

BLACKMORE WAGYU BEEF

Wagyu is Lean Beef:

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Introduction

In the early 90's, the Australian Meat and Livestock commission started promoting Lean Beef, and so successful was this campaign in getting consumers to eat red meat again, both Lamb and Pork followed similar marketing strategies. Unfortunately in obtaining the Heart Foundations tick of approval, meat has lost its flavour.

Characteristically, Wagyu beef is highly marbled. This means that the muscle is interspersed with fine flecks of marbling. When cooked, this dissolves and gives the meat its tenderness and flavour. Whilst increasing marbling (the good fat) Blackmore has continued to produce cattle with lean carcasses - with small amounts of outside (subcutaneous) and seam (intermuscular) fat (the bad fat).

Blackmore Wagyu carcasses consistently score 15-18 cm fat scores at the P8 measurement site, which sets it at one of the lowest scores of fat depth for grain fed cattle.



Blackmore Wagyu beef with a marbling score of 9+.

Note lean beef (minimal seam and outside fat) and the super fine marbling.

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"-has a ratio of mono-unsaturated to saturated fats in excess of 2 to 1". These mono-unsaturated fatty acids (stearic and oleic acid) "-lower serum cholesterol and are of benefit to heart patients and others who avoid eating meat because of a fear of consuming saturated fats"

--Fatty Acid Composition of Black Wagyu Beef Produced in Japan, D.K. Lunt, S.B. Smith and G.C. Smith, Texas A & M University

The fatty acids are the reason for the unique flavour, texture and moisture of Wagyu beef. Subsequently Wagyu has an extremely low melting point, making it literally melt in your mouth. It is also lean - without compromising taste - and healthy for you.

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