



# 和牛

Japanese Beef



# The charm of “Wagyu” Japanese Beef – gaining worldwide popularity

Japanese food is booming throughout the world. “Wagyu” Japanese Beef is a main figure in Japanese food that has captured the whole world.



## Proof of authenticity: “Universal Wagyu Mark”

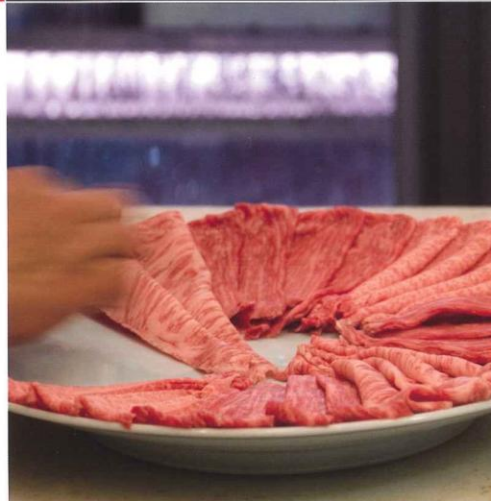
In order to introduce the unrivaled quality of Wagyu to people throughout the world, the “Universal Wagyu Mark” was established in 2007 with our sincere hope to let people around the world experience the authentic taste of Wagyu. The mark is the proof of authenticity.



## Wagyu: A work of art, blessed by Japan's rich nature and food culture

Rice has been essential in life of the Japanese. Farming cattle had been indispensable in rice cropping. Like in other countries, Wagyu also traces its roots to draft cattle, and has gone through breed improvement repeatedly in Japan's rich nature with the four seasons to have become a valuable breed with sashi, or “marbling.”

Wagyu has since grown together with the Japanese food culture of thinly slicing and simmering the meat with vegetables in a pot, as in sukiyaki and shabu shabu. It has captured global attention not only as a high quality food ingredient but also as a work of art.



## Column

### What does the “Wa” in Wagyu Stand For?

“Wa” in Wagyu refers to the meaning of Japan itself, and it also stands for harmony and peace and represents the heart of Japan.

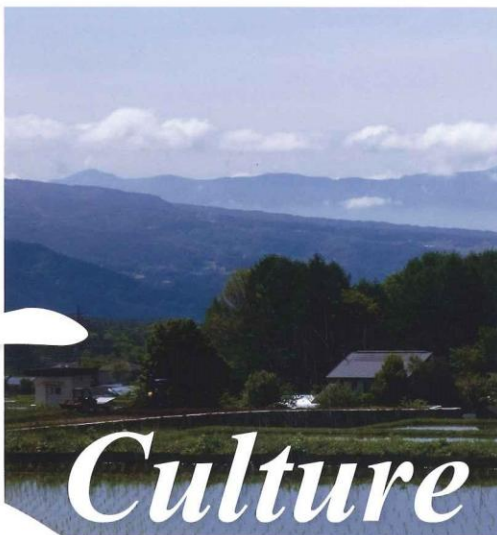




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## Beef became widespread in Japan in the late 19th century

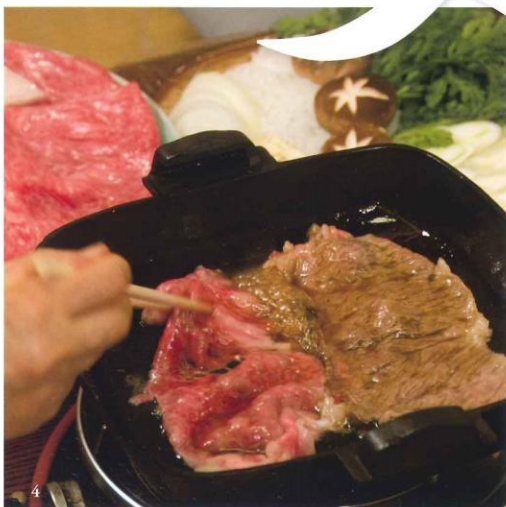
Due to the fact that cattle had been valuable and indispensable farming animals, and due partially to some religious background, meat diet had been often prohibited in Japan. Meat was not generally eaten in Japan until around 1877 when 558 *gyunabe* beef hot pot restaurants had opened in Tokyo, which became one of the symbols of Japan's westernization movement.



# Culture

## Beef dish took hold along with "Sukiyaki Culture"

There had been a custom of eating sukiyaki on every Saturday or Sunday in 1940s in the leading cultural city Kyoto, contributing to increase the demand of beef. In the meantime, power tiller was taking place of draft cattle and the focus was shifting to breed improvement for bigger and better taste beef cattle.

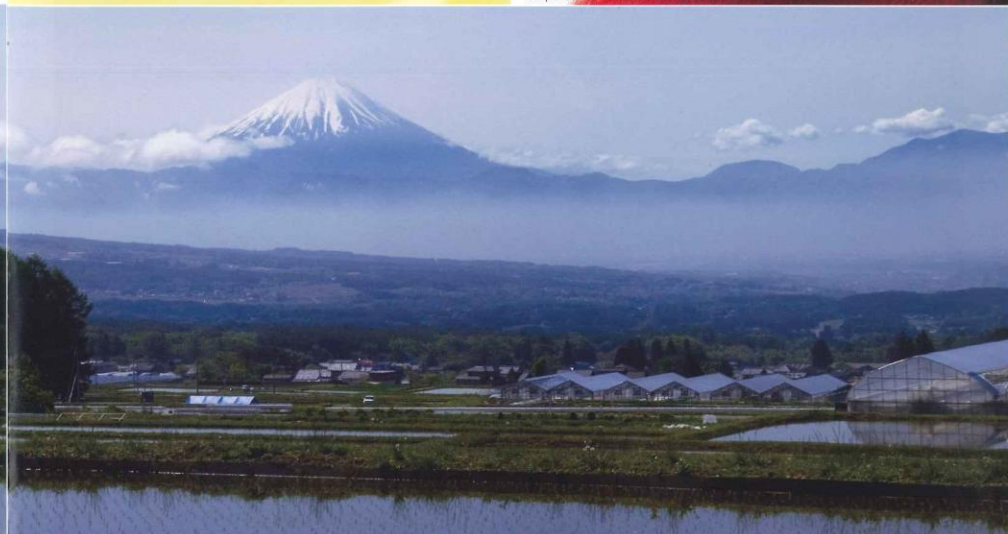


## Delicious and convenient canned beef opened the beef market throughout the Country

"Canned *yamato-ni* beef (beef stewed with soy sauce flavoring)" has been appreciated both at home and abroad as a convenient and tasty ready-made meal. Canned *yamato-ni* helped accelerate use of beef in cooking throughout Japan.



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## Column

### Wagyu's roots: "Chiya cattle's stepping on Go board"

Wagyu has been closely connected with the life of Japanese people, and many festivals and traditional arts involving Wagyu are still observed throughout the country. "Chiya cattle's stepping on Go board" is a traditional event held in Niimi, Okayama prefecture, where huge cattle step on a small (game of Go) board in a show of splendid balance and trusting relationship with their trainers. Today, the custom is carried on by local high school students. Chiya cattle is said to be the roots of Wagyu after crossbreeding that produced quality Tokonami Tsuru-uchi beef in 1830.



# Wagyu, raised one by one like a part of the family

From their birth until shipment, Wagyu are given individual names and nurtured like a part of the family. The fine taste of Wagyu comes from the tender, loving care that goes into their breeding.

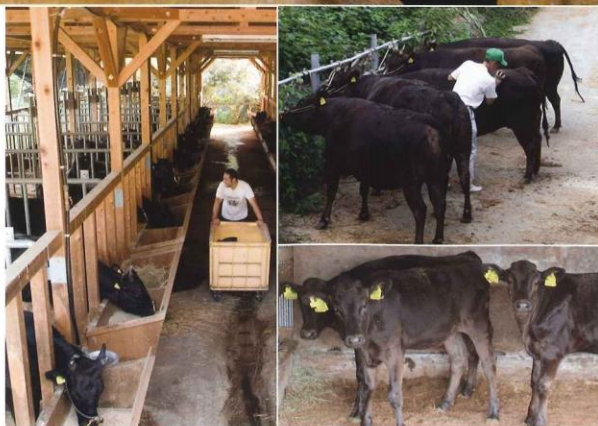


## How Wagyu are raised

Wagyu calves stay at a farm up to 7 to 10 months after the birth and will be sent to the calf auction market, after which they are fattened until approx. 700kg before shipment.

Weaned soon after birth, calves are fed with milk replacer one by one by hand. Another example of tender care is that some farms provide their calves with handmade calf jackets when the weather gets colder.

On the fattening farm, Wagyu are raised in the beef cattle barns given individual names instead of in large-scale feedlots.



## Rice straws make delicious Wagyu

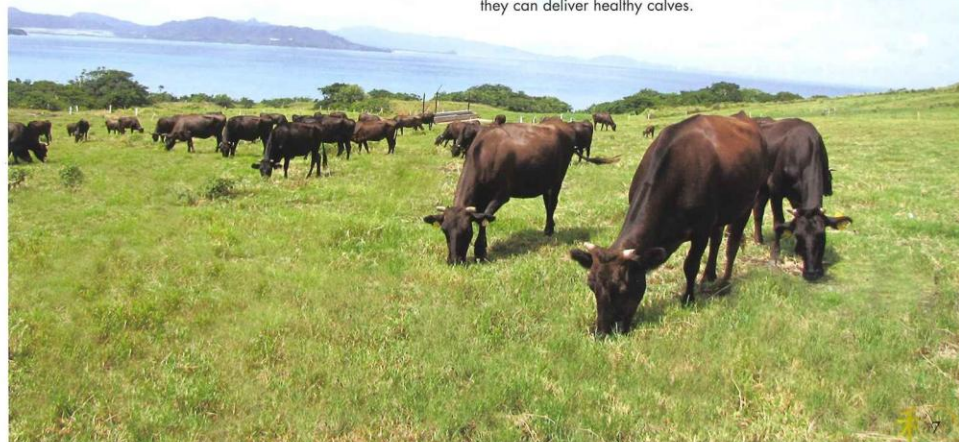
In addition to roughage such as grass and rice straws and concentrate, cattle are fed by whole crop silage, which is indispensable for developing marbling and white color of fat.



©Ishiwawa Prefecture Tourist League

## Grazing for birth of healthy calves

Breeding cattle and pregnant cattle are put to grazing so that they can deliver healthy calves.



# Wagyu created by Japan's superior improvement technology

Wagyu has been developed as unrivaled beef cattle based on Japan's high breeding technology which enabled to establish a stable supply system with proper price levels.



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## 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.

## 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.

## 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.



## Japan's pride: History of improved Wagyu

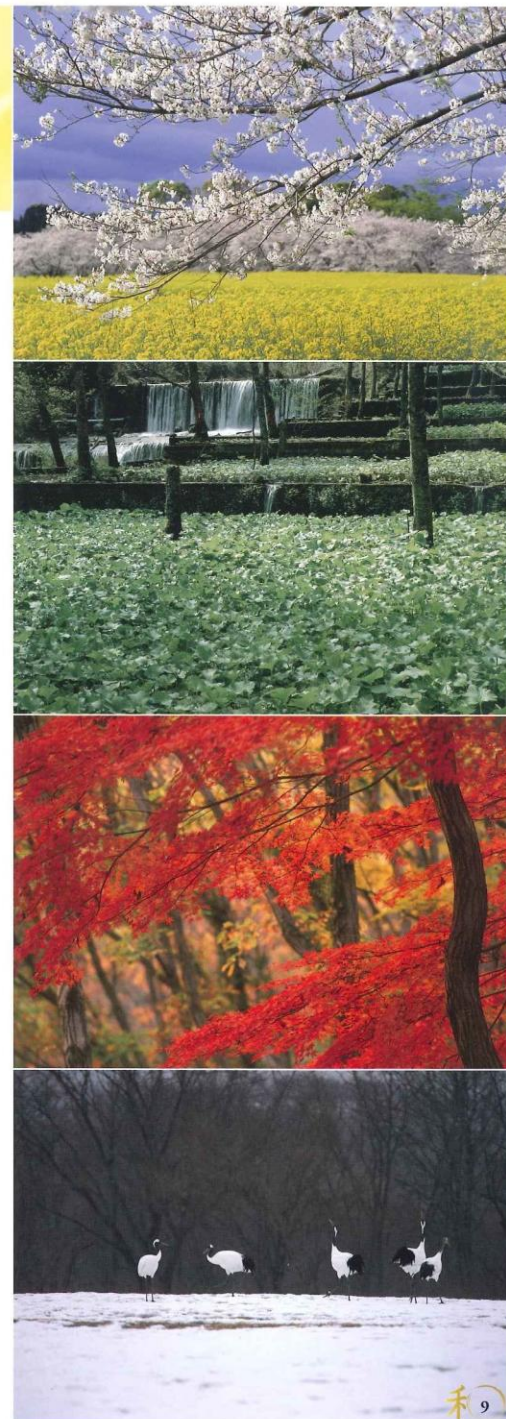
It is said that cattle that had been domesticated on the continent were brought to Japan around 400 BC. Picture scrolls from the Heian period (794-1185) show solid, lavishly decorated ox-drawn carriages that had been used by nobles.

Cattle were later improved for farming use and people eventually began to eat meat after the Meiji period (1868), and breed improvement was actively performed in various locations. As the result, stable production of Japan's highest Wagyu in the world with excellent meat quality grades and yield grades became possible. As the result of the continued efforts for breeding with excellent pedigree, Wagyu has reached to the highest level in the world.

As an additional note, there is a breed of beef cattle with fine muscle fiber and excellent marbling that is said to be the origin of modern Wagyu and still maintains its designation as a natural monument on an island in Yamaguchi prefecture.

## Wagyu and the brands by origin

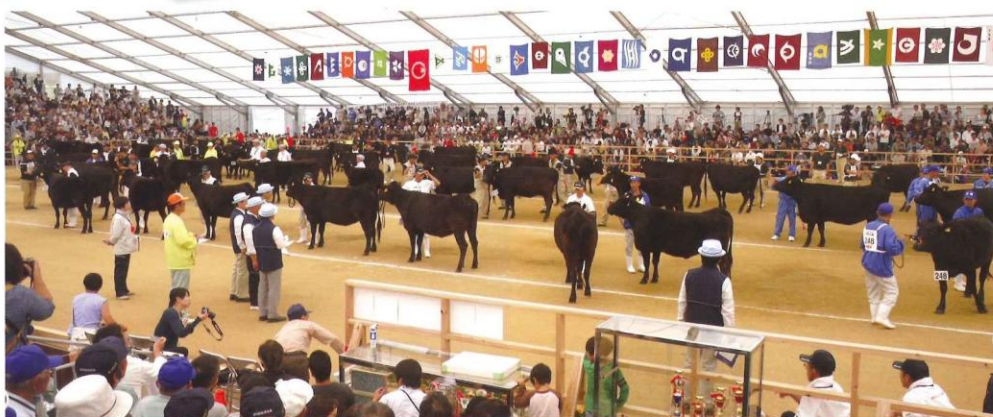
Since 1968, field test has been widely performed at each regional cattle inspection center for selecting calves based on their feed efficiency and growth capability. Based on the result, progeny test has been made by actually fattening selected male calves and then checking their daily gain and meat quality before choosing the candidate animal for performance test. Various regions have made extensive efforts to create high quality Wagyu of their own by also learning from each other, which are currently available on the market as branded beef from each area.





## Wagyu and family register; calf registration certificates

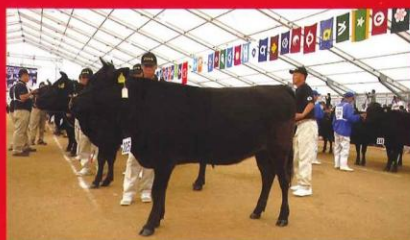
In order to secure Wagyu as an important resource and also to maintain the basic information for breeding improvement, calves are individually registered. Calves are inspected for registration in their respective production areas within four months from birth, during which their documentation, identification, and the presence of abnormalities are checked. A calf registration certificate is issued within six months after the calf's birth and its breed is verified if it meets certain requirements. This registration includes information on the pedigree, going back for up to three generations of parents, grandparents and great-grandparents.



### Column

#### Nationwide competition of Wagyu

Every five years, a nationwide contest is held for improvement of Wagyu quality. The first competition was held in Okayama in 1966, with the theme; "Can Wagyu be used as beef cattle?" Since then, remarkable development has been seen in the improvement technology of Wagyu.



## Grading system – Excellent quality evaluation method to provide consumers with constant quality

There is a unique grading system, which no other countries have, to judge Wagyu quality objectively. The grading system has the standards by the Japan Meat Grading Association, which is the only organization authorized by the Japanese government. After slaughtering, carcasses are evaluated strictly, one by one, by an association grader. This grading system is an outstanding method of quality assessment for maintaining the constant quality in distribution according to each standard, no matter when and where cattle are produced and slaughtered.

### Two criteria for evaluation of carcass

Grading is divided into two main categories of yield grade and meat quality grade. For meat quality grading, a five-step evaluation is made on the following four points: marbling, color and shine of meat, firmness and texture, and fat color and shine, with the fifth grade as the highest.

Yield grades are to judge the final meat ratio. Based on the specific calculation method, carcass is put into one of the following categories; A for above average, B for average and C for below average. Grade judgment is conducted by combining the yield grading and quality grading, e.g. A5, B4.

### 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

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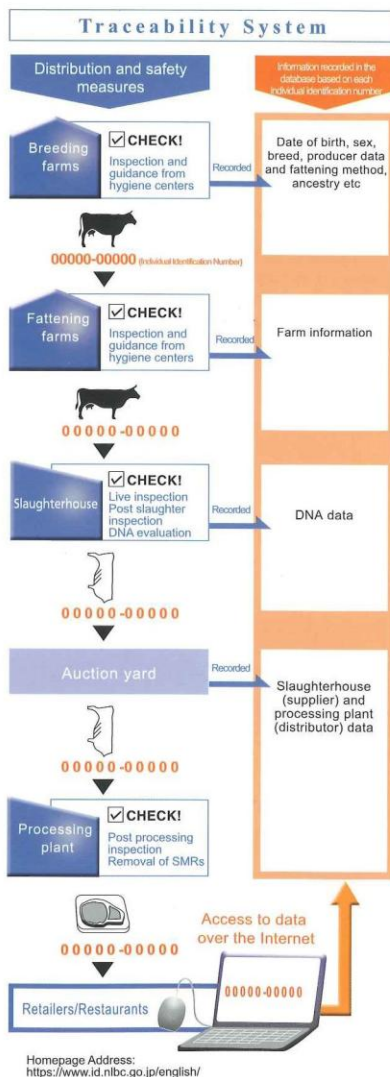
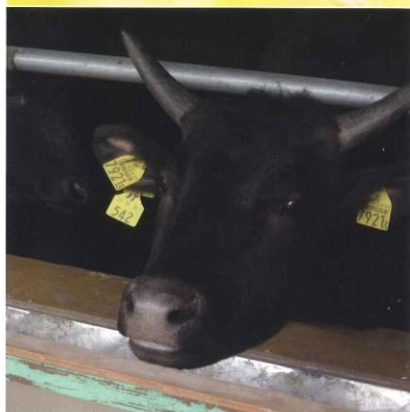
#### Which parts are used for grading?

In Japan, beef carcass is graded by judging the cut surface between the sixth and seventh ribs. The grading method is done by the nationally uniform standards, and beef carcasses of the same grade have the same meat quality. Buyers buy beef carcasses of the quality that their users need based on the grading results.



# Safety and security measures

Wagyu's feature is not limited to tasting great. Wagyu is produced under supervision of the high hygienic standards. In case of an accident, the beef can be traced back by the traceability system.



## Hygienic control system from the production stage

As a method of hygienic control on the farm, Japan has introduced the farm HACCP system. HACCP methods used in the process of food manufacturing have been transferred to the farm to prevent not only contamination of pathogens and microorganisms but also to avoid injection needles left and to check the residue of antibiotics. This hygienic control system enables continuous improvement on the farm.

## Hygienic control system at the meat processing plant

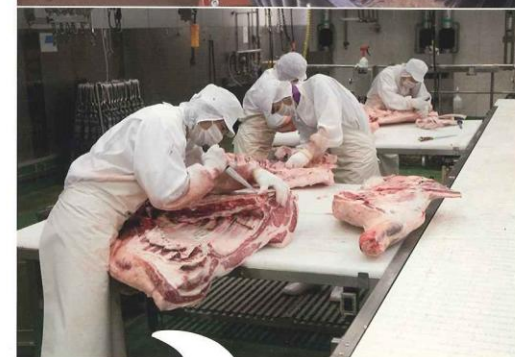
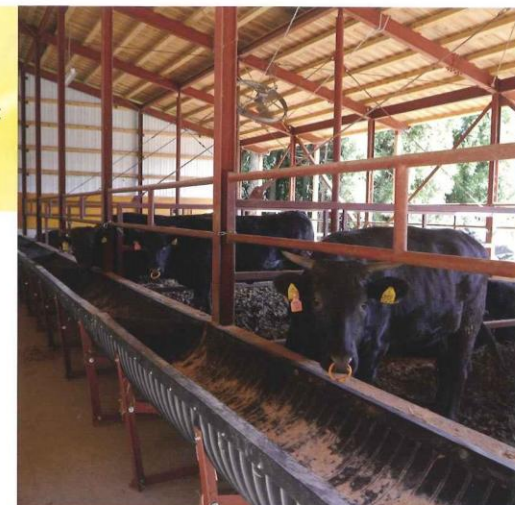
Many Wagyu meat cutting plants have strict quality control certifications such as ISO or SQF (Safe Quality Food) program and HACCP for food to deliver safe and secured food to the tables.

## Slaughterhouse applied for Wagyu export

In order to export Wagyu, slaughterhouses have to meet the requirements of the importing countries. Japan currently exports Wagyu to 7 countries in Asia and the United States (as of September 2013).

## Ten-digit individual identification number for securing safety

All beef cattle raised in Japan carry a ten-digit individual ID number. Based on the law, the government manages these numbers and the National Livestock Breeding Center provides information on the date of birth, sex, breed, history of mother, relocation history, fattening period, slaughterhouse information, and date of slaughter as a "Service of individual identification information of cattle" (<https://www.id.nlbc.go.jp/english/>). The system is in place to confirm the production place and breed, to prevent false labeling and also to ensure tracking can be made in case of an accident.



# Delicious taste of Wagyu and its functionality

Why does Wagyu taste so good? Unique Wagyu aromas and textures, *Umami* in the lean meat characteristics make Wagyu so delicious.



part, and specific cooking methods that enhance these

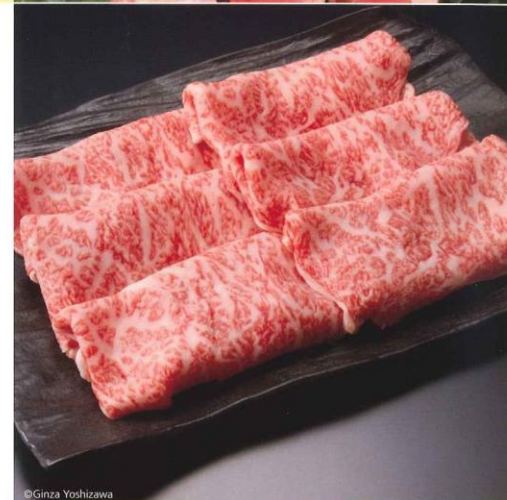


## Secrets to the tasty flavor of Wagyu

The three elements to make delicious beef are "texture", "flavor", and "aroma." Among them, Wagyu has so called "Wagyu beef aroma," which is unique to Wagyu. It is a rich, sweet aroma similar to that found in peaches and coconuts, and is a retronasal aroma and flavor that spreads when chewing the meat in your mouth.

It is now known to us that this Wagyu beef aroma comes out strongest when meat is heated to 80 degrees Celsius (176 degrees Fahrenheit) after dry aging, which matches the temperature best suited for sukiyaki, a typical dish for Wagyu. Once Wagyu beef aroma has been released, it stays within the meat and is released again when chewed, even when cold. That is the reason why Wagyu is delicious even after it gets cold.

Wagyu aroma coupled with the mild texture of marbled beef adds Wagyu the highest quality of taste.



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## Technology to boost oleic acid, which has both tasty flavor and functionality

Wagyu fat is known to have a high content of oleic acid, which enhances its good taste. In addition to boosting flavor, oleic acid is also reported to promote the proliferation of intestinal good bacteria, and may also be effective for autoimmune disorders such as rheumatism. Efforts are currently underway for further boosting the oleic acid content for added value.

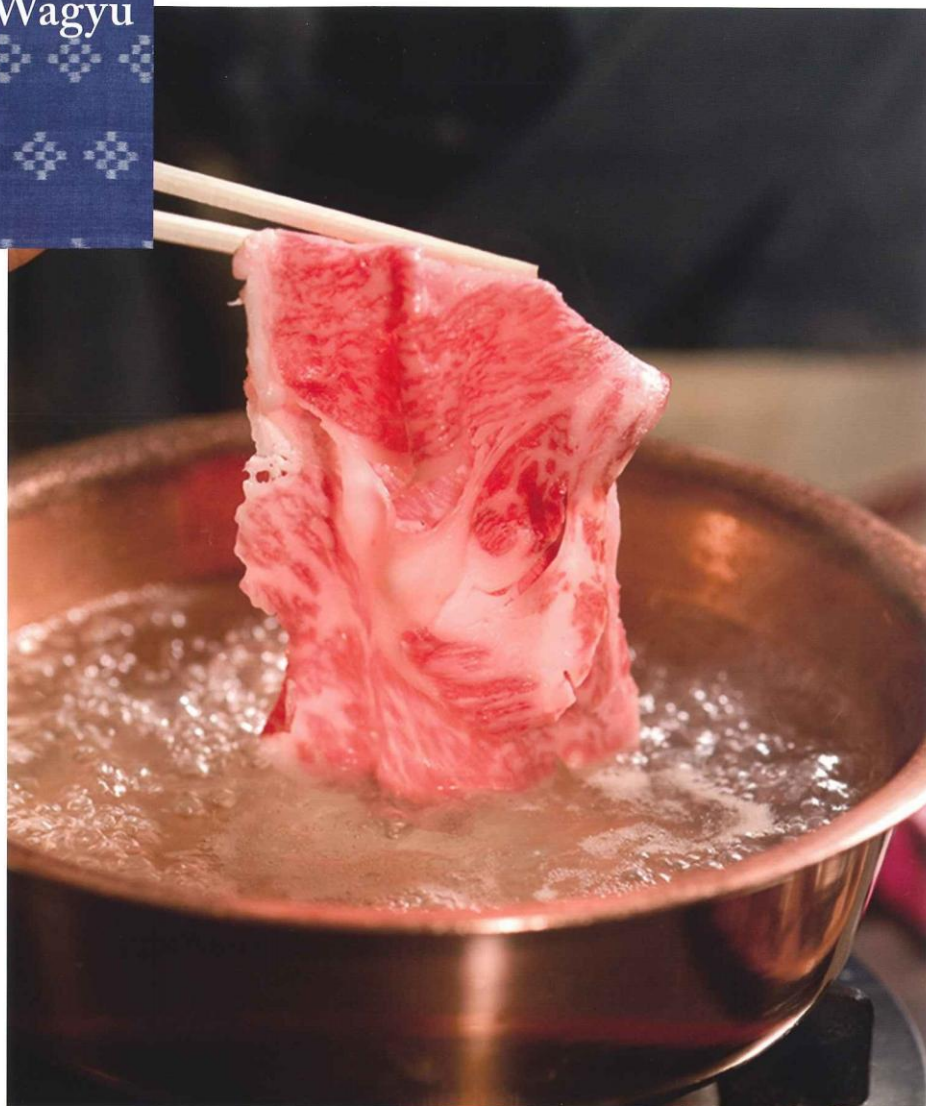
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#### Scientifically proven deliciousness of Wagyu

Various types of technology have been developed in Japan to measure the oleic acid content. The nationwide contest to select the country's best Wagyu has the oleic acid content standard in the meat quality review since 2012. The fine flavor of Wagyu is supported by technologies for scientific analysis of "Oishisa" or deliciousness.

Flavor

香



## Shabu-shabu

This dish is made with thinly sliced Wagyu beef blanched in boiling water. Its origins are traced back to the Chinese hot pot using mutton. The quality of the ingredients is crucial for this quite simple dish. Cooked meat is usually dipped in sesame sauce or pon-zu sauce (soy source with citrus flavored vinegar) before eating. One can fully enjoy with the luxurious taste of Wagyu beef with its fine marbling and delicate flavor.

**Recommended cuts:** Sirloin, Ribloin, Chuck roll, Top-round, Gooseneck round, Knuckle



## Sukiyaki

One of the best known Japanese dishes in the world is "Sukiyaki." Combine thin sliced Wagyu beef and other ingredients in a sukiyaki pan and add the Warishita (mixed sake, soy sauce and sugar) and simmer. Dip the cooked ingredients in beaten egg before eating. You can enjoy the rich taste and fine texture of Wagyu beef.

**Recommended cuts:** Sirloin, Ribloin, Chuck roll, Shoulder clod, 2 Rib short rib, Short plate, Gooseneck round, Knuckle





## Steak

Wagyu beef steak has an extremely tender texture and is easily consumed with chopsticks. The best way is to flavor it with grated fresh Wasabi or soy sauce or even salt.

**Recommended cuts:** Chuck roll, Sholder clod, Fillet, Sirloin, Rib loin, 2 Rib short rib, Short plate, Top-round, D Rump, Knuckle



## Yakiniku

Yakiniku (barbecued beef) is a cuisine that originated in Korea. But in Japan, Yakiniku is usually barbecued on a "Shichirin" (a small charcoal grill) and has become popular as a healthy food. You can enjoy different textures from each cut.

**Recommended cuts:** All



## Seiro-mushi

Seiro-mushi meaning "beef and vegetables cooked in a bamboo steamer" is a low-calorie dish. "Umami" (meat flavor and taste) of Wagyu beef permeates into the vegetables and you preserve the taste of the natural ingredients.

**Recommended cuts:** Sirloin, Ribloin, Chuck roll



## Japanese-style roast beef



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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 way you can enjoy the pleasant chewy texture of Wagyu beef.

**Recommended cuts:** Round (Top-round, D Rump, Knuckle), Chuck tender, Fillet

**<Ingredients>** For four servings

- 400g block beef
- A
  - 2 1/8 cup (500cc) sake
  - 2 1/8 cup (500cc) water
  - 2/3 cup (160cc) ordinary soy sauce
  - 1/3 cup (80cc) light soy sauce
  - 1 1/3 oz (40g) sugar
  - Some starch with water
  - 1/2 bunch of nanohana (young rapeseed blossom)
- B
  - 4/5 cup (200cc) dashi (Japanese soup stock) dashi
  - 1 tsp (5cc) light soy sauce
  - 1/5 tsp (1g) salt
  - Japanese mustard as needed

**<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 1/4 in. (5-7mm) thick.
6. Boil the soup and evenly pour in starch with water while stirring to make gravy.
7. Blanch 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.

## Shredded Beef with Green Pepper

Shredded Beef with Green Pepper is representative Chinese dish, with the use of Wagyu beef, with its savory flavor and tender texture.

**Recommended cuts:** Shoulder clod, Chuck tender, Gooseneck round

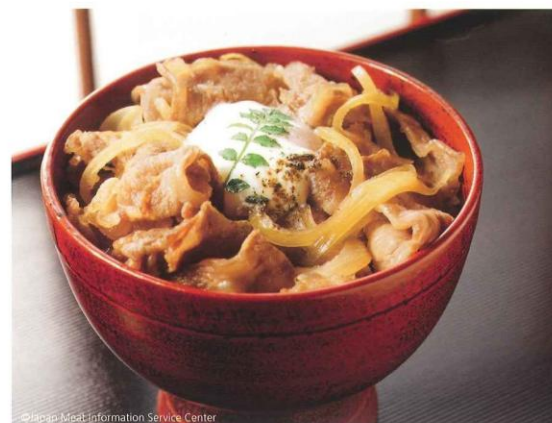


**<Ingredients>** For two servings

- 150g beef
- 6 green peppers (of which 1 shoulder be red)
- 100g bamboo shoots in spring water
- 1 clove garlic
- Ginger
- 3tbs salad oil
- Beef Seasoning:
  - 1 tbs Shaoxing rice wine, soy sauce
  - 1 tsp sugar
  - 1 tbs oyster sauce
  - 1 tbs Chinese soup stock (powder)
  - 1 tbs salad oil
  - Salt & pepper to taste
  - 2 tsp corn starch

**<Directions>**

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



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## Gyu-don

Gyu-don (beef bowl) is a very popular dish that also appears on the menu at fast food restaurants in Japan. The fat in Wagyu is very tender and its exquisite juicy flavor permeates into the rice.

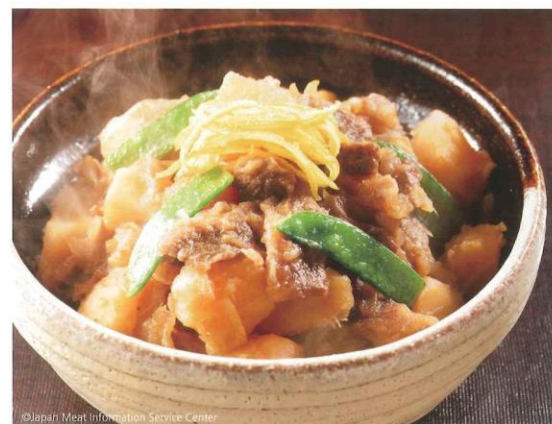
**Recommended cuts:** 2 Rib short rib, Short plate, Shoulder clod, Brisket

**<Ingredients>** For two servings

- 300g beef in slices
- 1 onion
- 2 poached eggs
- 2 stems of kinome (young leaf bud of Japanese pepper tree)
- 400g cooked rice
- 140cc dashi (Japanese soup stock)
- 100cc mirin
- 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 poached egg and kinome on top before serving.



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## Niku-jaga

Niku-Jaga (stewed meat and potato) is a representative home-style Japanese dish. Its origin the beef stew. Wagyu retains its tender texture even after stewed, and the flavor permeates.

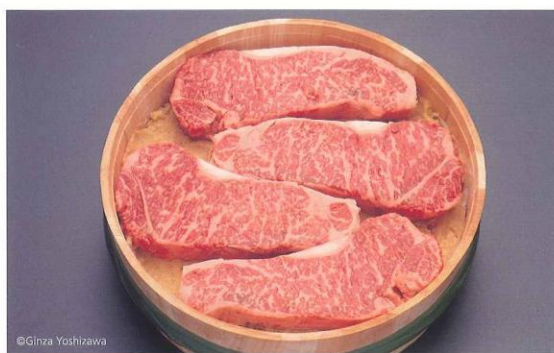
**Recommended cuts:** 2 Rib short rib, Short plate, Shoulder clod, Brisket

**<Ingredients>** For four servings

- 300g beef 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 tbs (60cc) ordinary soy sauce
- 4 tbs (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.
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.

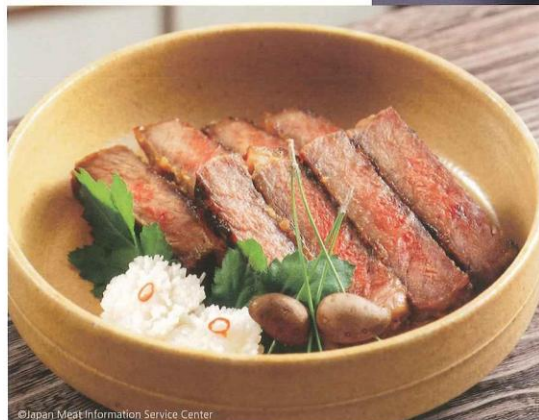


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## Miso-zuke

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 Wagyu Beef and the flavor of miso with this recipe.

**Recommended cuts:** Sirloin, Ribloin



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**<Ingredients>** For two servings

- 400g block beef
- Miso yuzuri as needed
- [Ingredients for miso yuzuri in an easy-to-prepare amount]
- 2/5 cup (100cc) sake
- 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)
- 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 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.

\*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.



This web site links the place you can try Japanese Wagyu beef outside of Japan

<http://wagyu.lin.gr.jp>

## Beef Red Wine Stew

Shank of Wagyu beef is plenty of collagen. The more it stews, the richer taste.

**Recommended cuts:**

Brisket, 2 Rib short rib, Shank

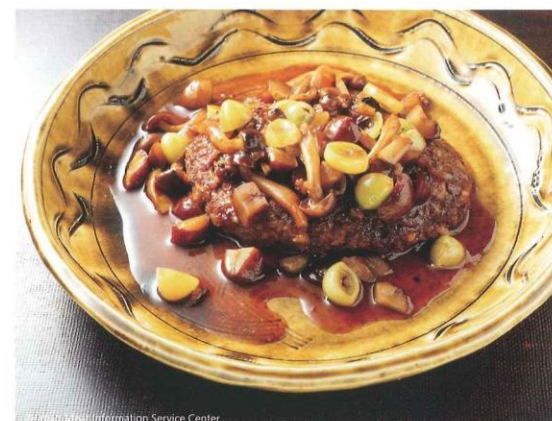


**<Ingredients>** For two servings

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

**<Directions>**

1. Cut beef into generous bite size pieces. Finely chop onion, carrot and celery and remove skin from garlic and into halves.
2. Heat olive oil in frypan and saute 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 sauteed 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 boil and reduce to low heat.
5. Lightly season with salt and pepper and replace lid. Transfer pot to oven preheated to 200 and bake for approximately 90mins.
6. Remove soup and reduce until slightly thickened. Serve meat on plates and top with thickened sauce.



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## Teriyaki hamburger steak

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 Wagyu Beef are very tender and juicy.

**Recommended cuts:**

Mince

**<Ingredients>** For two servings

- 300g roughly minced beef
- 50g rice
- 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
- 2/5 cup (100cc) sake

- 1/5 cup (50cc) ordinary soy sauce
- 1/5 cup (50cc) mirin (sweet cooking rice wine)
- Some Japanese mustard

**<Directions>**

1. Finely chop onion and saute 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 on top 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.



# 和牛

Japanese Beef

Planning and Production:  
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