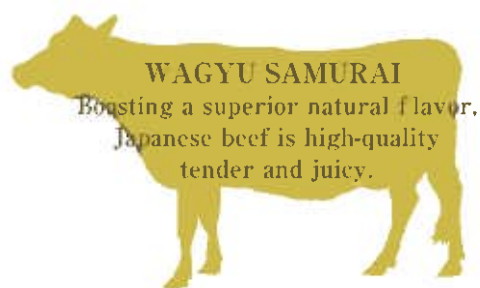

Recipes of Japanese WAGYU Cooking





SAMURAI SUNRISE IN THE KINGDOM OF THAILAND

WAGYU SAMURAI is our branded beef that we can proudly offer to consumers.

Usually in Japan, beef brands are acknowledged by region and branded-cows are fed within the specified areas with unique fattening methods by the agricultural organizations in each production area and district.

When it comes to Japanese-produced beef (wagyu), the most widely known brands are Omi, Matsuzaka and Kobe. In fact, however, there is still a number of other high-quality but unknown beef brands all over the country. Therefore, when selecting beef, we don't limit to any specific area and carefully select quality wagyu from a wide range of areas. That's why we can stably provide oversea consumers with premium-quality wagyu.

Devoting wagyu producers are exactly like worriers, and deserve the title of WAGYU SAMURAI. We discover competent wagyu farms full of ideas and precision techniques from all over the country using our extensive network. Then we carefully select only the highest-quality black hair wagyu. We created and launched the WAGYU SAMURAI project to introduce such quality wagyu to consumers all over the world.

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WAGYU SAMURAI in OKINAWA



In the Okinawa Islands, at the southernmost part of Japan, cows are fed food that is rich in nutrients extracted from the sea that is populated by thick and vast coral reefs. They also eat sugar cane. Sugar cane is not only sweet but also contains a lot of minerals and nutrients. We think that sweet and tasty sugar cane makes the cows happy, just the same as chocolate for us. Sugar cane makes cows feel happy and relaxed and helps them grow up healthily in both body and mind. As a matter of fact, the people in Okinawa live the longest in Japan and they are also known to be familiar with the taste of life. Accordingly, WAGYU SAMURAI from Okinawa grows cows freely to create a sweet beef with a rich taste.

WAGYU SAMURAI in MIYAZAKI



Miyazaki is in the east part of Kyushu, a little north of Okinawa. Its name can be found in various mythologies. It is also the place where the Goddess of the Sun, Amaterasuomikami, who is the supreme god of Japan, was born. We don't know if it is significant or not, but Miyazaki has the most sunny days and the longest daylight hours in Japan. It also said that the place where the Goddess was born has had the fewest conflicts with neighboring areas. WAGYU SAMURAI in Miyazaki takes care of cows with the warmth from the Goddess of the Sun combined with a gentle and delicate sense of balance to achieve long-term regional peace. When the cows are still young, it is important they build healthy bodies with high-calorie and nutritious food rich in quality. After that you need to check the degree of growth of each cow meticulously for fine adjustment such as to add low-calorie rice and wheat as well as reduce extra fat etc., and take good care of every single cow. As a result of their efforts, Miyazaki wagyu has won the Prime Minister's Award in 7 categories out of 9 at the National Wagyu Exhibition, which is called the "Wagyu Olympics". Moreover, at the grand sumo tournaments of, Japan's national sport, one Miyazaki cow is presented to the winner as a prize.

WAGYU SAMURAI in GUNMA



Gunma is located to the north of Tokyo and takes the role of a “water pot” for the capital region. In Gunma cows are fed with five grains (rice, wheat, Italian millet, Japanese millet, and beans). We have the expression “pray for the productiveness of the five grains” and it shows our ancestors wished not only for a bountiful harvest of these five grains but also for happiness of the people and future prosperity. That means the five grains were vital life-sustaining food for our ancestors. Blending the five grains is nutritionally excellent as each grain makes up any deficit of the others. Therefore cows in Gunma fed with five grains are amazingly healthy and never require any medicine such as antibiotics. The WAGYU SAMURAI in Gunma patiently watch the natural growth of their cows without using any hormones, drugs, or antibiotics. People in Gunma say that humans are blessed with Mother Nature. So we should live our lives with a feeling of gratitude and awe toward Nature and that we may grow up healthy both in body and mind in return. Five-grain cows, with their hopes and expectations, grow to be good cows with a healthy body.

WAGYU SAMURAI in SAITAMA



Saitama, located next to Gunma, used to be called “Musashi” . Musashi means the place where many warriors congregate as in an arsenal, the warehouse of the samurai and it is recognized as the birthplace of the samurai. Today Saitama is known as an energetic place with the highest ratio of working people (15-65 years old) in Japan. The WAGYU SAMURAI in Saitama adopted the method of adding 1% and more of edible charcoal to the feed stuff. As you may know, charcoal is not just the worthless ashes of wood. Old-time charcoal burners would eat charcoal to check their condition and that made them famous for their good health and long lives.

Charcoal contains abundant minerals such as Calcium, Kalium, Iron, Manganese etc., as well as Germanium to improve the blood circulation. Moderate intake of charcoal improves the cows’ immunity to disease and also supplements their nutrition. Wagyu in Saitama growing up with a charcoal intake has an astonishingly refreshing flavor with little cholesterol. Its fat tastes rich in flavor and also it stays fresh for a long time. As described above, each wagyu has its unique individuality. Such a meticulous attitude toward beef quality by Japanese farmers might be the best in the world. Other than those above, there are a great number of WAGYU SAMURAI all over Japan. This time, in a memorable first issue, we would like to introduce Miyazaki beef. The cows are fed with clean water, fine grains that mainly consist of corns and barleys, and uniquely in Japan, rice straw. So their beef is rich in amino acid and inosinic acid which are the source of umami. It also contains much oleic acid as a flavor compound and you can savor the deep flavor in your mouth. A vital factor of texture, “sashi (fat)” is soft with a lot of linolenic acid and you can enjoy umami, flavor, and taste as never before.

Since ancient times in Japan, events related to the Gods such as festivals have been dominated by the Emperor or noblemen while samurais have taken charge of issue adjustments in this world such as politics or trials. Power and duties were divided to each. As the result, the samurai acquired an extremely realistic awareness and viewed “devoting their life to their own jobs and duties” as the best virtue. Their virtue formed the basis of the Japanese working ethic. We see the spirit of the samurai passing from generation to generation by the people devoting their energy to creating wagyu in various regions of Japan. That is why we named them the WAGYU SAMURAI.

WAGYU SAMURAI is our wholehearted project to introduce wagyu to people living outside Japan. We invite you to taste the masterwork of samurais from all over Japan for yourself.

01

”Wagyu” Shabu-Shabu



[Ingredients]

400 g Beef chuck, slice 1.8 to 2.0 mm thin
 4 leaves of Chinese cabbage, cut leaves into chunk and shave stems
 2 Green onion cut diagonally in 1cm wide
 8 Shiitake mushroom, remove stems and cut into 4 pcs.
 1/4 Carrot, peel and cut into 5mm wide rounds

[Ingredients of broths]

1000 ~ 1500 ml Water
 1 Dried Kombu (kelp) for making broths
 10 cm square
 100 ml Sake
 3 g Salt

Recipe

[Directions to make broths]

- 1 Wipe the Kombu with a damp cloth to clean it. Place the Kombu and water in a saucepan, and allow it to soak for more than 30 minutes to become soft.
- 2 Bring 1 to boil. After boiled, remove the Kombu, add sake and salt.
 * The amount of water depends on the size of saucepan.

[Directions to make Shabushabu]

- 1 Boil the broths in the saucepan. Then, pick up 1 slice of beef with chopsticks, cook it by dipping in the boiling broths, swish it gently back and forth until the meat changes its color, (10 - 20 seconds).
- 2 Take out the cooked food from the saucepan, then enjoy it by dipping in either "Ponzu dare (Ponzu sauce)" or "Goma dare (Sesame sauce)".
- 3 Add the other ingredients in the boiling broth and cook for a few second to a minutes. Take out the cooked food from the saucepan, then enjoy it by dipping in either "Ponzu dare (Ponzu sauce)" or "Goma dare (Sesame sauce)" as well.

[Point 1]

"Ponzu dare (Ponzu sauce)" which is very popular Shabushabu sauce. Eating beef with Citrus juice in the sauce makes you refreshing.

[Directions to make Ponzu dare (Ponzu sauce)]

[Ingredients]

65 ml Dai-dai juice (bitter orange juice)
 15 ml Soy sauce
 10 g Sugar
 1 Dried Kombu (kelp) in 5 cm square for making broths

[Directions]

- 1 Mix soy sauce, sugar and Dai-dai juice, soak Kombu in it. Store it in the refrigerator one night.

[Point 2]

In the contrast to refreshing Ponzu sauce, rich sesame flavor goes good with shabushabu beef

[Directions to make Sesame dare (Sesame sauce)]

[Ingredients]

10 g Paste sesame (White sesame)
 10 g Sugar
 10 ml Soy sauce
 10 ml Japanese vinegar
 3 g Miso (Miso paste)
 2 g Salt

[Directions]

- 1 Mix all the ingredients well.

02 Sukiyaki in Kanto-style



[Ingredients]

400 g Beef chuck, slice thickness of 2.0 to 3.0 mm

4 leaves Chinese cabbage, cut leaves into chunk and shave stems

2 Green onion cut diagonally in 1cm wide

1 one - portion ball of Shirataki (whitish strings of konnyaku/white yam noodle), cut into easy-to-eat sizes after boiled preparatory

12 Shiitake, cut off stems

2 Grilled tofu cut in bite-sized pieces

1 bundle Shungiku (garland chrysanthemum), cut 5 cm long

Moderate amount of Gyushi (beef tallow, beef fat for cooking purposes)

4 Eggs

[Ingredients of Warishita (Stock for Sukiyaki)]

100 ml Soy sauce

100 ml Mirin (sweet sake used in cooking)

100 ml Water

30 g Sugar

Recipe

[Directions to make Warishita]

1 Mix all the Warishita ingredients well.

[Directions to make Sukiyaki in Kanto-style]

1 Heat Sukiyaki pot and grease it with Gyushi well.

2 Roast green onion to bring out flavor. Sear both side of beef.

3 When beef started to turn brown, add warishita drawing the circle in the air.

4 Turn heat lower, add Chinese cabbage, Shirataki, grilled tofu and Shungiku. Then cook it until they turn brown.

5 When the meat and other ingredients are cooked thoroughly, put egg into dish and beat it. take them out of the pot and dip them into a beaten egg before eating.

6 Take meat and others out of the pot and dip in egg and enjoy Sukiyaki

[Point 1]

Beef shall not be chuck but round which is cheaper and have less fat also makes good Sukiyaki.

[Point 2]

Beef and the Shirataki shall be set apart on the pot because the calcium in the Shirataki makes near meat to harden.

03 Yakiniku



[How to cook Wagyu beef Karubi (Chuck rib)]

Wagyu beef Karubi is rich in fat, so barbecue it with medium heat until the surface gets crispy.

Then turn over it for uniform cooking.

Wagyu Jyo-Karubi (bone-less short rib), beautifully marbled with fat, barbecue it 70% on surface, 30% on backside and keep away from flame, at the last, to drop the fat.

[How to cook Wagyu beef roast (beef chuck)]

Barbecue the surface and turn it over when you see the gravy. When the surface browned a little, turn it over again and barbecue it for a while.

[How to cook Wagyu beef round]

Wagyu beef round is lean meat. Barbecue it lightly. Wagyu special beef found, beautifully marbled with fat, in order to cook the surface crispy, when it started to turn brown a little bit, move it to high heat place.

* Do not overcook since it has a little fat, overcooking will harden it.



[Point 1]

Heat grill or plate enough before start cooking otherwise meat stick to them and gravy flow out.

[Point 2]

Salted and sweetened sauce will be good for Yakiniku. This goes well with other fried foods, fried rice, Stewed foods and as for dressing.

[Directions of Yakiniku Sauce]

[Ingredients]

- 55 ml Soy sauce
- 15 ml Sake
- 10g Sugar
- 30 ml Apple juice (100% apple juice)
- 5 g Powdered red pepper
- 5 g of grated garlic
- 1 piece grated ginger
- 5 cm finely chopped green onion
- 10 g White sesame
- 10 g Sesame oil

[Directions]

- 1 Mix all the ingredients well.



04 Beef Round Steak



[Ingredients]

- 4 Beef round for steak
- 2 Potatoes, peeled and cut into 1cm wide rounds
- 2 Onions, cut into 1cm wide rounds
- 200 ml Consommé
- 2 Thymes
- 2 Rosemary
- Moderate amount Pepper and salt
- 50 g Olive oil

Recipe

[Directions]

- 1 Take out meat from refrigerator and bring it back to room temperature. Sprinkle pepper and salt on the both sides.
- 2 Heat and oil a pan over high heat. When you see smoke from the pan, place steaks, thyme and rosemary in it.
- 3 Cook for 1 minute high heat on surface, turn it over and cook it 1 to 2 minutes medium heat. Remove steaks to aluminum foil and wrap it for 5 minutes.
- 4 Place potatoes and onions in the pan and bake them until delicately browned on both sides.
- 5 Add consommé in 4, boil 8 to 10 minutes, until potatoes are well cooked.

[Point 1]

Wasabi spiced steak sauce.

70 ml Soy sauce

70 ml Mirin (sweet sake used in cooking)

75 ml Red wine

2 g Sugar

5 g grated Wasabi (Japanese horse horseradish)

[Directions]

- 1 Use the pan which just cooked steak, put soy sauce, Mirin, red wine, sugar and Wasabi, mix well and boil it down.

[Point 2]

You do not feel too fatty even steak has a lot of fat. Japanese-style Daikon sauce.

[Ingredients]

60 ml broths

20 ml Soy sauce

20 ml Mirin (sweet sake used in cooking)

10 g Sugar

1/4 grated Daikon (Japanese white radish)

[Directions]

- 1 Put broths, soy sauce, Mirin and sugar in the pan, mix it well and boil it lightly.
- 2 After 1 cooled, add grated Daikon in and mix it.

05

Beef Yukhoe (Beef steak Tartare)



[Ingredients]

200 g minced Beef round
40 ml Soy sauce
40 g Honey
15 ml Apple juice (100% apple juice)
5 g of grated Garlic
5 ml Sesame oil
4 Egg yolk
2 g White sesame seeds
2 g Shredded red pepper

Recipe

[Directions]

- 1 Put soy sauce, honey, apple juice, garlic, sesame oil in the bowl and mix them well.
- 2 Add beef in 1 and mix them well.
- 3 Dish up 2 on a plate. On the top of 2, put egg yolk, white sesame seeds and Shredded red pepper.

[Point 1]

Pound the meat to break a fiber makes smooth texture.

[Point 2]

Mix it before eating. Water and gravy flow out if you mix it too early.

06

Seared Beef Salad



[Ingredients]

400 g block Beef round

30ml Red wine

2g Salt

2g Pepper

35g Salad oil

1/2 bundle Mizuna (potheb mustard),
cut 5 cm long

1/2 Red paprika, remove seeds and slice
thickness of 1.0 mm

1/2 Yellow paprika, remove seeds and
slice thickness of 1.0 mm

200 ml Water

5g of Garlic, slice thickness of 1.0 mm

2 slices Ginger, thickness of 3.0 mm

100 ml Soy sauce

50 ml Mirin(sweet sake used in cooking)

50 ml Red wine

1/2 Carrot peeled and slice thickness of 3 mm

1/2 Onions slice thickness of 10.0 mm

25 g Olive oil

Recipe

[Directions]

- 1 Take out meat from refrigerator and bring it back to room temperature.
Rub pepper and salt on the surface of it.
- 2 Oil the pan, cook the beef on medium heat for 30 seconds for both sides.
- 3 Add red wine in 2, flambe it, cook both sides for 15 seconds.
- 4 Remove 3 to aluminum foil and wrap it for 30 minutes.
- 5 Put olive oil and garlic in the pan. Stir-fry it on low heat. When garlic turned delicately browned, take it out from the pan.
- 6 Add carrot and Onions, stir-fry them. When Onions turned clear, add ginger, soy sauce, Mirin and red wine and cook it for 10 minutes.
- 7 Drain 6 in the basket, simmer sauce on low heat until it thicken.
- 8 Slice beef in 1 and dish up beef, topping Mizuna, red paprika, yellow paprika, garlic from 5. Sprinkle 7 on the dish.

[Point 1]

When the meat temperature is too low, it will remain undercooked, so be sure to bring it back to room temperature.

[Point 2]

Adding chive, Momiji oroshi (grated daikon and chili), or grated daikon as spices will make more delicious.

07

Beef Carpaccio



[Ingredients]

200 g Beef round, slice thickness of 4.0 to 5.0 mm

60 ml Lemon juice

20 g Capers

4 to 8 Black olives, remove seeds, slice thickness of 5 mm

12 leaves Rocket

Moderate amount of grinded rock salt

Moderate amount of coarsely ground Black pepper

25 ml Extra Virgin olive oil

Moderate amount of grated Parmesan cheese

Recipe

[Directions]

- 1 Wrap the beef between the cling films, pound it with stick or bottle. Put lemon juice on beef.
- 2 Dish up 1 on plate, scatter capers and black olive, sprinkle rock salt and black pepper, topping the rocket in the center. Put Extra virgin oil all over the dish, then put capers and Parmesan cheese.

[Point 1]

Choose beef with less fat and more red meat.

[Point 2]

Since Japanese prefer Sashimi, fish carpaccio is also popular. You may try tuna, bonito, sea bream, and octopus even with fresh sashimi. In the case of fish, do not use Parmesan cheese.

08 Roast Beef



[Ingredients]

250 g block Beef round

5g of grated Garlic

Moderate amount Salt

Moderate amount Pepper

Moderate amount Beef tallow

Recipe

[Directions]

- 1 Store beef in room temperature for 30 minutes. Sprinkle pepper and salt.
- 2 Put beef tallow in the pan and cook on medium heat. Put beef when beef tallow melted.
- 3 Cook beef on high heat, remove the beef to aluminum foil and wrap it. Roast it in oven 120 degree for 15 to 20 minutes.
- 4 After roasting, let 3 cool slightly, slice it thinly and dish them up in the plate.

[Point 1]

The roasting time is depends on meat and your oven size.

[Point 2]

Adding the gravy which comes from the roasted beef makes a good flavor to the sauce.

[Direction to make roast beef sauce]

[Ingredients]

- 1/2 grated onions
- 15 ml Olive oil
- 2 cloves of grated Garlic
- 50 ml Water
- 20 g Honey
- 5 g Grain mustard
- 50 g Demi-glaze sauce (type of brown sauce)
- 2 g Soy sauce
- 2 g Balsamic vinegar
- 2 g Salt

[Directions]

- 1 Place olive oil and garlic in the pan. When cooked well, put onion.
- 2 When the moisture gone from 1, add water, honey, Grain mustard and demi-glaze sauce and cook it.
- 3 Cook and stir until sauce boils and thicken, add soy sauce, balsamic vinegar and season it with salt.

09

Japanese Style Hamburg Steak



[Ingredients of Hamburg steak]

500 g Ground beef
 45 g minced Beef tallow
 25 g Fresh bread crumb
 100 ml Milk
 1 Egg
 1/6 minced Onions
 15 g Butter
 5 g Salt
 2 g Black pepper
 2 g Nutmeg
 2 g Salad oil

[Ingredients of Japanese style sauce, grated daikon and soy sauce]

60 ml Broths
 55 ml Soy sauce
 55 ml Mirin (sweet sake used in cooking)
 10 g Sugar
 1/4 grated Daikon (Japanese white radish)

Recipe

[Directions to make Hamburg steak]

- 1 Place butter in the pan, stir-fry onion until it turns brown and let it cool.
- 2 Put Fresh bread crumb and milk in the bowl and mix it lightly.
- 3 Add egg and 1 in 2, mix them well. Add salt, black pepper and nutmeg and mix well again.
- 4 Add beef and beef tallow in 3. Keep mixing until it gets sticky and turns pink color.
- 5 Spread salad oil on the palm of hands, pat the meat letting the air go, make a flat oval shape. Make the dense in the center.
- 6 Place salad oil in the pan, cook on high heat until the surface turns browned, turn it over and when the other side turned brown, turn it over again, low the heat and lid it.
- 7 Cook it until clear gravy flow out when poke it with skewer.

[How to make Japanese style sauce, grated daikon and soy sauce]

[Directions]

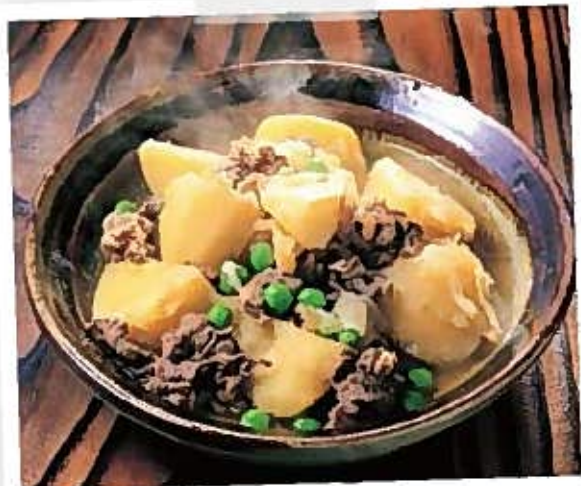
- 1 Place broths, soy sauce, Mirin, and sugar in the pot, mix well and boil them lightly.
- 2 After let cool 1, add grated Daikon in it and mix well.

[Point 1]

Beef tallow makes juicy hamburger steak but you do not need it when ground beef contains a lot of fat.

10

Nikujaga (Japanese Styled Meat and Potato Stew)



[Ingredients]

200 g Beef, slice thickness of 2.0 to 3.00 mm

6 potatoes, peeled and cut into 6 pcs.

1 Onion, peeled, cut into half and slice thickness of 10.0 mm.

20 g Green peas

10 ml Salad oil

600 ml Broths

70 ml Soy sauce

110 ml Mirin (sweet sake used in cooking)

10 g Sugar



Recipe

[Directions]

- 1 Place salad oil in the pot, stir-fry the onion, and add beef. Keep fry them until the color change.
- 2 Add green peas and potatoes in 1 and keep stir-fry them.
- 3 Add broths in 2, boil and remove the scum. Add soy sauce, Mirin, and sugar in it, place a small lid directly on the food (to be boiled in a pot). After boiled it, cook on low heat for 15 to 20 minutes.

[Point 1]

Put potatoes in the water before frying and put enough oil when to fry, for potatoes not to fall to pieces.

Also pour broths over them till they are just barely covered.

If they do not work, remove the corner of potatoes.

[Point 2]

To make delicious Nikujaga, let it cool down after cooking and re-heat it.

This process make Nikujaga to absorb seasoning and better taste.

11

Beef Kakuni (Japanese Braised Pork Dish)



[Ingredients]

1000 g block of Beef rib

1 Green onion, separate green part and white part.

White part =cut into long thin strips

15 g Ginger, peeled and slice thickness of 2.0 mm

10 g of Garlic peeled and slice thickness of 2.0 mm

180 ml Soy sauce

150 g Sugar

90 ml Mirin (sweet sake used in cooking)

180 ml Red wine

6000 ml Water

Moderate amount Shredded red pepper

Moderate amount Japanese mustard

Recipe

[Directions]

- 1 Put 3000ml water and beef in the pot, boil it and skim off the scum that rises to the surface of the cooking water. Drain off the water, put beef in the basket and rinse beef with running water. Wash remained fat and scum. Make it clean.
- 2 Put 3000ml water and 1. green onion (green part), ginger, garlic, soy sauce, sugar, Mirin and red wine in the pot and boil it. When it boiled cook on low heat for 2 to 4 hours.
- 3 Stop heating, cool the beef. Keep it as it is for 6 hours to season it. Cut beef for the size of one persons.
- 4 Before eating, rewarm beef with broth, dish it up in the plate, place on white part of green onion, and shredded red pepper.

[Point 1]

When prepare the ingredients, choose beef without smell.

[Point 2]

Mince Beef Kakuni for fried rice, slice it for Chinese noodle.

There are many ways to enjoy the beef kakuni.

12

Beef Shigure-ni (Seasoned Beef)



[Ingredients]

400 g minced scrap beef

15 g Ginger peeled and cut into long thin strips

60 ml Water

60 ml Sake

30 ml Soy sauce

30 ml Mirin (sweet sake used in cooking)

20 g Sugar

Recipe

[Directions]

- 1 To make beef pass through the hot water, soak in the cold water and put it in a strainer to let the water drain off.
- 2 Place water, sake, soy sauce, mirin and sugar in the pot and boil it. When it boiled, cook on medium heat. When it started to boil down, put beef, keep boiling until it almost becomes condensed.
- 3 Add ginger in 2 and mix it well. Remove from the heat.

[Point 1]

For the preparation, mix beef and sake before the cooking. It will get loose easily while cooking and Becomes more delicious.

[Point 2]

This is very good small dish for alcohol, rice ball filling, Chazuke (rice and green tea) and rolled sushi.

13

Beef Rei-shabu salad (Cold Beef Shabu-Shabu Salad)



[Ingredients of rei-shabu salad]

- 150 g Scrap beef
- 30 g Bean - starch vermicelli
- 5 g Dried wakame seaweed
- 1 Cucumber, cut into long thin strips
- 1/4 Lettuce, cut into long thin strips
- 1 Tomato, peeled and Slice into wedges

[Ingredients of sesame sauce]

- 60 g Paste sesame
- 55 g White Miso (light-brown Miso paste)
- 5 ml Soy sauce
- 5 ml Japanese vinegar
- 20 g Sugar
- 5 ml Sesame oil
- 45 ml Water
- 15 ml Mentsuyu (Japanese noodle soup)

Recipe

[Directions to make sesame sauce]

- 1 Mix all the ingredients well.

[Directions to make Beef rei-shabu salad]

- 1 Spread a sheet of beef, put in boiling hot water and pull up when it turned brown. Mix beef and 15 g sesame sauce.
- 2 Boil Bean - starch vermicelli and cut 5 cm. Soak dried wakame in water and drain.
- 3 Mix Bean - starch vermicelli, wakame, cucumber, lettuce and tomato and dish up them on the plate.
- 4 Put meat above 3, sprinkle sesame sauce.

[Point 1]

Green onion sauce goes well with rei-shabu

[Direction to make green onion sauce]

[Ingredients]

- 5 cm minced Green onion
- 2 g of grated Garlic
- 10 g minced ginger
- 70 ml soy sauce
- 30 ml Japanese vinegar
- 6 g Dashi no moto (Japanese instant bouillon)

[Directions]

- 1 Mix all the ingredient well.

[Point 2]

Keep the vegetables in the refrigerator to keep them fresh and crisp.

14

Grilled Beef Marinated with Miso Paste



[Ingredients]

4 thin Beef round steak

50 g White Miso (light-brown Miso paste)

10 g Hatcho Miso (Premium Miso paste)

10 g Mirin (sweet sake used in cooking)

5 g Sugar

1/4 Green onion, cut white part into long thin strips

4 Watercress

5 ml Salad oil

Recipe

[Directions]

- 1 Mix White Miso, Hatcho Miso, Mirin and sugar.
- 2 Spread 1 to wrap steaks.
- 3 Wrap each steak with cling film and keep them in refrigerator for an hour.
- 4 Place salad oil in the pan. Remove miso from steaks and grill them until both sides turn brown and heated.
- 5 Dish up 4 on the plate. Place watercress with it.

[Point 1]

Remove miso clearly. If not, steak will be burned.

[Point 2]

Adjust seasoning depends on what kind of Miso do you use.

When Miso is too tough to spread, use Sake to soften it. If you prefer sweat taste, add sugar or honey.

15

Deep-fried Marinated Beef with Grated Japanese Radish Flavored with Sweetened Vinegar Sauce



[Ingredients of Deep-fried marinated beef]

250 g Beef round for Yakiniku
 55 ml Soy sauce
 45 ml Sake
 55 ml Mirin (sweet sake used in cooking)
 Moderate amount Potato starch
 4 Shishitogarashi (sweet green pepper)
 3 Radish, slice thickness of 2.0mm
 Moderate amount Salad oil

[Ingredients of grated Japanese radish flavored with sweetened vinegar sauce]

1/4 Daikon (Japanese white radish), grate and drain lightly.
 60 ml Japanese vinegar
 20 g Sugar
 2 g Salt
 20 ml Mirin (sweet Sake used in cooking)

Recipe

[Direction to make Deep-fried marinated beef]

- 1 Mix soy sauce, Sake and Mirin and soak beef in it, leave it in room temperature for 15 minutes.
- 2 Drain excess liquid from beef, dredge them with Potato starch, fry them in 180°C salad oil.
- 3 Fry Shishitogarashi without breading in 180°C salad oil.
- 4 Dish up 2, 3 and add radish flavored with sweetened vinegar sauce (See below).

[Direction to grated Japanese radish flavored with sweetened vinegar sauce]

- 1 Mix all the ingredients well.

[Point 1]

For breading, it is OK to use potato starch only but if you add flour, it absorbs extra water and makes crispy coating.

If you fried in low temperature oil, the breading may attach to the inside wall of pan, if it too high, meat will be burned. Adjust the heating power.

[Point 2]

Green onion sauce has a good flavor and get rid the meat of its smell.

[Directions to make green onion sauce]

[Ingredients]

100 g young green onion, cut into pieces
 90 ml Soy sauce
 15 ml Japanese vinegar
 15 ml Sake
 20 g Sugar
 20 g minced Ginger
 2 Red pepper, remove seeds, cut into pieces
 2 g Salt
 2 g Pepper
 Moderate amount Salad oil

[Directions]

- 1 Mix all the ingredients well.

16

Rolled Beef Steak With Shallot and Wine Sauce



[Ingredients of Beef roll steak]

500 g Beef chuck Eye Roll, slice 2.0 to 3.0 mm thickness

10 g Weak flour

Moderate amount Salt

Moderate amount Pepper

Moderate amount Beef tallow

[Ingredients of shallot and wine sauce]

130g minced Shallot

70 ml Chicken soup

70 ml Red wine

40 ml Balsamic vinegar

5g of mashed Garlic

1 Rosemary

25 ml Olive oil

10 g Butter

Moderate amount Salt

2g Black pepper

Recipe

[Directions to make Beef roll steak]

- 1 Spread 2 sheets of beef, sprinkle flour lightly and roll them carefully.
- 2 Spread 2 sheets of beef again, sprinkle flour lightly then, roll them again over the rolled beef 1.
- 3 Repeat 2 until it become a diameter of 8 cm, cut it into rounds with thickness of your preference.
- 4 Sprinkle pepper and salt on 3, place beef tallow in the pan to melt and cook on medium to high heat Until beef turns brown.

[Directions to make shallot and wine sauce]

- 1 Place olive oil in the pot, stir-fry shallots on medium to high heat until they turn light brown.
- 2 Put garlic, rosemary, black pepper in 1. Stir-fry them for few minutes, not to burn. Add Balsamic vinegar and red wine and keep frying for a few minutes.
- 3 Add Chicken soup in 2, boil for 5 minutes. Remove rosemary and garlic.
- 4 Boil 10 more minutes to make it condensed, add butter and salt to adjust flavor.

[Point 1]

Wrap the beef-roll with cling film and restore it in the refrigerator 3 hours to one night will makes cut easy

[Point 2]

If you add minced meat or scrap meat between the rolled meats make the volume up.

Instead of minced meat or scrap meat, put boiled Chinese cabbage will make healthy volume up.

17

Beef Rolls Stuffed with Burdock, Cut into Long Thin Strips



[Ingredients]

300 g Beef rib, slice 1.8 to 2.0 mm thickness
1 Burdock, peeled and cut into long thin strips
1/2 Carrot, peeled and cut into long thin strips
1 Green onion
(cut white part into long thin strips)
1/2 bundle Enoki mushroom
(Flammulina velutipes)
Moderate amount Potato starch
70 ml Soy sauce
30 g Sugar
20 ml Sake
45 ml Water
10 ml Olive oil

Recipe

[Directions]

- 1 Spread sheets of beef, roll burdock, carrot, green onion and Enoki mushroom with beef.
- 2 Sprinkle potato starch on 1.
- 3 Place olive oil on the pan, put rolled beefs in it. Stir-fry until they turn brown lightly.
- 4 Put soy sauce, sugar, Sake and water in the pan.
- 5 Lid the pan and cook on low to medium heat.

[Point 1]

Since the vegetables are cut into long thin strips, it is easy to eat for elder people and kids.

[Point 2]

You may use pork instead of beef.
You may add kidney bean, green asparagus, Japanese mustard spinach and bamboo shoot.

18 Beef Croquette



[Ingredients]

150g Ground beef
2 Potatoes, peeled and cut 1 into 6 pcs.
1/2 Onions, peeled and minced
1/4 Cabbage, cut into long thin strips
20 g Wheat flour
1 Egg
50 g Breadcrumbs
Moderate amount Salt
Moderate amount Pepper
5ml Salad oil
Moderate amount Worcester sauce

Recipe

[Directions]

- 1 Place potatoes with enough water to cover them in the pot and boil on high heat.
- 2 Boil it until potatoes thoroughly cooked.
- 3 Drain cooking water from 2, shake the pot while cook on high heat, sweat potatoes, smash with masher.
- 4 Place salad oil in the pan. heat it, put beef and stir-fry it until it turns brown.
- 5 Add Onions, pepper and salt in 4 until onion becomes soft.
- 6 Mix 3, 5 and let it cool slightly.
- 7 Divide 6 into quarters, make the shape of oval.
- 8 Coat 7 in order of (1) flour, (2) beaten egg and (3) breadcrumbs.
- 9 Fry 8 with 170 °C salad oil.
- 10 Dish up 9, put cabbage on the plate, sprinkle Worcester sauce.

[Point 1]

Put beaten egg and breadcrumbs on the edge of croquette will help from bursting while frying.

[Point 2]

You may use microwaves to boil potatoes instead of boiling. Wash potatoes with skin clean, wrap them with cling film, heat them 5 minutes with microwave, turn over upside down and heat them for 2 to 3 minutes. When the bamboo skew pierced potatoes without resistance, it means it heated.

19

Mench-Katsu, Fried Minced Beef Ball



[Ingredients]

400 g Ground beef
1/2 peeled and minced Onion
100 g Breadcrumbs
30 ml Milk
2 Eggs
1/4 Cabbage, cut into long thin strips
2 bell peppers, remove seeds and chopped into bigger size
1 Tomato, slice into wedges
5 g Salt
5 g Pepper
Moderate amount Worcester sauce
Moderate amount Salad oil

Recipe

[Directions]

- 1 Place salad oil in the pan, heat on medium, put onion and stir-fry it until it becomes soft. Move it to bowl and let it cool slightly.
- 2 Add beef, 20 g Breadcrumbs, milk, 1 egg, 2 g salt and 2 g pepper in 1 and mix well.
- 3 Divide 2 into 8, make the shape of oval.
- 4 Coat 3 in order of (1) flour, (2) 1 beaten egg and (3) 80 g breadcrumbs.
- 5 Heat salad oil 170 °C and fry 4.
- 6 Fry bell peppers without breading in 180 °C salad oil.
- 7 Dish up croquettes, bell peppers, cabbage and tomato, sprinkle Worcester sauce.

[Point 1]

If 2 is too hard, add more milk, if too soft, add breadcrumbs for the adjustment.

[Point 2]

When to fry, do not touch the croquettes for the while to keep the shape of them.

20 Turnip and Edamame (Green Soybeans) with Japanese Styled Meat Sauce



[Ingredients]

100 g scrap beef

100g pod Edamame (green soybeans)

4 Turnips, peeled and cut into 4 pcs.

180 ml water

18 ml soy sauce

15 g sugar

30 ml Sake

2 g chicken stock powder

20 g Oyster sauce

25 g Potato starch

Recipe

[Directions]

- 1 Put Edamame and turnips in the separate boiled water to be cooked.
- 2 Put 130 ml water, soy sauce, sugar, Sake, chicken stock powder and oyster sauce in the pot, mix and heat them until boiled.
- 3 Add beef in 2 and when beef browned, taste it. Add sugar and salt to adjust it.
- 4 Combine 50 ml water and potato starch well, add it in 3, heat it to be thicken.
- 5 Dish up 1 on the plate and sprinkle 4.

[Point 1]

Meat sauce has strong flavor but turnip is not seasoned, their combination is very good.

[Point 2]

Daikon (Japanese white radish), pumpkin, eggplant, green leafy vegetables, okra, and Shimeji mushrooms are also Recommended.

21

Beef Curry



[Ingredients]

600 g shank beef, cut into bite-size
2 peeled and minced Onions
10 cm minced celery
1 peeled and minced Carrot
300 ml Red wine
25 ml Salad oil
4 pcs whole Cardamom
4 pcs whole Clove
5cm stick Cinnamon
2 g Turmeric
2 g Cayenne pepper
10 g Cumin
10 g Salt
5 g Pepper
10 g Wheat flour
500 ml Hot water
50 ml Fresh cream
5 g Chocolate
5 g Blueberry jam
5 g Worcester sauce
5 g Consommé

Recipe

[Directions]

- 1 Mix beef, 1 onion, celery, carrot, red wine, 5 g salt, 5 g pepper, aged by a refrigerator for 2 hours to a night.
- 2 Place and heat salad oil in the pan, stir-fry 1 onion until it turns browned.
- 3 Place salad oil in the different pan, put and heat cardamom, clove and cinnamon. When clove started rising, add them in 2.
- 4 Take out 1 from refrigerator and remove beef. Place the different pan on the heat and stir fry 1 without Beef until it becomes paste.
- 5 Add turmeric, cayenne pepper, cumin, 5 g salt and flour in order, repeating add 1 and mix, add 1 and mix and heat it.
- 6 Place beef in the pot and heat it until it turns brown.
- 7 Add hot water consommé and in 6, add 5, fresh cream, chocolate, blueberry jam and Worcester sauce, cook on low heat for 2 hours.

22 Beef stew



[Ingredients]

- 600 g shank beef cut into bite-size
- 40 g Wheat flour
- 50 g Butter
- 20 g of peeled and minced Garlic
- 1400 ml Vegetable juice
- 5 g Basil
- 2 Potatoes peeled and cut in 3 cm 3
- 2 Onions peeled and cut in 3 cm 3
- 2 Carrots peeled and cut in 3 cm 3
- 4 Green asparagus peeled and cut in 3 pcs.
- 2 Celery peeled and cut in 3 cm 3

Recipe

[Directions]

- 1 Flour beef thoroughly.
- 2 Place butter in the pot and heat it until melt it. Put garlic, when it started smelling. add beef and stir-fry until the surface turn brown.
- 3 Add vegetable juice, basil, potatoes and onions in 2 and simmer it for an hour.
- 4 Add carrot and celery in 3 and simmer it for 30 minutes.

[Point 1]

For the vegetable juice, use tomato based juice without sugar and salt.

[Point 2]

Whipped cream topping is also recommended.

23 Beef and vegetable grilled on earthenware utensils



[Ingredients]

4 beef chuck for steaks

12 Green asparagus

1/2 Onion slice 1.0 mm thin

1/2 Carrot slice 1.0 mm thin

1 Kabosu (Citrus sphaerocarpa) cut into 8 pcs.

Salad oil

Salt

Pepper

Recipe

[Directions]

- 1 Put carrot in boiled water and heat it.
- 2 Heat earthenware utensils (dish which is able to heat with a direct fire). place salad oil, cook both sides of beef, green asparagus, onion and carrot.
- 3 Sprinkle pepper and salt on 2.

[Point 1]

You may choose other parts of meat such as beef chuck, tenderloin and beef round.

[Point 2]

When you want to eat beef chuck lightly, Japanese steak sauce is recommended.

[Directions to make Japanese steak sauce]

[Ingredients]

- 1/4 grated onion
- 5 g of grated garlic
- 50 ml Sake
- 50 ml Pon - zu vinegar
- 10 g Sugar
- 20 ml Mirin (sweet sake use in cooking)
- 35 ml soy sauce
- 10 cm grated Daikon (Japanese white radish)

[Directions]

- 1 Put onion, garlic, Sake, Pon-zu, sugar, Mirin and soy sauce in the frying pan and boil it.
- 2 Drain water from daikon lightly and put it on the top of cooked meat. Sprinkle 1.

24 Spicy Meat Ball



[Ingredients]

300 g Ground beef

50 g minced Basil

1g clove of peeled and grated Garlic

4 ml Soy sauce

4 g Salt

2 g Pepper

2 g Dried Oregano

15 ml Olive oil

Recipe

[Directions]

- 1 Put beef, basil, garlic, soy sauce, pepper and salt, oregano and olive oil in the bowl and mix them well.
- 2 Divide 1 in to 8 to 10 and make them ball.
- 3 Place olive oil on the frying pan and cook 2.

[Point 1]

Dressed with sweetened vinegar sauce makes meat balls shiny and delicious.

[Directions to make sweetened vinegar sauce]

[Ingredients]

60 ml Water

45 g Ketchup

20 g Sugar

30 ml Japanese vinegar

35 ml Soy sauce

30 ml Sake

15 ml Mirin (sweet sake used in cooking)

2 g Sesame oil

30 g Potato starch

[Directions]

- 1 Place water, ketchup, sugar vinegar, soy sauce, sake, Mirin, sesame oil and potato starch on frying pan and mix them well. Cook on low heat to boil.

[Point 2]

When to make a meat ball, rub salad oil on hand palms help smooth movement.

25 Beef Cutlet with Mushroom Demi-Glace Sauce



[Ingredients with Beef Cutlet]

400 g Tenderloin Beef Steak

Moderate amount Salt

Moderate amount Pepper

80 g Wheat flour

1 Egg

100 g Breadcrumbs

Moderate amount Salad oil

[Ingredients with Mushroom Demi-Glace Sauce]

1/4 Grated Onion

40 g Shimeji mushrooms

40 g Eringi (king oyster mushroom)

1/2 Tomato, peeled skin after steeping it in boiling water

2g clove of minced garlic

50 ml Red wine

300 ml Demi-glace sauce
(type of brown sauce)

25 g Olive oil

Recipe

[Directions to make Beef cutlet]

- 1 Sprinkle pepper and salt on the both side of beef, coat it with order of (1) flour, (2) 1 beaten egg and (3) breadcrumbs.
- 2 Fry them with 160 °C salad oil for 10 minutes, turn them over sometimes.

[Directions to make Mushroom Demi-Glace Sauce]

- 1 Place olive oil and garlic in the frying pan and heat them. Add onions when garlic started smelling.
- 2 Add Shimeji, Eringi and tomato in 1 and heat them. Add red wine and burn off alcohol. Add Demi-glace sauce, cook on low heat. Add pepper and salt to adjust the taste.

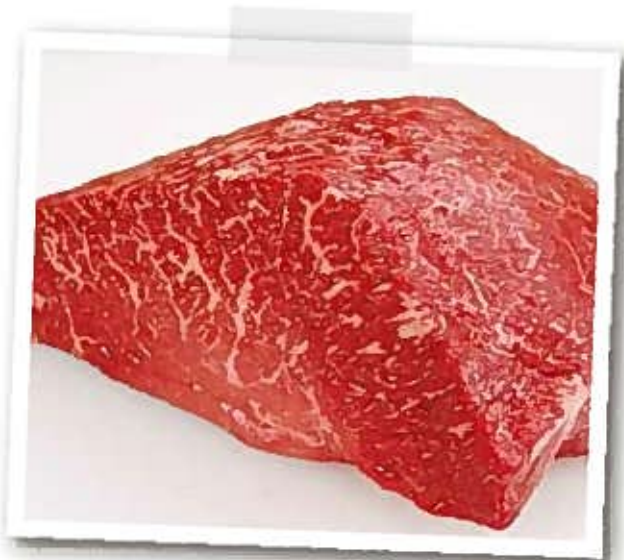
[Point 1]

For the good Beef Cutlet, choose less fat part of meat such as Tenderloin or beef round. When to choose round meat, layer the slices to make soft texture.

[Point 2]

Make sandwich with Beef Cutlet! Spread Japanese brown sauce on Beef cutlet, sand it in toasted breads, buttered one side and mustards mastered on other side makes wonderful sandwich.

26 Beef sushi



※Beef round has a less fat and also delicious.

【Point 1】

Choose beef less fat, but red meat.

【Ingredients】

300 g Beef round sliced in 4.0 to 5.0mm thickness

300 g Rice

400 ml Water

1 sheet Kombu (5.0cm × 10.0cm)

50 ml Rice vinegar

10 g Sugar

5 g Salt

5 g Pepper

2 g clove of peeled and grated Garlic

1/4 bundle of minced Green onion

Moderate amount Wasabi
(Japanese horse horseradish)

Recipe

【Directions】

- 1 Mix rice vinegar, sugar and salt.
- 2 Put rice, water and Kombu in the rice cooker and cook rice. When finished, take out Kombu, combine 1 and rice with fanning it.
- 3 Wrap beef with cling film, pound it with stick or bottle until it thinner and sprinkle pepper and salt.
- 4 Divide 2 in 12 and make them shape of Sushi rice. (Sand bag shape)
- 5 Put Wasabi and garlic on 4, and place 3 and green onion top of it.

【Point 2】

When to make Sushi rice, use cling film to make the shape.

27 Beef Chirashi-Zushi



【Ingredients of Sushi rice】

600 g Rice
800 ml Water
1 sheet Kombu (5.0 cm × 10 cm)
100 ml Rice vinegar
20 g Sugar
10 g Salt

【Ingredients of Chirashi 1】

400 g scrap beef
1 Burdock, peeled and thinly-sliced
300 ml Broths
70 ml Soy sauce
40 g Sugar
35ml Mirin (sweet sake used in cooking)

【Ingredients of Chirashi 2】

2 Eggs
10 g Sugar
2 g Salt
20 ml Sake
Moderate amount Salad oil

【Ingredients of Chirashi 3】

1/4 Carrot, peeled and Cut into long thin strips
40 g Ginger, peeled and Cut into long thin strips
60 ml Japanese vinegar
2 g Sugar
2 g Salt
2 g White sesame seeds
2 Watercress
20 ml Sake

Recipe

【Directions to make Sushi rice】

- 1 Put rice vinegar, sugar and salt in the bowl and mix well.
- 2 Put rice, water and Kombu in the rice cooker and cook rice. When finished, take out Kombu, combine 1 and rice with fanning it.

【Directions to make Chirashi 1】

- 1 Soak Burdock into water to remove harshness, and boil it.
- 2 Put broth, soy sauce, Mirin, beef and boiled burdock in the pot and boil them. Skim off the scum that rises to the surface of the cooking water, and boil it down.

【Directions to make Chirashi 2】

- 1 Put eggs, 20g sugar, 2g salt and 10ml Sake in the bowl and beat them well.
- 2 Place salad oil in the frying pan and cook on medium heat. Put 1 on it and tilt the frying pan to make 2.0 to 3.0 thin sheet egg paper.
- 3 When egg spread equally flat and the surface became solid, put the lid on the pan, remove from the heat, and place the frying pan on the wet dishcloth to let it cool.
- 4 Cut 4 in 3mm thickness.

【Directions to make Chirashi 3】

- 1 Mix vinegar, sugar and salt and Sake well, put carrot and ginger in it and leave it for 1 to 2 night.
- 2 Drain off moistures when to use it.

Mix Chirashi 1 to 3 very well, dish up on the plate, put white sesame seeds and watercress on that.

28 Beef Rolled Sushi



Ingredients for Sushi rice

600 g Rice
800 ml Water
1 sheet of Kombu (5.0cm × 10cm)
100 ml Rice vinegar
20 g Sugar
10 g Salt
20 g Minced Tsukemono
(Japanese pickled vegetables)
5 g white sesame seeds
4 Roasted nori (laver)
4 leaves Boston lettuce

Ingredients 1

8 Sliced thin beef
10ml Soy sauce
5ml Sake
2 g Sugar
10 ml Apple juice
1 g Chili powder
1g of grated Garlic
1/4 piece grated Ginger
5 cm minced Green onion
5 g White sesame seeds
5 g Sesame oil
5 g Salad oil

Ingredients 2

2 Eggs
10 ml Sake
10 g Sugar
2 g Salt
Moderate amount Salad oil

Recipe

Directions to make Sushi rice

- 1 Put rice vinegar, sugar and salt in the bowl and mix well.
- 2 Put rice, water and Kombu in the rice cooker and cook rice. When finished, take out Kombu, combine 1 and rice with fanning it.

Direction to make ingredients 1

- 1 Place salad oil in frying pan, cook beef both sides, add soy sauce, Sake, sugar, apple juice, Chili powder, garlic, ginger, green onion, white sesame seeds and sesame oil in it. Stir-fry until boil it down. Remove it on the dish.

Direction to make ingredients 2

- 1 Mix egg, Sake, sugar and salt well.
- 2 Heat rolled egg making pan on medium heat, place salad oil on it. Put 1 on the pan and make a roll with low heat. Be sure it is not burned but well heated. Make the shape using sushi mat, let it cool as it is and divide it in to 4 pcs., vertically.

Directions

- 1 Place 1 nori sheet, shiny-side down on Sushi mat, spread 1/4 Sushi rice lightly on it, leaving 4 - 5 cm Border around the edges.
- 2 Place Ingredients 1, 2 and 1 Boston lettuce.
- 3 Picking up Sushi mat, rice and filling at once, put front side rice and the other side rice together and roll up firmly using Sushi mat. Make roll end to be bottom, press it lightly on the top of Sushi mat with palms of your hands to make a good shape. Repeat with remaining nori, Sushi rice, and ingredients. Cut them in bite-size and dish up on the plate.

29 Beef Udon - Kansai Style -



※Kansai Style will be clear soup with konbu dashi.

[Ingredients]

300 g scrap beef

1200 ml Water

60 ml Sake

60 ml shirodashi soy sauce
(white soy sauce with soup stock)

35 ml Mirin (sweet sake used in cooking)

4 portion balls of boiled udon
(Japanese needles)

3 Green spring onions cut into 1cm diagonally

A little of powdered citron

Moderate amount Shichimi togarashi
(Blend of seven spices and peppers)

Moderate amount Citron pepper

Recipe

[Directions]

- 1 Put water, Sake and beef in the pot. Bring to the boil over high heat. After boiled, cook it on low heat for 10 minutes.
- 2 Add Mirin and shirodashi soy sauce in 1.
- 3 Heat boiled noodle, put it in Donburi, a china bowl for Japanese noodle.
- 4 Put 2 in 3 and add Green spring onion, citron, Shichimi togarashi and Citron pepper.

[Point 1]

In order to remove scum and smells from beef meat, put it in the boiling water, and remove to basket when the water re-boiled, before start cooking.

[Point 2]

The broth of Kanto style udon is made from bonito and have a strong flavor. The one for Kansai style udon is made from Kombu and clear soup and lightly seasoned.

30 Cold Udon with Beef and Grated Daikon



[Ingredients]

200 g Sliced beef

4 portion ball of boiled udon
(Japanese needles)

85 ml Soy sauce

85 ml Mirin (sweet sake used in cooking)

15 ml Sake

1/2 tablespoonful Sugar

250 ml Water

1 sheet of Kombu (5.0cm × 10cm)

1/4 peeled and grated Daikon
(Japanese white radish)

Recipe

[Directions]

- 1 Place Kombu and water in the pot and leave it for an hour.
- 2 Add soy sauce, Mirin, Sake and sugar in 1 and heat it. Remove Kombu before it start boiling, and the pot boiled.
- 3 Add beef in 2. cook it stirring apart with long chopsticks.
- 4 Turn off heat as soon as beef has heated and leave it for 20 to 30 minutes to let it absorb the flavor.
- 5 Heat boiled noodle and wash it with cold water, remove it to basket to drain the water.
- 6 Dish up 4. 5 and daikon in the dish.

[Point 1]

Overheating makes beef harden, remove the pot from the heat as soon as beef heated.

[Point 2]

Cold udon and grated Daikon have you a good appetite for meat which gives you so much energy in the hot day.

31

Fried Beef



[Ingredients]

350 g Scrap beef

20 g Oyster sauce

10 g Soy sauce

15 g Sake

2 g Black pepper

5g of peeled and grated Garlic

1 Egg

45 g Potato starch

Moderate amount Salad oil

4 leaves of Lettuce

1 Tomato peeled and slice into wedge

Recipe

[Directions]

- 1 Rub oyster sauce, soy sauce, Sake, black pepper, garlic, egg and potato starch into beef, let it marinate for 15 minutes, make into bite-size balls.
- 2 Place salad oil as high as 5.0 mm, cook on medium heat, fry 1.
- 3 Dish up 2 on the plate, add lettuce and tomato.

[Point 1]

Direction 1 To use a plastic bag to rub the seasoning may be easily cleared.

[Point 2]

Do not touch beef when to fry so that the batter coating do not come off.
Frying the beef twice make juicy fried beef inside and crispy out side.

32

Gyu-Don (Donburi with Seasoned Beef)



[Ingredients]

- 300 g Sliced beef, cut into bite-size
- 2 Onions, sliced in 5.0 mm thickness
- Cooked rice for 4 donburis
- 140 ml Broths
- 100 ml Mirin (sweet sake used in cooking)
- 60 ml Soy sauce
- 4 Onsen tamago
(Slow boiled egg which yolk is hard but the white is still soft)
- Moderate amount Kona-Zansho
(powdered Japanese pepper)
- Moderate amount white sesame seeds

Recipe

[Directions]

- 1 Bring broths, Mirin, soy sauce and onion in the pan to a boil with medium heat. When it boiled, heat low until onions softened.
- 2 Add beef in the pot, heat high, stirring apart with long chopsticks. Remove from heat before the beef turns all brown. (The red parts slightly remains.)
- 3 Serve rice in the Donburi (Chinese bowl), pour meat and sauce over the rice and top with onsen tamago, sprinkle Kona-Zansho and white sesame seeds.

[Point 1]

Sliced rib with good fat is recommended.

[Pnt 2]

Onsen tamago is also good topping for salad.

[Directions]

- 1 Boil 1000 ml water in the pot with lid.
- 2 When the water has boiled, remove the pot from heat, add 200 ml water and egg in it.
- 3 Put lid on the pot, restore it for 12 minutes. Remove egg from the pot, drain off the water and leave It for 3 minutes.

33

Yakiniku-Don (Beef Yakiniku Bowl)



[Ingredients]

300 g Beef
35 g Soy sauce
10 ml Sake
5 g Sugar
10 ml Apple juice (100 % juice)
3 g Middle ground Chili powder
2 g peeled and grated garlic
5 g peeled and grated ginger
5 cm minced young green onion
10 g White sesame seeds
5 ml Sesame oil
5 ml Salad oil
Cooked rice for 4 donburis (Chinese bowl)

Recipe

[Directions]

- 1 Put soy sauce, Sake, sugar, apple juice, Chili powder, garlic, ginger, young green onion, white sesame seeds and sesame oil in the bowl and mix them well.
- 2 Oil heated frying pan, cook the beef. When it turned brown, add 1.
- 3 Serve rice in the Donburi (Chinese bowl), pour meat and sauce over the rice.

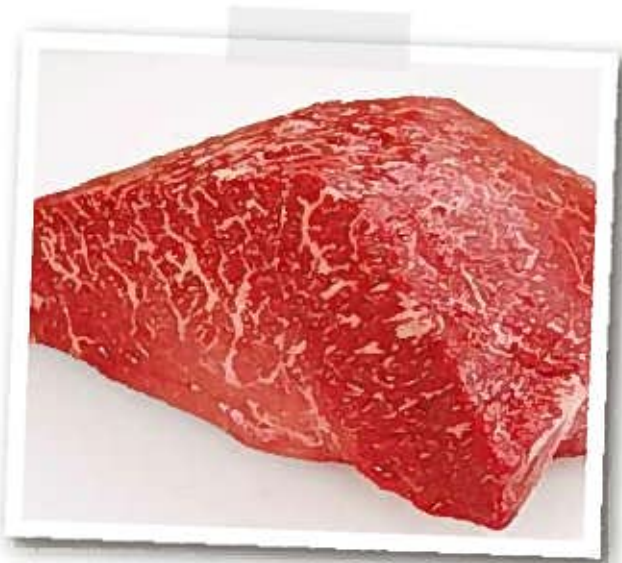
[Point 1]

In the direction 2, if there were too much beef oil in the pan, wipe it off before adding 1.

[Point 2]

Cook the beef crispy is the key to make delicious Yakiniku-Don.

34 Beef Caprese



※Beef round has a less fat and also delicious.

[Ingredients]

200 g Sliced Beef round in 4.0 ~ 5.0mm thickness

60 ml Lemon juice

1 sliced Tomato in 5.0mm thickness

130 g sliced Mozzarella cheese in 4.0mm thickness

4 Radishes sliced in 2.0mm thickness

4 Rockets

Moderate amount of milled Rock salt

Moderate amount coarsely ground Black pepper

25 ml Extra Virgin olive oil

Recipe

[Directions]

- 1 Put a beef between the cling films, pound it with stick or bottle until it become thin. Sprinkle lemon juice on the beef. Do the same to all the beefs.
- 2 Place beef, tomato and Mozzarella cheese in the order on the dish, sprinkle radishes, rocket, rock salt and black pepper and Extra virgin olive oil.

[Point 1]

Choose less fat beef meat.

[Point 2]

It is simple dish and important to choose high qualified ingredients, the seasoning and the beautiful decoration.

Choose ripen red tomato will make the delicious dish.

35

Beef Ball, Takoyaki-style



[Ingredients]

220 g Weak flour

1100 ml Water

3 g powdered Kombu dashi, powder broths made from Kombu (Kelp)

6 g powdered Katsuo dashi (powder broths made from bonito)

2 g Salt

6 ml Soy sauce

2 Eggs

150 g Cubed Beef

1/2 bundle of minced young green onion

20 g Tenkasu (deep-fried tempura batter)

20 g minced Red pickled ginger

Moderate amount Salad oil

Moderate amount Mayonnaise

Moderate amount Japanese brown sauce

Moderate amount Aonori (Green laver)

Recipe

[Directions]

- 1 Mix Weak flour, water, powdered Kombu dashi, powdered Katsuo dashi, salt, soy sauce and egg in the bowl. Mix well not to make lump.
- 2 Oil heat Takoyaki pan and put 1.
- 3 Add beef in each ball of 2. Sprinkle young green onion, Tenkasu and red pickled ginger.
- 4 When the heating side (the bottom side) of 3 started browning, turn the ball upside down using the bambooskewer.

[Point 1]

Instead of Beef, octopus, Mochi (rice cake), cheese, pork and corns are also recommended stuffing.

[Point 2]

Before the finishing (4), place the sesame oil in the Takoyaki pan to fry the balls. It makes crispy Outside, creamy inside.

36

Plentiful Beef OKONOMIYAKI



[Ingredients]

120 g Scrap Beef

1/3 Cabbage. Cut into long thin strips

1/2 bundled chopped finely young green onion

20 g Tenkasu (deep-fried tempura batter)

10 g powdered broths made from bonito

120 g Wheat flour

120 g Chinese yam

80 ml Water

4 Eggs

Moderate amount Salt

Moderate amount Pepper

Moderate amount Japanese brown sauce

Moderate amount Mayonnaise

Moderate amount Aonori, Green laver

Moderate amount Salad oil

Recipe

[Directions]

- 1 Mix Tenkasu, powdered broths made from bonito, wheat flour, Chinese yam, water, and egg in the bowl. Mix well not to make lump.
- 2 Mix 1. cabbage and young green onion.
- 3 Oil heat iron pan with salad oil. cook beef and pepper and salt it.
- 4 Put batter on the top of beef. When the batter of plate side turned brown, turn it over and heat the both side well.
- 5 Dish up Okonomiyaki on the plate. sprinkle brown sauce, mayonnaise and aonori.

[Point 1]

Do not burn but heat well. When it is not heated well, the batter will be sticky and have flower powder smell.

[Point 2]

It is well heated when Stick Okonomiyaki with a chopstick or bamboo skewer and white liquid do not come out.

37

Beef Yakisoba, Chow mein



[Ingredients]

200 g sliced beef rib, cut in 1 cm width

1/4 Cabbage, cutting into chunks

3 Chikuwas (a tube-shaped fish paste cake), sliced diagonally

40 g Tenkasu (deep-fried tempura batter)

35 g Japanese brown sauce

4 portion ball of Chinese noodles

20 g salad oil

35 g Worcester sauce

10 g Oyster sauce

10 g Dashi-no-moto (instant natural broths)

Moderate amount Katsuo-bushi (dried - bonito shavings)

Moderate amount Aonori, Green laver

Moderate amount minced Red pickled ginger

Recipe

[Directions]

- 1 Place salad oil in the frying pan and cook beef medium heat until the surface turns brown.
- 2 Add cabbage and Chikuwa in 1 and stir fry until cabbage soften.
- 3 Add Worcester sauce, oyster sauce and Dashi-no-moto in 2 and stir fry until no water is left.
- 4 Add needles in 3 and cook it stirring apart with long chopsticks. When noodles absorbed oil, add Worcester sauce and Tenkasu.
- 5 Dish up 4 on the plate, topping Katsuo-bushi, Aonori and red pickled ginger.

[Point 1]

Start cooking vegetables that take a long time to cook.

You may use any vegetables that are in the refrigerator in your house.

[Point 2]

To use the beef rib with good fat is recommended but scrap beef is also good.

You may use pork instead of beef.

38 Rice Ball Wrapped with Beef



[Ingredients]

- 1 Go (about 150 grams) Rice
- 230 ml Water
- 250 g sliced beef round
- 30 g Sugar
- 45 ml Sake
- 45 ml Soy sauce
- 5 g Sesame oil
- 10 ml Mirin (sweet sake used in cooking)
- 4 leaves Boston lettuce

Recipe

[Directions]

- 1 To wash rice and put it in a basket. Put the rice in the rice cooker, add water and soak for 30 minutes. Cook the rice.
- 2 Put sugar, Sake and soy sauce in the pot, mix it well. Pick the sauce from the pot 45 ml, put it in the plastic bag, mix it with sesame oil and soak the beef in it.
- 3 Put Mirin the remained sauce in the pot 2, stir it low heat for 5 minutes until the sauce thicken.
- 4 Divide cooked rice in 8 and make the oval rice ball (sandbag) shape using your hands as mold.
- 5 Wrap meat around the rice ball from 4, grill them both sides for 7 minutes.
- 6 After cooking, spread sauce 3 on the surface of 5, dish up them on the plate with Boston lettuce.

[Point 1]

Choose thin and wide beef and wrap the rice ball. Rice shall not to be seen after wrapped. Do not stretch meat too much. Because it will be shrink when to grill, and the rice spills over. It will be better to attach beef on the rice, not to stretch.

[Point 2]

When you do not have a grill, use the frying pan. Heat the frying pan with middle heat, the meat overlapped side down. Fry them until they brown, turn over sometimes to brown all.

39

Teriyaki Hamburger



[Ingredients]

50 g Onions peeled and minced
 200 g ground beef
 5 g Salt
 5 g Pepper
 30 g Raw Breadcrumbs
 30 g Milk
 1 Egg
 10 g Salad oil
 110 ml Water

(Teriyaki Sauce)

70 ml Soy sauce
 70 ml Mirin (sweet sake used in cooking)
 60 ml Sake
 10 g Sugar
 10 g Potato starch
 4 Hamburger bun
 4 leaves Lettuce
 4 pcs. of sliced Tomato
 40 g Mayonnaise

Recipe

[Directions]

- 1 Mix beef, pepper and salt in the bowl, add onion, raw breadcrumbs, milk, and egg and mix well.
- 2 Divide 1 in 4 and make round shapes in the hands. Spread salad oil on the palm of hands, pat the meat letting the air go, make a flat oval shape. Make the dense in the center.
- 3 Oil the frying pan, cook 2 in it until brown. Put 90 ml water put lid on the pan to roast it. After the boiled down, turn it over. Remove from the pan after the Hamburg steak heated. (Do not wash the pan yet.)
- 4 Heat soy sauce, Mirin, Sake, sugar, potato starch and 20 ml water in the pan 3, boil down a little and put the Hamburg steak into the pan to season thoroughly.
- 5 Slice Hamburger bun into 2. Put lettuce, 1, tomato and mayonnaise between sliced buns.

[Point 1]

Put salad oil on palms of the hands before to mold Hamburg steak so that the meat will not attach to your hands.

[Point 2]

It is recommended to add cheese and fried egg for the stuffing.

40

Taiwan-style Sautéed Ging-geng-cai, Beef and Egg



[Ingredients]

300 g Scrapped beef

3 roots Ging-geng-cai, remove stems, cut in 5.0 cm

3 Eggs

5 g Garlic peeled and minced

35 ml Soy sauce

90 ml Sake

20 g Sugar

20 g Potato starch

35 g Salad oil

35 g Oyster sauce

8 g Sugar

240 ml Water

20 g Potato starch

5 g Sesame oil

Recipe

[Directions]

- 1 Mix beef, soy sauce, 30 ml Sake, 20 g sugar and 20 g potato starch in the bowl and leave as it is for 10 minutes.
- 2 Place 40 g salad oil in the frying pan, heat high and stir-fry eggs like a scrambled eggs and remove to the dish.
- 3 Place 40 g salad oil in the frying pan, stir-fry 1 and remove to the dish when beef started browning.
- 4 Using remained oil in the frying pan in 3, stir-fry garlic, add Ging-geng-cai, 60 ml Sake and keep frying.
- 5 When Ging-geng-cai soften, add 2 and 3, and mix them. Add oyster sauce, sugar and water and keep frying.
- 6 Mix Potato starch and a little water and pour it evenly to 5 and stir quickly. When 5 thickened, stop heating pour sesame oil evenly.

[Point 1]

The stem of Ging-geng-cai is hard, so separate the stems and leaves of Ging-geng-cai and cook the stem first, to avoid unevenly cooking.

[Point 2]

In order to make puffy scrambled egg, beat egg well, and do not touch while you cook.

41

Ground Beef and Fresh Lettuce Fried Rice



※Finish quickly after adding lettuce.

[Ingredients]

200 g ground beef
4 leaves Lettuce, tear in bite-size chunks
4 Eggs
800 g cooked rice
35 g Salad oil
40 ml Soy sauce
5 ml Sake
5 g Potato starch
2 teaspoon Oyster sauce
2 tablespoon Soy sauce
2 g Salt

Recipe

[Directions]

- 1 Mix beef, 5 ml soy sauce, Sake and potato starch in the bowl.
- 2 Place and heat 10 g salad oil in the Chinese frying pan, stir-fry 1 hot to break up into small clusters. Remove it from the pan.
- 3 Place and heat 20 g salad oil in the Chinese frying pan. Stir-fry eggs then add rice. Add 2 in it.
- 4 Add oyster sauce, 35 ml soy sauce and salt to 3 to stir-fry. Add lettuce and stir up quickly. Dish up them on the plate.

[Point 1]

In order to leave the crunchy texture of lettuce, do not cook it too long.

[Point 2]

For the finishing, pour soy sauce around the inner side of the pan and let it slide down to make brown soy sauce.

42 American-style Barbecue



[Ingredients for skewered barbecue]

400 g beef chuck, 5cm diced

250 g chicken thigh 5cm diced

2 potatoes, cut in 2 pcs.

1 Onion cut into 1.5 cm wide rounds

1 Corn cut into 5 cm wide rounds

1 Red paprika, remove seeds and cut in 4 pcs.

1 Yellow paprika, remove seeds and cut in 4 pcs.

4 Shrimps with head and shell

Moderate amount Salt

Moderate amount Pepper

Moderate amount Salad oil

[Ingredients for barbecue sauce]

35 ml Soy sauce

5 g honey

5 g Ketchup

1/4 apple, peeled and grated

15 ml red wine

Recipe

[Directions to make skewered barbecue]

- 1 Sprinkle pepper and salt to beef and chicken.
- 2 Parboil the potatoes and corn.
- 3 Wash shrimp with the saltwater, remove the vein of a shrimp, inserting bamboo skewer between the shells.
- 4 Impale 1, 2 and 3 on a skewer, sprinkle pepper and salt, spread salad oil all over the ingredients with a brush.
- 5 Put grill on Charcoal fire or barbecue stove.
First grill the skewered foods on high heat until the surface gets slightly burned.
Then grill them low heat or some distance above the fire. Heat the foods slowly.
- 6 For the finishing, spread barbecue sauce all over the foods and grill them high heat again.

[Directions to make Barbecue sauce]

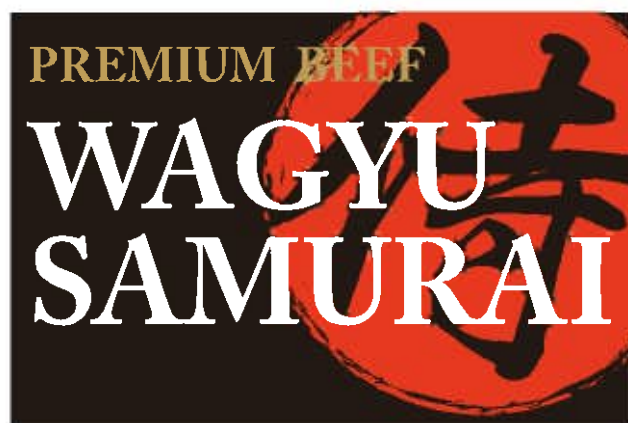
- 1 Mix soy sauce, honey and ketchup in the bowl.
- 2 Add apple and red wine in 1 and mix well.

[Point 1]

The remained barbecue sauce will be good for a salad dressing.

[Point 2]

When to use the metal skewer, take off the foods from it before eating. Skewer is extremely hot.



02 Sukiyaki in Kanto-style



[Ingredients]

400 g Beef chuck, slice thickness of 2.0 to 3.0 mm

4 leaves Chinese cabbage, cut leaves into chunk and shave stems

2 Green onion cut diagonally in 1cm wide

1 one - portion ball of Shirataki (whitish strings of konnyaku/white yam noodle), cut into easy-to-eat sizes after boiled preparatory

12 Shiitake, cut off stems

2 Grilled tofu cut in bite-sized pieces

1 bundle Shungiku (garland chrysanthemum), cut 5 cm long

Moderate amount of Gyushi (beef tallow, beef fat for cooking purposes)

4 Eggs

[Ingredients of Warishita (Stock for Sukiyaki)]

100 ml Soy sauce

100 ml Mirin (sweet sake used in cooking)

100 ml Water

30 g Sugar

Recipe

[Directions to make Warishita]

- 1 Mix all the Warishita ingredients well.

[Directions to make Sukiyaki in Kanto-style]

- 1 Heat Sukiyaki pot and grease it with Gyushi well.
- 2 Roast green onion to bring out flavor. Sear both side of beef.
- 3 When beef started to turn brown, add warishita drawing the circle in the air.
- 4 Turn heat lower, add Chinese cabbage, Shirataki, grilled tofu and Shungiku. Then cook it until they turn brown.
- 5 When the meat and other ingredients are cooked thoroughly, put egg into dish and beat it. take them out of the pot and dip them into a beaten egg before eating.
- 6 Take meat and others out of the pot and dip in egg and enjoy Sukiyaki

[Point 1]

Beef shall not be chuck but round which is cheaper and have less fat also makes good Sukiyaki.

[Point 2]

Beef and the Shirataki shall be set apart on the pot because the calcium in the Shirataki makes near meat to harden.

03 Yakiniku



[How to cook Wagyu beef Karubi (Chuck rib)]

Wagyu beef Karubi is rich in fat, so barbecue it with medium heat until the surface gets crispy.

Then turn over it for uniform cooking.

Wagyu Jyo-Karubi (bone-less short rib), beautifully marbled with fat, barbecue it 70% on surface, 30% on backside and keep away from flame, at the last, to drop the fat.

[How to cook Wagyu beef roast (beef chuck)]

Barbecue the surface and turn it over when you see the gravy. When the surface browned a little, turn it over again and barbecue it for a while.

[How to cook Wagyu beef round]

Wagyu beef round is lean meat. Barbecue it lightly. Wagyu special beef found, beautifully marbled with fat, in order to cook the surface crispy, when it started to turn brown a little bit, move it to high heat place.

* Do not overcook since it has a little fat, overcooking will harden it.



[Point 1]

Heat grill or plate enough before start cooking otherwise meat stick to them and gravy flow out.

[Point 2]

Salted and sweetened sauce will be good for Yakiniku. This goes well with other fried foods, fried rice, Stewed foods and as for dressing.

[Directions of Yakiniku Sauce]

[Ingredients]

- 55 ml Soy sauce
- 15 ml Sake
- 10g Sugar
- 30 ml Apple juice (100% apple juice)
- 5 g Powdered red pepper
- 5 g of grated garlic
- 1 piece grated ginger
- 5 cm finely chopped green onion
- 10 g White sesame
- 10 g Sesame oil

[Directions]

- 1 Mix all the ingredients well.



04 Beef Round Steak



[Ingredients]

- 4 Beef round for steak
- 2 Potatoes, peeled and cut into 1cm wide rounds
- 2 Onions, cut into 1cm wide rounds
- 200 ml Consommé
- 2 Thymes
- 2 Rosemary
- Moderate amount Pepper and salt
- 50 g Olive oil

Recipe

[Directions]

- 1 Take out meat from refrigerator and bring it back to room temperature. Sprinkle pepper and salt on the both sides.
- 2 Heat and oil a pan over high heat. When you see smoke from the pan, place steaks, thyme and rosemary in it.
- 3 Cook for 1 minute high heat on surface, turn it over and cook it 1 to 2 minutes medium heat. Remove steaks to aluminum foil and wrap it for 5 minutes.
- 4 Place potatoes and onions in the pan and bake them until delicately browned on both sides.
- 5 Add consommé in 4, boil 8 to 10 minutes, until potatoes are well cooked.

[Point 1]

Wasabi spiced steak sauce.

70 ml Soy sauce

70 ml Mirin (sweet sake used in cooking)

75 ml Red wine

2 g Sugar

5 g grated Wasabi (Japanese horse horseradish)

[Directions]

- 1 Use the pan which just cooked steak, put soy sauce, Mirin, red wine, sugar and Wasabi, mix well and boil it down.

[Point 2]

You do not feel too fatty even steak has a lot of fat. Japanese-style Daikon sauce.

[Ingredients]

60 ml broths

20 ml Soy sauce

20 ml Mirin (sweet sake used in cooking)

10 g Sugar

1/4 grated Daikon (Japanese white radish)

[Directions]

- 1 Put broths, soy sauce, Mirin and sugar in the pan, mix it well and boil it lightly.
- 2 After 1 cooled, add grated Daikon in and mix it.

05

Beef Yukhoe (Beef steak Tartare)



[Ingredients]

200 g minced Beef round
40 ml Soy sauce
40 g Honey
15 ml Apple juice (100% apple juice)
5 g of grated Garlic
5 ml Sesame oil
4 Egg yolk
2 g White sesame seeds
2 g Shredded red pepper

Recipe

[Directions]

- 1 Put soy sauce, honey, apple juice, garlic, sesame oil in the bowl and mix them well.
- 2 Add beef in 1 and mix them well.
- 3 Dish up 2 on a plate. On the top of 2, put egg yolk, white sesame seeds and Shredded red pepper.

[Point 1]

Pound the meat to break a fiber makes smooth texture.

[Point 2]

Mix it before eating. Water and gravy flow out if you mix it too early.

06

Seared Beef Salad



[Ingredients]

400 g block Beef round

30ml Red wine

2g Salt

2g Pepper

35g Salad oil

1/2 bundle Mizuna (potherb mustard),
cut 5 cm long

1/2 Red paprika, remove seeds and slice
thickness of 1.0 mm

1/2 Yellow paprika, remove seeds and
slice thickness of 1.0 mm

200 ml Water

5g of Garlic, slice thickness of 1.0 mm

2 slices Ginger, thickness of 3.0 mm

100 ml Soy sauce

50 ml Mirin(sweet sake used in cooking)

50 ml Red wine

1/2 Carrot peeled and slice thickness of 3 mm

1/2 Onions slice thickness of 10.0 mm

25 g Olive oil

Recipe

[Directions]

- 1 Take out meat from refrigerator and bring it back to room temperature.
Rub pepper and salt on the surface of it.
- 2 Oil the pan, cook the beef on medium heat for 30 seconds for both sides.
- 3 Add red wine in 2, flambe it, cook both sides for 15 seconds.
- 4 Remove 3 to aluminum foil and wrap it for 30 minutes.
- 5 Put olive oil and garlic in the pan. Stir-fry it on low heat. When garlic turned delicately browned, take it out from the pan.
- 6 Add carrot and Onions, stir-fry them. When Onions turned clear, add ginger, soy sauce, Mirin and red wine and cook it for 10 minutes.
- 7 Drain 6 in the basket, simmer sauce on low heat until it thicken.
- 8 Slice beef in 1 and dish up beef, topping Mizuna, red paprika, yellow paprika, garlic from 5. Sprinkle 7 on the dish.

[Point 1]

When the meat temperature is too low, it will remain undercooked, so be sure to bring it back to room temperature.

[Point 2]

Adding chive, Momiji oroshi (grated daikon and chili), or grated daikon as spices will make more delicious.

07

Beef Carpaccio



[Ingredients]

200 g Beef round, slice thickness of 4.0 to 5.0 mm

60 ml Lemon juice

20 g Capers

4 to 8 Black olives, remove seeds, slice thickness of 5 mm

12 leaves Rocket

Moderate amount of grinded rock salt

Moderate amount of coarsely ground Black pepper

25 ml Extra Virgin olive oil

Moderate amount of grated Parmesan cheese

Recipe

[Directions]

- 1 Wrap the beef between the cling films, pound it with stick or bottle. Put lemon juice on beef.
- 2 Dish up 1 on plate, scatter capers and black olive, sprinkle rock salt and black pepper, topping the rocket in the center. Put Extra virgin oil all over the dish, then put capers and Parmesan cheese.

[Point 1]

Choose beef with less fat and more red meat.

[Point 2]

Since Japanese prefer Sashimi, fish carpaccio is also popular. You may try tuna, bonito, sea bream, and octopus even with fresh sashimi. In the case of fish, do not use Parmesan cheese.

08 Roast Beef



[Ingredients]

250 g block Beef round

5g of grated Garlic

Moderate amount Salt

Moderate amount Pepper

Moderate amount Beef tallow

Recipe

[Directions]

- 1 Store beef in room temperature for 30 minutes. Sprinkle pepper and salt.
- 2 Put beef tallow in the pan and cook on medium heat. Put beef when beef tallow melted.
- 3 Cook beef on high heat, remove the beef to aluminum foil and wrap it. Roast it in oven 120 degree for 15 to 20 minutes.
- 4 After roasting, let 3 cool slightly, slice it thinly and dish them up in the plate.

[Point 1]

The roasting time is depends on meat and your oven size.

[Point 2]

Adding the gravy which comes from the roasted beef makes a good flavor to the sauce.

[Direction to make roast beef sauce]

[Ingredients]

- 1/2 grated onions
- 15 ml Olive oil
- 2 cloves of grated Garlic
- 50 ml Water
- 20 g Honey
- 5 g Grain mustard
- 50 g Demi-glaze sauce (type of brown sauce)
- 2 g Soy sauce
- 2 g Balsamic vinegar
- 2 g Salt

[Directions]

- 1 Place olive oil and garlic in the pan. When cooked well, put onion.
- 2 When the moisture gone from 1, add water, honey, Grain mustard and demi-glaze sauce and cook it.
- 3 Cook and stir until sauce boils and thicken, add soy sauce, balsamic vinegar and season it with salt.

09

Japanese Style Hamburg Steak



[Ingredients of Hamburg steak]

500 g Ground beef
45 g minced Beef tallow
25 g Fresh bread crumb
100 ml Milk
1 Egg
1/6 minced Onions
15 g Butter
5 g Salt
2 g Black pepper
2 g Nutmeg
2 g Salad oil

[Ingredients of Japanese style sauce, grated daikon and soy sauce]

60 ml Broths
55 ml Soy sauce
55 ml Mirin (sweet sake used in cooking)
10 g Sugar
1/4 grated Daikon (Japanese white radish)

Recipe

[Directions to make Hamburg steak]

- 1 Place butter in the pan, stir-fry onion until it turns brown and let it cool.
- 2 Put Fresh bread crumb and milk in the bowl and mix it lightly.
- 3 Add egg and 1 in 2, mix them well. Add salt, black pepper and nutmeg and mix well again.
- 4 Add beef and beef tallow in 3. Keep mixing until it gets sticky and turns pink color.
- 5 Spread salad oil on the palm of hands, pat the meat letting the air go, make a flat oval shape. Make the dense in the center.
- 6 Place salad oil in the pan, cook on high heat until the surface turns browned, turn it over and when the other side turned brown, turn it over again, low the heat and lid it.
- 7 Cook it until clear gravy flow out when poke it with skewer.

[How to make Japanese style sauce, grated daikon and soy sauce]

[Directions]

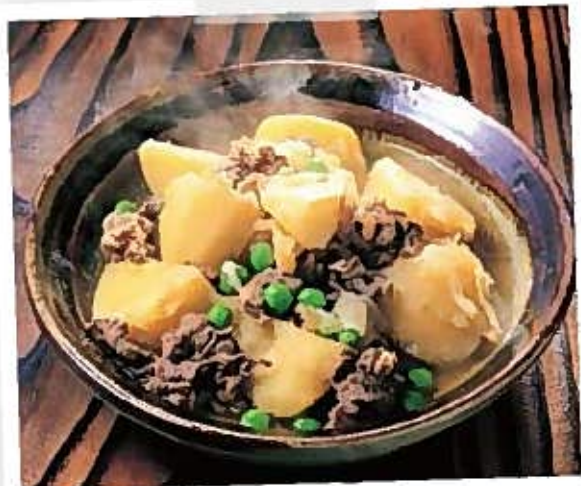
- 1 Place broths, soy sauce, Mirin, and sugar in the pot, mix well and boil them lightly.
- 2 After let cool 1, add grated Daikon in it and mix well.

[Point 1]

Beef tallow makes juicy hamburger steak but you do not need it when ground beef contains a lot of fat.

10

Nikujaga (Japanese Styled Meat and Potato Stew)



[Ingredients]

200 g Beef, slice thickness of 2.0 to 3.00 mm

6 potatoes, peeled and cut into 6 pcs.

1 Onion, peeled, cut into half and slice thickness of 10.0 mm.

20 g Green peas

10 ml Salad oil

600 ml Broths

70 ml Soy sauce

110 ml Mirin (sweet sake used in cooking)

10 g Sugar



Recipe

[Directions]

- 1 Place salad oil in the pot, stir-fry the onion, and add beef. Keep fry them until the color change.
- 2 Add green peas and potatoes in 1 and keep stir-fry them.
- 3 Add broths in 2, boil and remove the scum. Add soy sauce, Mirin, and sugar in it, place a small lid directly on the food (to be boiled in a pot). After boiled it, cook on low heat for 15 to 20 minutes.

[Point 1]

Put potatoes in the water before frying and put enough oil when to fry, for potatoes not to fall to pieces.

Also pour broths over them till they are just barely covered.

If they do not work, remove the corner of potatoes.

[Point 2]

To make delicious Nikujaga, let it cool down after cooking and re-heat it.

This process make Nikujaga to absorb seasoning and better taste.

11

Beef Kakuni (Japanese Braised Pork Dish)



[Ingredients]

1000 g block of Beef rib

1 Green onion, separate green part and white part.

White part =cut into long thin strips

15 g Ginger, peeled and slice thickness of 2.0 mm

10 g of Garlic peeled and slice thickness of 2.0 mm

180 ml Soy sauce

150 g Sugar

90 ml Mirin (sweet sake used in cooking)

180 ml Red wine

6000 ml Water

Moderate amount Shredded red pepper

Moderate amount Japanese mustard

Recipe

[Directions]

- 1 Put 3000ml water and beef in the pot, boil it and skim off the scum that rises to the surface of the cooking water. Drain off the water, put beef in the basket and rinse beef with running water. Wash remained fat and scum. Make it clean.
- 2 Put 3000ml water and 1. green onion (green part), ginger, garlic, soy sauce, sugar, Mirin and red wine in the pot and boil it. When it boiled cook on low heat for 2 to 4 hours.
- 3 Stop heating, cool the beef. Keep it as it is for 6 hours to season it. Cut beef for the size of one persons.
- 4 Before eating, rewarm beef with broth, dish it up in the plate, place on white part of green onion, and shredded red pepper.

[Point 1]

When prepare the ingredients, choose beef without smell.

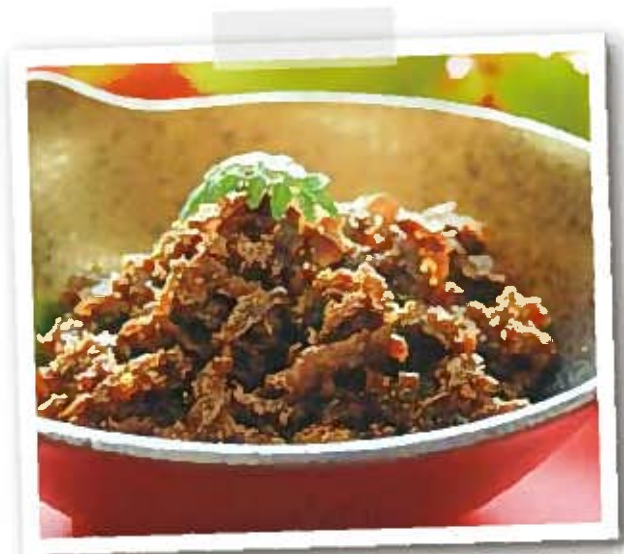
[Point 2]

Mince Beef Kakuni for fried rice, slice it for Chinese noodle.

There are many ways to enjoy the beef kakuni.

12

Beef Shigure-ni (Seasoned Beef)



[Ingredients]

400 g minced scrap beef

15 g Ginger peeled and cut into long thin strips

60 ml Water

60 ml Sake

30 ml Soy sauce

30 ml Mirin (sweet sake used in cooking)

20 g Sugar

Recipe

[Directions]

- 1 To make beef pass through the hot water, soak in the cold water and put it in a strainer to let the water drain off.
- 2 Place water, sake, soy sauce, mirin and sugar in the pot and boil it. When it boiled, cook on medium heat. When it started to boil down, put beef, keep boiling until it almost becomes condensed.
- 3 Add ginger in 2 and mix it well. Remove from the heat.

[Point 1]

For the preparation, mix beef and sake before the cooking. It will get loose easily while cooking and Becomes more delicious.

[Point 2]

This is very good small dish for alcohol, rice ball filling, Chazuke (rice and green tea) and rolled sushi.

13

Beef Rei-shabu salad (Cold Beef Shabu-Shabu Salad)



[Ingredients of rei-shabu salad]

- 150 g Scrap beef
- 30 g Bean - starch vermicelli
- 5 g Dried wakame seaweed
- 1 Cucumber, cut into long thin strips
- 1/4 Lettuce, cut into long thin strips
- 1 Tomato, peeled and Slice into wedges

[Ingredients of sesame sauce]

- 60 g Paste sesame
- 55 g White Miso (light-brown Miso paste)
- 5 ml Soy sauce
- 5 ml Japanese vinegar
- 20 g Sugar
- 5 ml Sesame oil
- 45 ml Water
- 15 ml Mentsuyu (Japanese noodle soup)

Recipe

[Directions to make sesame sauce]

- 1 Mix all the ingredients well.

[Directions to make Beef rei-shabu salad]

- 1 Spread a sheet of beef, put in boiling hot water and pull up when it turned brown. Mix beef and 15 g sesame sauce.
- 2 Boil Bean - starch vermicelli and cut 5 cm. Soak dried wakame in water and drain.
- 3 Mix Bean - starch vermicelli, wakame, cucumber, lettuce and tomato and dish up them on the plate.
- 4 Put meat above 3, sprinkle sesame sauce.

[Point 1]

Green onion sauce goes well with rei-shabu

[Direction to make green onion sauce]

[Ingredients]

- 5 cm minced Green onion
- 2 g of grated Garlic
- 10 g minced ginger
- 70 ml soy sauce
- 30 ml Japanese vinegar
- 6 g Dashi no moto (Japanese instant bouillon)

[Directions]

- 1 Mix all the ingredient well.

[Point 2]

Keep the vegetables in the refrigerator to keep them fresh and crisp.

14

Grilled Beef Marinated with Miso Paste



[Ingredients]

4 thin Beef round steak

50 g White Miso (light-brown Miso paste)

10 g Hatcho Miso (Premium Miso paste)

10 g Mirin (sweet sake used in cooking)

5 g Sugar

1/4 Green onion, cut white part into long thin strips

4 Watercress

5 ml Salad oil

Recipe

[Directions]

- 1 Mix White Miso, Hatcho Miso, Mirin and sugar.
- 2 Spread 1 to wrap steaks.
- 3 Wrap each steak with cling film and keep them in refrigerator for an hour.
- 4 Place salad oil in the pan. Remove miso from steaks and grill them until both sides turn brown and heated.
- 5 Dish up 4 on the plate. Place watercress with it.

[Point 1]

Remove miso clearly. If not, steak will be burned.

[Point 2]

Adjust seasoning depends on what kind of Miso do you use.

When Miso is too tough to spread, use Sake to soften it. If you prefer sweat taste, add sugar or honey.

15

Deep-fried Marinated Beef with Grated Japanese Radish Flavored with Sweetened Vinegar Sauce



[Ingredients of Deep-fried marinated beef]

250 g Beef round for Yakiniku
 55 ml Soy sauce
 45 ml Sake
 55 ml Mirin (sweet sake used in cooking)
 Moderate amount Potato starch
 4 Shishitogarashi (sweet green pepper)
 3 Radish, slice thickness of 2.0mm
 Moderate amount Salad oil

[Ingredients of grated Japanese radish flavored with sweetened vinegar sauce]

1/4 Daikon (Japanese white radish), grate and drain lightly.
 60 ml Japanese vinegar
 20 g Sugar
 2 g Salt
 20 ml Mirin (sweet Sake used in cooking)

Recipe

[Direction to make Deep-fried marinated beef]

- 1 Mix soy sauce, Sake and Mirin and soak beef in it, leave it in room temperature for 15 minutes.
- 2 Drain excess liquid from beef, dredge them with Potato starch, fry them in 180°C salad oil.
- 3 Fry Shishitogarashi without breading in 180°C salad oil.
- 4 Dish up 2, 3 and add radish flavored with sweetened vinegar sauce (See below).

[Direction to grated Japanese radish flavored with sweetened vinegar sauce]

- 1 Mix all the ingredients well.

[Point 1]

For breading, it is OK to use potato starch only but if you add flour, it absorbs extra water and makes crispy coating.

If you fried in low temperature oil, the breading may attach to the inside wall of pan, if it too high, meat will be burned. Adjust the heating power.

[Point 2]

Green onion sauce has a good flavor and get rid the meat of its smell.

[Directions to make green onion sauce]

[Ingredients]

100 g young green onion, cut into pieces
 90 ml Soy sauce
 15 ml Japanese vinegar
 15 ml Sake
 20 g Sugar
 20 g minced Ginger
 2 Red pepper, remove seeds, cut into pieces
 2 g Salt
 2 g Pepper
 Moderate amount Salad oil

[Directions]

- 1 Mix all the ingredients well.

16

Rolled Beef Steak With Shallot and Wine Sauce



[Ingredients of Beef roll steak]

500 g Beef chuck Eye Roll, slice 2.0 to 3.0 mm thickness

10 g Weak flour

Moderate amount Salt

Moderate amount Pepper

Moderate amount Beef tallow

[Ingredients of shallot and wine sauce]

130g minced Shallot

70 ml Chicken soup

70 ml Red wine

40 ml Balsamic vinegar

5g of mashed Garlic

1 Rosemary

25 ml Olive oil

10 g Butter

Moderate amount Salt

2g Black pepper

Recipe

[Directions to make Beef roll steak]

- 1 Spread 2 sheets of beef, sprinkle flour lightly and roll them carefully.
- 2 Spread 2 sheets of beef again, sprinkle flour lightly then, roll them again over the rolled beef 1.
- 3 Repeat 2 until it become a diameter of 8 cm, cut it into rounds with thickness of your preference.
- 4 Sprinkle pepper and salt on 3, place beef tallow in the pan to melt and cook on medium to high heat Until beef turns brown.

[Directions to make shallot and wine sauce]

- 1 Place olive oil in the pot, stir-fry shallots on medium to high heat until they turn light brown.
- 2 Put garlic, rosemary, black pepper in 1. Stir-fry them for few minutes, not to burn. Add Balsamic vinegar and red wine and keep frying for a few minutes.
- 3 Add Chicken soup in 2, boil for 5 minutes. Remove rosemary and garlic.
- 4 Boil 10 more minutes to make it condensed, add butter and salt to adjust flavor.

[Point 1]

Wrap the beef-roll with cling film and restore it in the refrigerator 3 hours to one night will makes cut easy

[Point 2]

If you add minced meat or scrap meat between the rolled meats make the volume up.

Instead of minced meat or scrap meat, put boiled Chinese cabbage will make healthy volume up.

17

Beef Rolls Stuffed with Burdock, Cut into Long Thin Strips



[Ingredients]

300 g Beef rib, slice 1.8 to 2.0 mm thickness
1 Burdock, peeled and cut into long thin strips
1/2 Carrot, peeled and cut into long thin strips
1 Green onion
(cut white part into long thin strips)
1/2 bundle Enoki mushroom
(Flammulina velutipes)
Moderate amount Potato starch
70 ml Soy sauce
30 g Sugar
20 ml Sake
45 ml Water
10 ml Olive oil

Recipe

[Directions]

- 1 Spread sheets of beef, roll burdock, carrot, green onion and Enoki mushroom with beef.
- 2 Sprinkle potato starch on 1.
- 3 Place olive oil on the pan, put rolled beefs in it. Stir-fry until they turn brown lightly.
- 4 Put soy sauce, sugar, Sake and water in the pan.
- 5 Lid the pan and cook on low to medium heat.

[Point 1]

Since the vegetables are cut into long thin strips, it is easy to eat for elder people and kids.

[Point 2]

You may use pork instead of beef.
You may add kidney bean, green asparagus, Japanese mustard spinach and bamboo shoot.

18 Beef Croquette



[Ingredients]

150g Ground beef
2 Potatoes, peeled and cut 1 into 6 pcs.
1/2 Onions, peeled and minced
1/4 Cabbage, cut into long thin strips
20 g Wheat flour
1 Egg
50 g Breadcrumbs
Moderate amount Salt
Moderate amount Pepper
5ml Salad oil
Moderate amount Worcester sauce

Recipe

[Directions]

- 1 Place potatoes with enough water to cover them in the pot and boil on high heat.
- 2 Boil it until potatoes thoroughly cooked.
- 3 Drain cooking water from 2, shake the pot while cook on high heat, sweat potatoes, smash with masher.
- 4 Place salad oil in the pan. heat it, put beef and stir-fry it until it turns brown.
- 5 Add Onions, pepper and salt in 4 until onion becomes soft.
- 6 Mix 3, 5 and let it cool slightly.
- 7 Divide 6 into quarters, make the shape of oval.
- 8 Coat 7 in order of (1) flour, (2) beaten egg and (3) breadcrumbs.
- 9 Fry 8 with 170 °C salad oil.
- 10 Dish up 9, put cabbage on the plate, sprinkle Worcester sauce.

[Point 1]

Put beaten egg and breadcrumbs on the edge of croquette will help from bursting while frying.

[Point 2]

You may use microwaves to boil potatoes instead of boiling. Wash potatoes with skin clean, wrap them with cling film, heat them 5 minutes with microwave, turn over upside down and heat them for 2 to 3 minutes. When the bamboo skew pierced potatoes without resistance, it means it heated.

19

Mench-Katsu, Fried Minced Beef Ball



[Ingredients]

400 g Ground beef
1/2 peeled and minced Onion
100 g Breadcrumbs
30 ml Milk
2 Eggs
1/4 Cabbage, cut into long thin strips
2 bell peppers, remove seeds and chopped into bigger size
1 Tomato, slice into wedges
5 g Salt
5 g Pepper
Moderate amount Worcester sauce
Moderate amount Salad oil

Recipe

[Directions]

- 1 Place salad oil in the pan, heat on medium, put onion and stir-fry it until it becomes soft. Move it to bowl and let it cool slightly.
- 2 Add beef, 20 g Breadcrumbs, milk, 1 egg, 2 g salt and 2 g pepper in 1 and mix well.
- 3 Divide 2 into 8, make the shape of oval.
- 4 Coat 3 in order of (1) flour, (2) 1 beaten egg and (3) 80 g breadcrumbs.
- 5 Heat salad oil 170 °C and fry 4.
- 6 Fry bell peppers without breading in 180 °C salad oil.
- 7 Dish up croquettes, bell peppers, cabbage and tomato, sprinkle Worcester sauce.

[Point 1]

If 2 is too hard, add more milk, if too soft, add breadcrumbs for the adjustment.

[Point 2]

When to fry, do not touch the croquettes for the while to keep the shape of them.

20 Turnip and Edamame (Green Soybeans) with Japanese Styled Meat Sauce



[Ingredients]

100 g scrap beef

100g pod Edamame (green soybeans)

4 Turnips, peeled and cut into 4 pcs.

180 ml water

18 ml soy sauce

15 g sugar

30 ml Sake

2 g chicken stock powder

20 g Oyster sauce

25 g Potato starch

Recipe

[Directions]

- 1 Put Edamame and turnips in the separate boiled water to be cooked.
- 2 Put 130 ml water, soy sauce, sugar, Sake, chicken stock powder and oyster sauce in the pot, mix and heat them until boiled.
- 3 Add beef in 2 and when beef browned, taste it. Add sugar and salt to adjust it.
- 4 Combine 50 ml water and potato starch well, add it in 3, heat it to be thicken.
- 5 Dish up 1 on the plate and sprinkle 4.

[Point 1]

Meat sauce has strong flavor but turnip is not seasoned, their combination is very good.

[Point 2]

Daikon (Japanese white radish), pumpkin, eggplant, green leafy vegetables, okra, and Shimeji mushrooms are also Recommended.

21

Beef Curry



[Ingredients]

600 g shank beef, cut into bite-size
2 peeled and minced Onions
10 cm minced celery
1 peeled and minced Carrot
300 ml Red wine
25 ml Salad oil
4 pcs whole Cardamom
4 pcs whole Clove
5cm stick Cinnamon
2 g Turmeric
2 g Cayenne pepper
10 g Cumin
10 g Salt
5 g Pepper
10 g Wheat flour
500 ml Hot water
50 ml Fresh cream
5 g Chocolate
5 g Blueberry jam
5 g Worcester sauce
5 g Consommé

Recipe

[Directions]

- 1 Mix beef, 1 onion, celery, carrot, red wine, 5 g salt, 5 g pepper, aged by a refrigerator for 2 hours to a night.
- 2 Place and heat salad oil in the pan, stir-fry 1 onion until it turns browned.
- 3 Place salad oil in the different pan, put and heat cardamom, clove and cinnamon. When clove started rising, add them in 2.
- 4 Take out 1 from refrigerator and remove beef. Place the different pan on the heat and stir fry 1 without Beef until it becomes paste.
- 5 Add turmeric, cayenne pepper, cumin, 5 g salt and flour in order, repeating add 1 and mix, add 1 and mix and heat it.
- 6 Place beef in the pot and heat it until it turns brown.
- 7 Add hot water consommé and in 6, add 5, fresh cream, chocolate, blueberry jam and Worcester sauce, cook on low heat for 2 hours.

22 Beef stew



[Ingredients]

- 600 g shank beef cut into bite-size
- 40 g Wheat flour
- 50 g Butter
- 20 g of peeled and minced Garlic
- 1400 ml Vegetable juice
- 5 g Basil
- 2 Potatoes peeled and cut in 3 cm 3
- 2 Onions peeled and cut in 3 cm 3
- 2 Carrots peeled and cut in 3 cm 3
- 4 Green asparagus peeled and cut in 3 pcs.
- 2 Celery peeled and cut in 3 cm 3

Recipe

[Directions]

- 1 Flour beef thoroughly.
- 2 Place butter in the pot and heat it until melt it. Put garlic, when it started smelling. add beef and stir-fry until the surface turn brown.
- 3 Add vegetable juice, basil, potatoes and onions in 2 and simmer it for an hour.
- 4 Add carrot and celery in 3 and simmer it for 30 minutes.

[Point 1]

For the vegetable juice, use tomato based juice without sugar and salt.

[Point 2]

Whipped cream topping is also recommended.

23 Beef and vegetable grilled on earthenware utensils



[Ingredients]

4 beef chuck for steaks

12 Green asparagus

1/2 Onion slice 1.0 mm thin

1/2 Carrot slice 1.0 mm thin

1 Kabosu (Citrus sphaerocarpa) cut into 8 pcs.

Salad oil

Salt

Pepper

Recipe

[Directions]

- 1 Put carrot in boiled water and heat it.
- 2 Heat earthenware utensils (dish which is able to heat with a direct fire). place salad oil, cook both sides of beef, green asparagus, onion and carrot.
- 3 Sprinkle pepper and salt on 2.

[Point 1]

You may choose other parts of meat such as beef chuck, tenderloin and beef round.

[Point 2]

When you want to eat beef chuck lightly, Japanese steak sauce is recommended.

[Directions to make Japanese steak sauce]

[Ingredients]

- 1/4 grated onion
- 5 g of grated garlic
- 50 ml Sake
- 50 ml Pon - zu vinegar
- 10 g Sugar
- 20 ml Mirin (sweet sake use in cooking)
- 35 ml soy sauce
- 10 cm grated Daikon (Japanese white radish)

[Directions]

- 1 Put onion, garlic, Sake, Pon-zu, sugar, Mirin and soy sauce in the frying pan and boil it.
- 2 Drain water from daikon lightly and put it on the top of cooked meat. Sprinkle 1.

24 Spicy Meat Ball



[Ingredients]

300 g Ground beef

50 g minced Basil

1g clove of peeled and grated Garlic

4 ml Soy sauce

4 g Salt

2 g Pepper

2 g Dried Oregano

15 ml Olive oil

Recipe

[Directions]

- 1 Put beef, basil, garlic, soy sauce, pepper and salt, oregano and olive oil in the bowl and mix them well.
- 2 Divide 1 in to 8 to 10 and make them ball.
- 3 Place olive oil on the frying pan and cook 2.

[Point 1]

Dressed with sweetened vinegar sauce makes meat balls shiny and delicious.

[Directions to make sweetened vinegar sauce]

[Ingredients]

60 ml Water

45 g Ketchup

20 g Sugar

30 ml Japanese vinegar

35 ml Soy sauce

30 ml Sake

15 ml Mirin (sweet sake used in cooking)

2 g Sesame oil

30 g Potato starch

[Directions]

- 1 Place water, ketchup, sugar vinegar, soy sauce, sake, Mirin, sesame oil and potato starch on frying pan and mix them well. Cook on low heat to boil.

[Point 2]

When to make a meat ball, rub salad oil on hand palms help smooth movement.

25 Beef Cutlet with Mushroom Demi-Glace Sauce



[Ingredients with Beef Cutlet]

400 g Tenderloin Beef Steak

Moderate amount Salt

Moderate amount Pepper

80 g Wheat flour

1 Egg

100 g Breadcrumbs

Moderate amount Salad oil

[Ingredients with Mushroom Demi-Glace Sauce]

1/4 Grated Onion

40 g Shimeji mushrooms

40 g Eringi (king oyster mushroom)

1/2 Tomato, peeled skin after steeping it in boiling water

2g clove of minced garlic

50 ml Red wine

300 ml Demi-glace sauce
(type of brown sauce)

25 g Olive oil

Recipe

[Directions to make Beef cutlet]

- 1 Sprinkle pepper and salt on the both side of beef, coat it with order of (1) flour, (2) 1 beaten egg and (3) breadcrumbs.
- 2 Fry them with 160 °C salad oil for 10 minutes, turn them over sometimes.

[Directions to make Mushroom Demi-Glace Sauce]

- 1 Place olive oil and garlic in the frying pan and heat them. Add onions when garlic started smelling.
- 2 Add Shimeji, Eringi and tomato in 1 and heat them. Add red wine and burn off alcohol. Add Demi-glace sauce, cook on low heat. Add pepper and salt to adjust the taste.

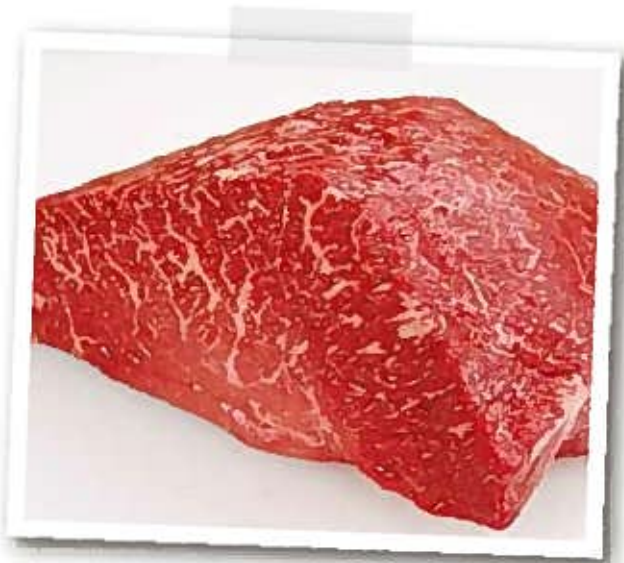
[Point 1]

For the good Beef Cutlet, choose less fat part of meat such as Tenderloin or beef round. When to choose round meat, layer the slices to make soft texture.

[Point 2]

Make sandwich with Beef Cutlet! Spread Japanese brown sauce on Beef cutlet, sand it in toasted breads, buttered one side and mustards mastered on other side makes wonderful sandwich.

26 Beef sushi



※Beef round has a less fat and also delicious.

【Point 1】

Choose beef less fat, but red meat.

【Ingredients】

300 g Beef round sliced in 4.0 to 5.0mm thickness

300 g Rice

400 ml Water

1 sheet Kombu (5.0cm × 10.0cm)

50 ml Rice vinegar

10 g Sugar

5 g Salt

5 g Pepper

2 g clove of peeled and grated Garlic

1/4 bundle of minced Green onion

Moderate amount Wasabi
(Japanese horse horseradish)

Recipe

【Directions】

- 1 Mix rice vinegar, sugar and salt.
- 2 Put rice, water and Kombu in the rice cooker and cook rice. When finished, take out Kombu, combine 1 and rice with fanning it.
- 3 Wrap beef with cling film, pound it with stick or bottle until it thinner and sprinkle pepper and salt.
- 4 Divide 2 in 12 and make them shape of Sushi rice. (Sand bag shape)
- 5 Put Wasabi and garlic on 4, and place 3 and green onion top of it.

【Point 2】

When to make Sushi rice, use cling film to make the shape.

27 Beef Chirashi-Zushi



【Ingredients of Sushi rice】

600 g Rice
800 ml Water
1 sheet Kombu (5.0 cm × 10 cm)
100 ml Rice vinegar
20 g Sugar
10 g Salt

【Ingredients of Chirashi 1】

400 g scrap beef
1 Burdock, peeled and thinly-sliced
300 ml Broths
70 ml Soy sauce
40 g Sugar
35ml Mirin (sweet sake used in cooking)

【Ingredients of Chirashi 2】

2 Eggs
10 g Sugar
2 g Salt
20 ml Sake
Moderate amount Salad oil

【Ingredients of Chirashi 3】

1/4 Carrot, peeled and Cut into long thin strips
40 g Ginger, peeled and Cut into long thin strips
60 ml Japanese vinegar
2 g Sugar
2 g Salt
2 g White sesame seeds
2 Watercress
20 ml Sake

Recipe

【Directions to make Sushi rice】

- 1 Put rice vinegar, sugar and salt in the bowl and mix well.
- 2 Put rice, water and Kombu in the rice cooker and cook rice. When finished, take out Kombu, combine 1 and rice with fanning it.

【Directions to make Chirashi 1】

- 1 Soak Burdock into water to remove harshness, and boil it.
- 2 Put broth, soy sauce, Mirin, beef and boiled burdock in the pot and boil them. Skim off the scum that rises to the surface of the cooking water, and boil it down.

【Directions to make Chirashi 2】

- 1 Put eggs, 20g sugar, 2g salt and 10ml Sake in the bowl and beat them well.
- 2 Place salad oil in the frying pan and cook on medium heat. Put 1 on it and tilt the frying pan to make 2.0 to 3.0 thin sheet egg paper.
- 3 When egg spread equally flat and the surface became solid, put the lid on the pan, remove from the heat, and place the frying pan on the wet dishcloth to let it cool.
- 4 Cut 4 in 3mm thickness.

【Directions to make Chirashi 3】

- 1 Mix vinegar, sugar and salt and Sake well, put carrot and ginger in it and leave it for 1 to 2 night.
- 2 Drain off moistures when to use it.

Mix Chirashi 1 to 3 very well, dish up on the plate, put white sesame seeds and watercress on that.

28 Beef Rolled Sushi



Ingredients for Sushi rice

600 g Rice
800 ml Water
1 sheet of Kombu (5.0cm × 10cm)
100 ml Rice vinegar
20 g Sugar
10 g Salt
20 g Minced Tsukemono
(Japanese pickled vegetables)
5 g white sesame seeds
4 Roasted nori (laver)
4 leaves Boston lettuce

Ingredients 1

8 Sliced thin beef
10ml Soy sauce
5ml Sake
2 g Sugar
10 ml Apple juice
1 g Chili powder
1g of grated Garlic
1/4 piece grated Ginger
5 cm minced Green onion
5 g White sesame seeds
5 g Sesame oil
5 g Salad oil

Ingredients 2

2 Eggs
10 ml Sake
10 g Sugar
2 g Salt
Moderate amount Salad oil

Recipe

Directions to make Sushi rice

- 1 Put rice vinegar, sugar and salt in the bowl and mix well.
- 2 Put rice, water and Kombu in the rice cooker and cook rice. When finished, take out Kombu, combine 1 and rice with fanning it.

Direction to make ingredients 1

- 1 Place salad oil in frying pan, cook beef both sides, add soy sauce, Sake, sugar, apple juice, Chili powder, garlic, ginger, green onion, white sesame seeds and sesame oil in it. Stir-fry until boil it down. Remove it on the dish.

Direction to make ingredients 2

- 1 Mix egg, Sake, sugar and salt well.
- 2 Heat rolled egg making pan on medium heat, place salad oil on it. Put 1 on the pan and make a roll with low heat. Be sure it is not burned but well heated. Make the shape using sushi mat, let it cool as it is and divide it in to 4 pcs., vertically.

Directions

- 1 Place 1 nori sheet, shiny-side down on Sushi mat, spread 1/4 Sushi rice lightly on it, leaving 4 - 5 cm Border around the edges.
- 2 Place Ingredients 1, 2 and 1 Boston lettuce.
- 3 Picking up Sushi mat, rice and filling at once, put front side rice and the other side rice together and roll up firmly using Sushi mat. Make roll end to be bottom, press it lightly on the top of Sushi mat with palms of your hands to make a good shape. Repeat with remaining nori, Sushi rice, and ingredients. Cut them in bite-size and dish up on the plate.

29 Beef Udon - Kansai Style -



※Kansai Style will be clear soup with konbu dashi.

[Ingredients]

300 g scrap beef

1200 ml Water

60 ml Sake

60 ml shirodashi soy sauce
(white soy sauce with soup stock)

35 ml Mirin (sweet sake used in cooking)

4 portion balls of boiled udon
(Japanese needles)

3 Green spring onions cut into 1cm diagonally

A little of powdered citron

Moderate amount Shichimi togarashi
(Blend of seven spices and peppers)

Moderate amount Citron pepper

Recipe

[Directions]

- 1 Put water, Sake and beef in the pot. Bring to the boil over high heat. After boiled, cook it on low heat for 10 minutes.
- 2 Add Mirin and shirodashi soy sauce in 1.
- 3 Heat boiled noodle, put it in Donburi, a china bowl for Japanese noodle.
- 4 Put 2 in 3 and add Green spring onion, citron, Shichimi togarashi and Citron pepper.

[Point 1]

In order to remove scum and smells from beef meat, put it in the boiling water, and remove to basket when the water re-boiled, before start cooking.

[Point 2]

The broth of Kanto style udon is made from bonito and have a strong flavor. The one for Kansai style udon is made from Kombu and clear soup and lightly seasoned.

30 Cold Udon with Beef and Grated Daikon



[Ingredients]

200 g Sliced beef

4 portion ball of boiled udon
(Japanese needles)

85 ml Soy sauce

85 ml Mirin (sweet sake used in cooking)

15 ml Sake

1/2 tablespoonful Sugar

250 ml Water

1 sheet of Kombu (5.0cm × 10cm)

1/4 peeled and grated Daikon
(Japanese white radish)

Recipe

[Directions]

- 1 Place Kombu and water in the pot and leave it for an hour.
- 2 Add soy sauce, Mirin, Sake and sugar in 1 and heat it. Remove Kombu before it start boiling, and the pot boiled.
- 3 Add beef in 2. cook it stirring apart with long chopsticks.
- 4 Turn off heat as soon as beef has heated and leave it for 20 to 30 minutes to let it absorb the flavor.
- 5 Heat boiled noodle and wash it with cold water, remove it to basket to drain the water.
- 6 Dish up 4, 5 and daikon in the dish.

[Point 1]

Overheating makes beef harden, remove the pot from the heat as soon as beef heated.

[Point 2]

Cold udon and grated Daikon have you a good appetite for meat which gives you so much energy in the hot day.

31

Fried Beef



[Ingredients]

350 g Scrap beef

20 g Oyster sauce

10 g Soy sauce

15 g Sake

2 g Black pepper

5g of peeled and grated Garlic

1 Egg

45 g Potato starch

Moderate amount Salad oil

4 leaves of Lettuce

1 Tomato peeled and slice into wedge

Recipe

[Directions]

- 1 Rub oyster sauce, soy sauce, Sake, black pepper, garlic, egg and potato starch into beef, let it marinate for 15 minutes, make into bite-size balls.
- 2 Place salad oil as high as 5.0 mm, cook on medium heat, fry 1.
- 3 Dish up 2 on the plate, add lettuce and tomato.

[Point 1]

Direction 1 To use a plastic bag to rub the seasoning may be easily cleared.

[Point 2]

Do not touch beef when to fry so that the batter coating do not come off.
Frying the beef twice make juicy fried beef inside and crispy out side.

32

Gyu-Don (Donburi with Seasoned Beef)



[Ingredients]

- 300 g Sliced beef, cut into bite-size
- 2 Onions, sliced in 5.0 mm thickness
- Cooked rice for 4 donburis
- 140 ml Broths
- 100 ml Mirin (sweet sake used in cooking)
- 60 ml Soy sauce
- 4 Onsen tamago
(Slow boiled egg which yolk is hard but the white is still soft)
- Moderate amount Kona-Zansho
(powdered Japanese pepper)
- Moderate amount white sesame seeds

Recipe

[Directions]

- 1 Bring broths, Mirin, soy sauce and onion in the pan to a boil with medium heat. When it boiled, heat low until onions softened.
- 2 Add beef in the pot, heat high, stirring apart with long chopsticks. Remove from heat before the beef turns all brown. (The red parts slightly remains.)
- 3 Serve rice in the Donburi (Chinese bowl), pour meat and sauce over the rice and top with onsen tamago, sprinkle Kona-Zansho and white sesame seeds.

[Point 1]

Sliced rib with good fat is recommended.

[Pnt 2]

Onsen tamago is also good topping for salad.

[Directions]

- 1 Boil 1000 ml water in the pot with lid.
- 2 When the water has boiled, remove the pot from heat, add 200 ml water and egg in it.
- 3 Put lid on the pot, restore it for 12 minutes. Remove egg from the pot, drain off the water and leave It for 3 minutes.

33

Yakiniku-Don (Beef Yakiniku Bowl)



[Ingredients]

300 g Beef
35 g Soy sauce
10 ml Sake
5 g Sugar
10 ml Apple juice (100 % juice)
3 g Middle ground Chili powder
2 g peeled and grated garlic
5 g peeled and grated ginger
5 cm minced young green onion
10 g White sesame seeds
5 ml Sesame oil
5 ml Salad oil
Cooked rice for 4 donburis (Chinese bowl)

Recipe

[Directions]

- 1 Put soy sauce, Sake, sugar, apple juice, Chili powder, garlic, ginger, young green onion, white sesame seeds and sesame oil in the bowl and mix them well.
- 2 Oil heated frying pan, cook the beef. When it turned brown, add 1.
- 3 Serve rice in the Donburi (Chinese bowl), pour meat and sauce over the rice.

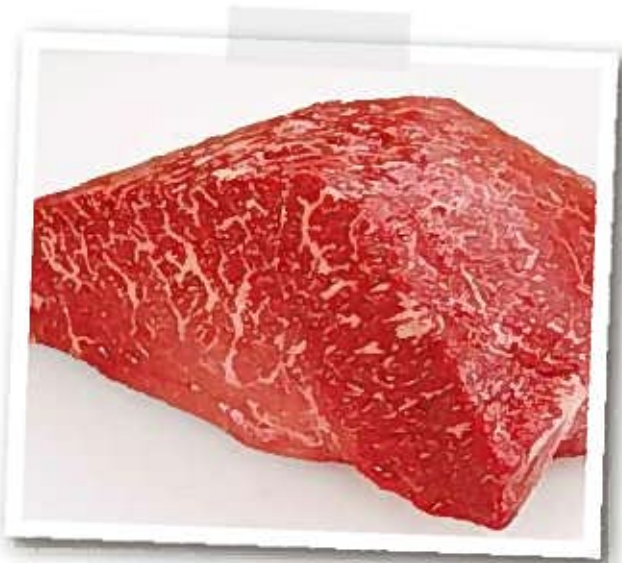
[Point 1]

In the direction 2, if there were too much beef oil in the pan, wipe it off before adding 1.

[Point 2]

Cook the beef crispy is the key to make delicious Yakiniku-Don.

34 Beef Caprese



※Beef round has a less fat and also delicious.

[Ingredients]

200 g Sliced Beef round in 4.0 ~ 5.0mm thickness

60 ml Lemon juice

1 sliced Tomato in 5.0mm thickness

130 g sliced Mozzarella cheese in 4.0mm thickness

4 Radishes sliced in 2.0mm thickness

4 Rockets

Moderate amount of milled Rock salt

Moderate amount coarsely ground Black pepper

25 ml Extra Virgin olive oil

Recipe

[Directions]

- 1 Put a beef between the cling films, pound it with stick or bottle until it become thin. Sprinkle lemon juice on the beef. Do the same to all the beefs.
- 2 Place beef, tomato and Mozzarella cheese in the order on the dish, sprinkle radishes, rocket, rock salt and black pepper and Extra virgin olive oil.

[Point 1]

Choose less fat beef meat.

[Point 2]

It is simple dish and important to choose high qualified ingredients, the seasoning and the beautiful decoration.

Choose ripen red tomato will make the delicious dish.

35

Beef Ball, Takoyaki-style



[Ingredients]

220 g Weak flour

1100 ml Water

3 g powdered Kombu dashi, powder broths made from Kombu (Kelp)

6 g powdered Katsuo dashi (powder broths made from bonito)

2 g Salt

6 ml Soy sauce

2 Eggs

150 g Cubed Beef

1/2 bundle of minced young green onion

20 g Tenkasu (deep-fried tempura batter)

20 g minced Red pickled ginger

Moderate amount Salad oil

Moderate amount Mayonnaise

Moderate amount Japanese brown sauce

Moderate amount Aonori (Green laver)

Recipe

[Directions]

- 1 Mix Weak flour, water, powdered Kombu dashi, powdered Katsuo dashi, salt, soy sauce and egg in the bowl. Mix well not to make lump.
- 2 Oil heat Takoyaki pan and put 1.
- 3 Add beef in each ball of 2. Sprinkle young green onion, Tenkasu and red pickled ginger.
- 4 When the heating side (the bottom side) of 3 started browning, turn the ball upside down using the bambooskewer.

[Point 1]

Instead of Beef, octopus, Mochi (rice cake), cheese, pork and corns are also recommended stuffing.

[Point 2]

Before the finishing (4), place the sesame oil in the Takoyaki pan to fry the balls. It makes crispy Outside, creamy inside.

36

Plentiful Beef OKONOMIYAKI



[Ingredients]

120 g Scrap Beef

1/3 Cabbage. Cut into long thin strips

1/2 bundled chopped finely young green onion

20 g Tenkasu (deep-fried tempura batter)

10 g powdered broths made from bonito

120 g Wheat flour

120 g Chinese yam

80 ml Water

4 Eggs

Moderate amount Salt

Moderate amount Pepper

Moderate amount Japanese brown sauce

Moderate amount Mayonnaise

Moderate amount Aonori, Green laver

Moderate amount Salad oil

Recipe

[Directions]

- 1 Mix Tenkasu, powdered broths made from bonito, wheat flour, Chinese yam, water, and egg in the bowl. Mix well not to make lump.
- 2 Mix 1. cabbage and young green onion.
- 3 Oil heat iron pan with salad oil. cook beef and pepper and salt it.
- 4 Put batter on the top of beef. When the batter of plate side turned brown, turn it over and heat the both side well.
- 5 Dish up Okonomiyaki on the plate. sprinkle brown sauce, mayonnaise and aonori.

[Point 1]

Do not burn but heat well. When it is not heated well, the batter will be sticky and have flower powder smell.

[Point 2]

It is well heated when Stick Okonomiyaki with a chopstick or bamboo skewer and white liquid do not come out.

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Beef Yakisoba, Chow mein



[Ingredients]

200 g sliced beef rib, cut in 1 cm width

1/4 Cabbage, cutting into chunks

3 Chikuwas (a tube-shaped fish paste cake), sliced diagonally

40 g Tenkasu (deep-fried tempura batter)

35 g Japanese brown sauce

4 portion ball of Chinese noodles

20 g salad oil

35 g Worcester sauce

10 g Oyster sauce

10 g Dashi-no-moto (instant natural broths)

Moderate amount Katsuo-bushi (dried - bonito shavings)

Moderate amount Aonori, Green laver

Moderate amount minced Red pickled ginger

Recipe

[Directions]

- 1 Place salad oil in the frying pan and cook beef medium heat until the surface turns brown.
- 2 Add cabbage and Chikuwa in 1 and stir fry until cabbage soften.
- 3 Add Worcester sauce, oyster sauce and Dashi-no-moto in 2 and stir fry until no water is left.
- 4 Add needles in 3 and cook it stirring apart with long chopsticks. When noodles absorbed oil, add Worcester sauce and Tenkasu.
- 5 Dish up 4 on the plate, topping Katsuo-bushi, Aonori and red pickled ginger.

[Point 1]

Start cooking vegetables that take a long time to cook.

You may use any vegetables that are in the refrigerator in your house.

[Point 2]

To use the beef rib with good fat is recommended but scrap beef is also good.

You may use pork instead of beef.

38 Rice Ball Wrapped with Beef



[Ingredients]

- 1 Go (about 150 grams) Rice
- 230 ml Water
- 250 g sliced beef round
- 30 g Sugar
- 45 ml Sake
- 45 ml Soy sauce
- 5 g Sesame oil
- 10 ml Mirin (sweet sake used in cooking)
- 4 leaves Boston lettuce

Recipe

[Directions]

- 1 To wash rice and put it in a basket. Put the rice in the rice cooker, add water and soak for 30 minutes. Cook the rice.
- 2 Put sugar, Sake and soy sauce in the pot, mix it well. Pick the sauce from the pot 45 ml, put it in the plastic bag, mix it with sesame oil and soak the beef in it.
- 3 Put Mirin the remained sauce in the pot 2, stir it low heat for 5 minutes until the sauce thicken.
- 4 Divide cooked rice in 8 and make the oval rice ball (sandbag) shape using your hands as mold.
- 5 Wrap meat around the rice ball from 4, grill them both sides for 7 minutes.
- 6 After cooking, spread sauce 3 on the surface of 5, dish up them on the plate with Boston lettuce.

[Point 1]

Choose thin and wide beef and wrap the rice ball. Rice shall not to be seen after wrapped. Do not stretch meat too much. Because it will be shrink when to grill, and the rice spills over. It will be better to attach beef on the rice, not to stretch.

[Point 2]

When you do not have a grill, use the frying pan. Heat the frying pan with middle heat, the meat overlapped side down. Fry them until they brown, turn over sometimes to brown all.

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Teriyaki Hamburger



[Ingredients]

50 g Onions peeled and minced
 200 g ground beef
 5 g Salt
 5 g Pepper
 30 g Raw Breadcrumbs
 30 g Milk
 1 Egg
 10 g Salad oil
 110 ml Water

(Teriyaki Sauce)

70 ml Soy sauce
 70 ml Mirin (sweet sake used in cooking)
 60 ml Sake
 10 g Sugar
 10 g Potato starch
 4 Hamburger bun
 4 leaves Lettuce
 4 pcs. of sliced Tomato
 40 g Mayonnaise

Recipe

[Directions]

- 1 Mix beef, pepper and salt in the bowl, add onion, raw breadcrumbs, milk, and egg and mix well.
- 2 Divide 1 in 4 and make round shapes in the hands. Spread salad oil on the palm of hands, pat the meat letting the air go, make a flat oval shape. Make the dense in the center.
- 3 Oil the frying pan, cook 2 in it until brown. Put 90 ml water put lid on the pan to roast it. After the boiled down, turn it over. Remove from the pan after the Hamburg steak heated. (Do not wash the pan yet.)
- 4 Heat soy sauce, Mirin, Sake, sugar, potato starch and 20 ml water in the pan 3, boil down a little and put the Hamburg steak into the pan to season thoroughly.
- 5 Slice Hamburger bun into 2. Put lettuce, 1, tomato and mayonnaise between sliced buns.

[Point 1]

Put salad oil on palms of the hands before to mold Hamburg steak so that the meat will not attach to your hands.

[Point 2]

It is recommended to add cheese and fried egg for the stuffing.

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Taiwan-style Sautéed Ging-geng-cai, Beef and Egg



[Ingredients]

300 g Scrapped beef

3 roots Ging-geng-cai, remove stems, cut in 5.0 cm

3 Eggs

5 g Garlic peeled and minced

35 ml Soy sauce

90 ml Sake

20 g Sugar

20 g Potato starch

35 g Salad oil

35 g Oyster sauce

8 g Sugar

240 ml Water

20 g Potato starch

5 g Sesame oil

Recipe

[Directions]

- 1 Mix beef, soy sauce, 30 ml Sake, 20 g sugar and 20 g potato starch in the bowl and leave as it is for 10 minutes.
- 2 Place 40 g salad oil in the frying pan, heat high and stir-fry eggs like a scrambled eggs and remove to the dish.
- 3 Place 40 g salad oil in the frying pan, stir-fry 1 and remove to the dish when beef started browning.
- 4 Using remained oil in the frying pan in 3, stir-fry garlic, add Ging-geng-cai, 60 ml Sake and keep frying.
- 5 When Ging-geng-cai soften, add 2 and 3, and mix them. Add oyster sauce, sugar and water and keep frying.
- 6 Mix Potato starch and a little water and pour it evenly to 5 and stir quickly. When 5 thickened, stop heating pour sesame oil evenly.

[Point 1]

The stem of Ging-geng-cai is hard, so separate the stems and leaves of Ging-geng-cai and cook the stem first, to avoid unevenly cooking.

[Point 2]

In order to make puffy scrambled egg, beat egg well, and do not touch while you cook.

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Ground Beef and Fresh Lettuce Fried Rice



※Finish quickly after adding lettuce.

[Ingredients]

200 g ground beef
4 leaves Lettuce, tear in bite-size chunks
4 Eggs
800 g cooked rice
35 g Salad oil
40 ml Soy sauce
5 ml Sake
5 g Potato starch
2 teaspoon Oyster sauce
2 tablespoon Soy sauce
2 g Salt

Recipe

[Directions]

- 1 Mix beef, 5 ml soy sauce, Sake and potato starch in the bowl.
- 2 Place and heat 10 g salad oil in the Chinese frying pan, stir-fry 1 hot to break up into small clusters. Remove it from the pan.
- 3 Place and heat 20 g salad oil in the Chinese frying pan. Stir-fry eggs then add rice. Add 2 in it.
- 4 Add oyster sauce, 35 ml soy sauce and salt to 3 to stir-fry. Add lettuce and stir up quickly. Dish up them on the plate.

[Point 1]

In order to leave the crunchy texture of lettuce, do not cook it too long.

[Point 2]

For the finishing, pour soy sauce around the inner side of the pan and let it slide down to make brown soy sauce.

42 American-style Barbecue



[Ingredients for skewered barbecue]

400 g beef chuck, 5cm diced

250 g chicken thigh 5cm diced

2 potatoes, cut in 2 pcs.

1 Onion cut into 1.5 cm wide rounds

1 Corn cut into 5 cm wide rounds

1 Red paprika, remove seeds and cut in 4 pcs.

1 Yellow paprika, remove seeds and cut in 4 pcs.

4 Shrimps with head and shell

Moderate amount Salt

Moderate amount Pepper

Moderate amount Salad oil

[Ingredients for barbecue sauce]

35 ml Soy sauce

5 g honey

5 g Ketchup

1/4 apple, peeled and grated

15 ml red wine

Recipe

[Directions to make skewered barbecue]

- 1 Sprinkle pepper and salt to beef and chicken.
- 2 Parboil the potatoes and corn.
- 3 Wash shrimp with the saltwater, remove the vein of a shrimp, inserting bamboo skewer between the shells.
- 4 Impale 1, 2 and 3 on a skewer, sprinkle pepper and salt, spread salad oil all over the ingredients with a brush.
- 5 Put grill on Charcoal fire or barbecue stove.
First grill the skewered foods on high heat until the surface gets slightly burned.
Then grill them low heat or some distance above the fire. Heat the foods slowly.
- 6 For the finishing, spread barbecue sauce all over the foods and grill them high heat again.

[Directions to make Barbecue sauce]

- 1 Mix soy sauce, honey and ketchup in the bowl.
- 2 Add apple and red wine in 1 and mix well.

[Point 1]

The remained barbecue sauce will be good for a salad dressing.

[Point 2]

When to use the metal skewer, take off the foods from it before eating. Skewer is extremely hot.

