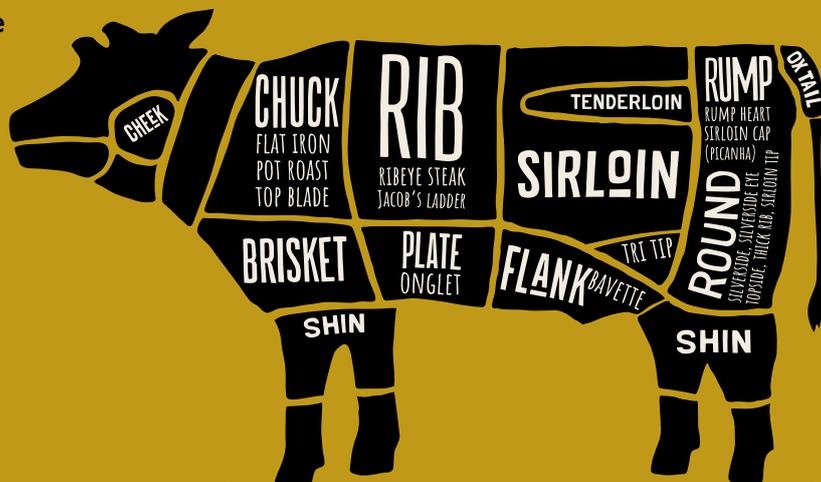


Wagyu beef is a protected national treasure of Japan. The breed's unique genetics produce an exceptionally high level of intramuscular marbling. This creates a uniquely flavoured, tender meat, high in mono-unsaturated fat and omega-3. Many of the secondary cuts are incredibly flavoursome. Get adventurous; try experimenting with the less familiar...



CUT	QUALITIES	COOKING METHOD
PRIME CUTS		
Fillet	From the tenderloin. The most tender cut of all	Perfect for pan-frying grilling or roasting. Serve pink.
Ribeye	Large, flavoursome, well-marbled, tender	Pan fry, grill or BBQ and serve medium rare
Rump heart	Full of muscle and richer flavour	Delicious medium to medium-rare
Sirloin	Highly prized. Excellent marbling and very flavoursome and tender	Sear on high heat then reduce to medium heat for desired cooking
SECONDARY CUTS		
Bavette	Packed full of flavour	A fast-frying favourite
Flat brisket	Prized for flavour when slow cooked	Roast long and slow or marinade and BBQ for a melt in the mouth experience
Flat iron	Second most tender cut (after fillet); well marbled	Pan fry, grill or BBQ and slice against the grain to serve
Jacob's ladder	Marbled, juicy and totally delicious	Cook long and slow for a melt in the mouth experience
Onglet	Long lean and flat. Prized for flavour rather than tenderness	Sear in a hot pan or grill. Cooks in a few minutes
Picanha	Most popular cut in South America. Tender as fillet and tasty as ribeye	Caramelise fat on a high heat. Reduce heat and pan fry or grill to medium rare
Pot Roast	Tasty and cost effective	Roast in a suitably sized pot!
Sirloin tip	Rich meaty flavour	Great for braising but when well marbled can be pan fried or grilled
Shin	Lean, flavoursome and muscular	Cook long and slow or stew for a sticky flavour explosion
Silverside	Lean and tasty	Classic roasting joint
Thick rib	Flavoursome economical alternative to sirloin	Treat like sirloin or braise long and slow
Top blade	Full of marbling and flavour	Cut thinly and sear quickly or braise long and slow
Topside	Tender and lean	Try it fried for a cost-effective steak and frites
Tri-tip	Lean and packed full of beefy flavour. A favourite cut in California	Grill or roast for a crisp surface and deliciously pink centre