681kcal	Iron	3.1mg
Protein	30.6g	Cholesterol	110mg
Fat	50.3g	Dietary fiber	4.1g
Carbohydrates	23.6g	Salt	0.2g

DIRECTIONS

1. Cut off the hard stems of the Chinese cabbage leaves and cut them roughly.
2. Cut the kujo-negi diagonally. Cut off the lower stem section of the enokidake mushrooms and divide them into small portions. Make an X-shaped cut at the top of the shiitake mushrooms.
3. Blanche kuzukiri.
4. Cut yuba, nama-fu and tofu into bite-sized pieces.
5. Mix mirin, soy sauce and citrus juice.
6. Place sesame paste in a bowl. Add the mixture prepared in (5) a little at a time and mix thoroughly each time in order to soften the paste.
7. Place kombu in water and boil. Lightly blanch the sliced beef until the color changes. Dip in sesame pon-zu prepared in (6) before eating.



1.



2.



6.

Topic of "Wa"

Yuba

Yuba is a skin skimmed from the surface of boiled soy milk.

Sugar not only adds sweetness but also has effects such as giving cooked food a glossy coating or extending its longevity. Superior soft, white sugar (white sugar), which is mild and dissolves easily, is generally the most widespread type of sugar in Japan. Thick brown sugar with its distinctive flavor and strong sweetness also goes well with Japanese stewed dishes.



Sugar 砂糖



Miso みそ



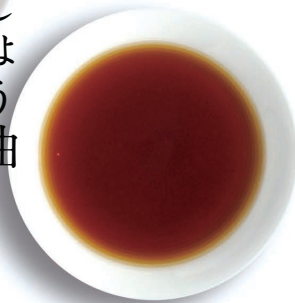
Japanese seasonings



Soy sauce しょう油

Soy sauce made from soybeans is a characteristic Japanese seasoning. The most frequently used type of soy sauce is "koikuchi-shoyu," or ordinary soy sauce, which is rich in taste and flavor and is dark-colored.

"Usukuchi-shoyu," or light soy sauce, which is often used in Kansai Region, has a lighter color and will not spoil the color of the ingredients, but has higher salt content than ordinary soy sauce.



Mirin みりん

Mirin is a cooking rice wine used to add flavor and sweetness. It is a seasoning unique for Japan. It adds an elegant sweetness and tastiness to dishes such as stews and teriyaki. It also gives food a glossy look. It is particularly important for Edo-style Japanese cuisine, including broiled eel, sauces for soba noodles, barbecued chicken and rice bowls.



Miso is a paste made by adding salt and koji (type of malt) to steamed soybeans, which are then fermented. Miso-shiru (miso soup), which is made by dissolving miso in a soup stock, is one of the most basic menu items in Japan. Miso is also used for stews and sautés. Various kinds of miso are made across Japan, and they are used in local cuisines.

Rice vinegar, made primarily from rice, has a mellow flavor and its mild taste is perfect for Japanese dishes. Sushi rice is cooked rice seasoned with sushi vinegar, which is vinegar mixed with sugar and salt. "Sunomono," which is a dish consisting of vegetables and other ingredients dressed with seasoned vinegar, is also a popular menu item in Japan.



Vinegar 酢

Japanese salt is made from seawater. It is said that the quality of Japanese salt is of the top caliber in the world. It also serves an important role in making various seasonings and food products that are essential for Japanese cuisine, such as miso and soy sauce, not to mention also functioning as a seasoning itself. It also has an effect of softening vegetables or to reserving foods over long periods.



Salt 塩



Sake 日本酒

Japanese sake, made by fermenting rice in transparent liquor, is also essential for Japanese cuisine as a seasoning. It extinguishes the smell of fish and meat, gives ingredients a glossy look and it adds flavor and aroma.

There are various types of kitchen knives in Japan, including the usuba-bocho for cutting vegetables, the deba-bocho for filleting and dressing fish, and the yanagiba-bocho, which is used exclusively for preparing sashimi. While the western knives cut when pushed, Japanese kitchen knives cut when pulled.



Kitchen knife 包丁



Yunkihira-nabe 行平鍋

Yunkihira-nabe is a type of metal pan with a lip for pouring and a wooden handle. They have patterned indented surfaces for the purpose of creating more surface area and conveying heat effectively. These pans are most frequently used for stewing, simmering and boiling in Japanese cooking. Because the bottoms are round in shape, the cooking liquid covers the food evenly. It also prevents ingredients from burning while being cooked.

まな板

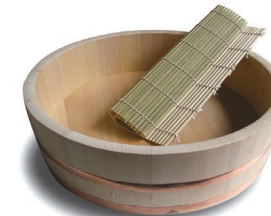


Cutting board

Cutting boards are used as platforms for cutting ingredients with kitchen knives. Wood with adequate hardness such as Japanese cypress and ginkgo are used for making cutting boards, and there are also plastic cutting boards. Cutting boards made of solid timber can be refurbished by shaving off damaged surface areas with a plane.

Sushi-oke is a flat wooden barrel used for preparing sushi rice by mixing sushi vinegar with hot cooked rice. They are made from cypress and other types of wood. Because they absorb excessive moisture, they allow one to produce sushi rice that is shiny and soft. Makisu is a type of bamboo rolling blind used to make sushi rolls by way of spreading the nori, sushi rice and fillings overtop of it and rolling it all together.

Sushi-oke and makisu ますきす 寿司おけ



Japanese utensils

おろしがね

Oroshigane

Oroshigane are graters used for grating ginger, wasabi, Japanese radish etc. Many small spikes are gouged out from the surface and foodstuffs are grinded against these spikes. There are oroshigane made of metal, plastic and ceramic.



These utensils are used for grinding and mashing sesame seeds, Japanese mountain yam, tofu and miso. It is also used to mince fish. Large and stable suribachi are easier to use and therefore preferable. A suitable length for a surikogi is about twice the length of the diameter of a suribachi. It is often said that hard wood from the Japanese pepper tree is best for producing surikogi.

Suribachi and surikogi (Japanese mortar and pestle)

すりばち すりこぎ



Donabe 土鍋

Donabe are earthenware pots. They conduct heat slowly and retain heat longer, making them suitable for dishes requiring slow cooking over low heat, such as hot pots and various types of porridge. Be careful not to place these over fire while the bottom is wet, as they may crack.



だし Dashi

Ingredients

- 7 1/2 cup (1800cc) water
- 1 oz (30g) kombu
- 1 3/4 oz (50g) katsuobushi

Dashi stock is a base ingredient for Japanese cuisine. "Dashi" is used very widely in Japanese dishes, most typically in miso soup and clear soup, or in stewed dishes and sauces for soba. It is prepared by cooking dried kombu and katsuobushi (fine flakes of dried bonito) and extracting the flavor.



1. Place kombu in water and cook for about an hour over low heat while maintaining the water temperature of 140 degrees F (60°C).



3. Remove from heat when the temperature reaches 185 degrees F (85°C) and add katsuobushi.



2. Remove kombu and increase the water temperature to 185 degrees F (85°C).



4. Strain katsuobushi immediately. (Do not squeeze the strained katsuobushi for ichiban-dashi, or premier stock.)

Four breeds of Wagyu, introduction

The quality of Wagyu is truly world-class.

We would like to introduce the four representative Wagyu breeds.



Japanese Black

Raised primarily in the Kinki and Chugoku regions, the Japanese Black was used as work cattle in olden days. This breed was improved during the Meiji Era through crossbreeding with foreign breeds, and was certified as indigenous Japanese beef cattle in 1944. It is raised and fattened in all parts of Japan, and more than 90% of Wagyu raised and fattened in Japan is of this breed. Fine strips of fat are found even in its lean meat (known as marbling). The flavor of the fat is exquisite, with a creamy, tender texture that dissolves in one's mouth.



Japanese Brown

Also known as "Akaushi (red cattle)," the Japanese Brown is raised primarily in Kumamoto and Kochi Prefectures. This breed was improved by crossbreeding Simmental with Akaushi, which was formerly used as work cattle during the Meiji Era. It was certified as indigenous Japanese beef cattle in 1944. Among its characteristics is its low fat content, about 12% or less. Because it contains much lean meat, its tastiness and pleasantly firm texture is highly enjoyable. Its fat is also not very heavy, and has been attracting a great deal of attention by way of its healthiness and mild taste.



Japanese Shorthorn

The Japanese Shorthorn is raised mainly in the Tohoku Region. This breed was improved by crossbreeding the Shorthorn with the indigenous Nanbu Cattle. It has been continuously improved thereafter, until its certification as indigenous Japanese beef cattle in 1957. Its meat contains much lean meat and low fat content, and has a mild and savory flavor. It also richly contains inosinic acid and glutamic acid, which are substances that give beef its tastiness.



Japanese Polled

The Japanese Polled was produced through crossbreeding of Aberdeen Angus imported from Scotland with the indigenous Japanese Black in 1920. It was further improved thereafter, and was certified as indigenous Japanese beef cattle in 1944. Its characteristics include its high lean meat content and distinctive Wagyu taste. It contains a high percentage of amino acid and has a rich chewy, meaty flavor.

Twenty brands of Wagyu used here

Shimane Wagyu Beef (Japanese Black) Produced in: Shimane Prefecture

Shimane Wagyu Beef is valued highly in Japan, as seen in the high praise it receives without fail at the National Competitive Exhibition of Wagyu, a competition that has been held eight times in the past, in which it has twice one the Prime Minister's Award. The beef has a bright color and fine marbling, and has a rich flavor and zesty taste.

Hitachi Beef (Japanese Black) Produced in: Ibaraki Prefecture

Use of the name "Hitachi Beef" is permitted only for beef from cattle raised for more than 30 months under a refined rearing regimen consisting of finely selected feed, and has an excellent meat quality. Hitachi ribs, sirloin, filets and rump are tender with adequate marbling, which is well-suited to the Japanese taste.

Mukaku Wagyu (Japanese Polled) Produced in: Yamaguchi Prefecture

Mukaku Wagyu is raised in Abu-gun and neighboring regions in Yamaguchi Prefecture. It has a great deal of lean meat with a taste inherent to Wagyu, as well as a chewy, meaty flavor. It is a fairly rare type of beef, with only three or four units of livestock shipped per month. Its high-quality meat makes it as one of the representative products of the prefecture.

Iwate Shorthorn (Japanese Shorthorn) Produced in: Iwate Prefecture

The Iwate Shorthorn is raised by way of a unique method called "Natsu Yama Fuyu Sato (mountains in summer and home in winter)." This is a method that capitalizes on the region's unique natural setting and climate through the raising of the cattle in a barn during the winter season when the region is covered with deep snow and moving them to pasture in vast meadows upon the arrival of spring. It contains low fat content and a great deal of lean meat.

Kumamoto Aka Ushi (Japanese Brown) Produced in: Kumamoto Prefecture

The Kumamoto Aka Ushi is raised in a relaxed, natural setting with abundant lush greenery and water. It is a high-quality beef with a bright color and gloss, a mild taste and adequate marbling. By way of a diet of abundant good pasture grass and a shortened fattening period, it succeeds in providing healthy meat without excessive fat.

Miyazaki Wagyu (Japanese Black) Produce in: Miyazaki Prefecture

By feeding dried grass to calves from an early stage, Miyazaki Wagyu cattle are raised as well-grown, large cattle with strong digestive system. Use of the name "Miyazaki Wagyu" is only permitted for beef ranked highly in meat inspection. Its meat is tender with an excellent taste and bright color.

Kyoto Beef (Japanese Black) Produced in: Kyoto Prefecture

A high-quality fat balance is realized in the cattle of Kyoto Beef by way of traditional raising methods, such as the thorough usage of self-assorted feed with an original formula. The attractive taste of Kyoto Beef is attained by way of nutrient-rich pasture grass, water drawn from mountain streams and the significant difference of temperature between the different seasons. It has sensuous, mellow taste and flavor.

Kazusa Wagyu (Japanese Black) Produced in: Chiba Prefecture

Kazusa Wagyu is raised on the high-quality feed and good water of Chiba Prefecture, which contains iodine. Light fat content with a low melting point is a characteristic of its meat. Kazusa Wagyu is a beef with a light, refreshing taste that one does not tire of even when eating until full.

Yamagata Gyu (Japanese Black) Produced in: Yamagata Prefecture

Yamagata Gyu is raised with a lot of love and in an excellent environment, which features feed rich with rice straw, rice bran and grains from Yamagata land well-known for rice production. Fine marbling, tender texture and creamy flavor due to low melting point of fat are characteristics of this meat.

Kagoshima Wagyu (Japanese Black) Produced in: Kagoshima Prefecture

Kagoshima Wagyu is raised in a natural environment with abundant greenery and a mild southern climate. This cattle is raised to produce healthy beef, by way of assorted feed containing sweet potato and strained lees of shochu (Japanese distilled spirit). It is well known for its fine and tender texture, and mild and rich flavor produced by its delicate marbling.

Bushu Wagyu (Japanese Black) Produced in: Saitama Prefecture

Bushu Wagyu is raised with assorted feed rich with dry-heat processed corn. It is produced under the motto of flavor inherent to beef, sweet taste and fine meat texture.

Tochigi Wagyu (Japanese Black) Produced in: Tochigi Prefecture

Tochigi Wagyu is fed abundant pasture grass and rice straw during the early stage, and carefully selected feed mainly containing barley at the later stage. Its meat is flavorful and has a fine texture.

Tajima Beef (Japanese Black) Produced in: Hyogo Prefecture

The cattle of Tajima Beef are raised by way of a traditional method with a long history so as to produce a beef of world-class quality. Its characteristics include the depth and richness of its taste particular to beef. When heated, the marbled fat melts on the tongue and the taste of meat and scent of fat blend magically, forming the unique taste of Tajima Beef.

Akita Yuri Beef (Japanese Black) Produced in: Akita Prefecture

The cattle of Akita Yuri Beef are carefully raised under a health management system, including barns with 50cm thick layers of rice husks at the bottom to protect the body of cattle from the cold, in order to avoid subjecting the cattle to any stress. This is a beef with extensive fine fat marbling and characteristic sweet juices and soft, mellow texture.

Kobe Beef (Japanese Black) Produced in: Hyogo Prefecture

The cattle of Kobe Beef are raised by stock farmers in Hyogo Prefecture through the full use of advanced fattening methods. Calves bred in Hyogo Prefecture with pedigree registration certificate are fattened in farms designated by authorities. Vivid contrast in the bright red of meat and delicate delicate marble pattern can be found in Kobe Beef, and it has a distinctive flavor.

Joshu Wagyu (Japanese Black) Produced in: Gunma Prefecture

Joshu Wagyu is raised carefully over a long period, while effectively using the water resources of Gunma, which contain abundant minerals. Japanese Black cattle of good pedigree are fed of originally selected feed for the purpose of raising high-quality beef cattle. Its characteristics include a fine texture and rich taste.

Ohmi Beef (Japanese Black) Produced in: Shiga Prefecture

The cattle of Ohmi Beef are raised with independently selected original feed mainly containing corn and barley, as well as water from the clear streams of the Azumi River. Its characteristics include fine and delicate meat flavor and fat marbling and the creaminess with which it melts in one's mouth.

Hakata Wagyu (Japanese Black) Produced in: Fukuoka Prefecture

Hakata Wagyu is a Wagyu carefully raised over a period of about 20 months in Fukuoka Prefecture after being delivered from various parts in Kyushu as calves. The meat of Hakata Wagyu cattle, which are raised on grains only, is very soft and tender. The fat is not too rich but tasty on its own.

Hiroshima Beef (Japanese Black) Produced in: Hiroshima Prefecture

The cattle of Hiroshima Beef, with its simple but strong-tasting meat, are raised in ideal conditions featuring vast meadows and abundant pasture grass. It has fine meat fiber and contains no excessive fat. Its meat is bright red in color with fine, delicate fat marbling, which brings about a delicate taste and rich flavor particular to Hiroshima Beef.

Matsusaka Ushi (Japanese Black) Produced in: Mie Prefecture

Matsusaka Ushi cattle are top-grade Japanese Black heifers. They are individually raised with the utmost care, including the feeding of beer, which is meant to enhance the cattle's appetite. In addition to its beautiful marbling, its tender texture and sweet-flavored fat is also particular to Matsusaka Ushi.

The following logo mark and catchphrase are designed to highlight the appeal of "genuine Wagyu beef made in Japan" when exporting Wagyu beef to overseas markets.

■ Common logo mark for Wagyu



■ Catchphrase

A taste of Japan-Let's eat delicious Wagyu!

Planning and Production:

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Supporters: Agricultural Production Bureau, Ministry of Agriculture, Forestry and Fisheries;
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FY2007 Program on Comprehensive Measures to Increase the Consumption of Domestically Produced Meat

Production: TBS VISION