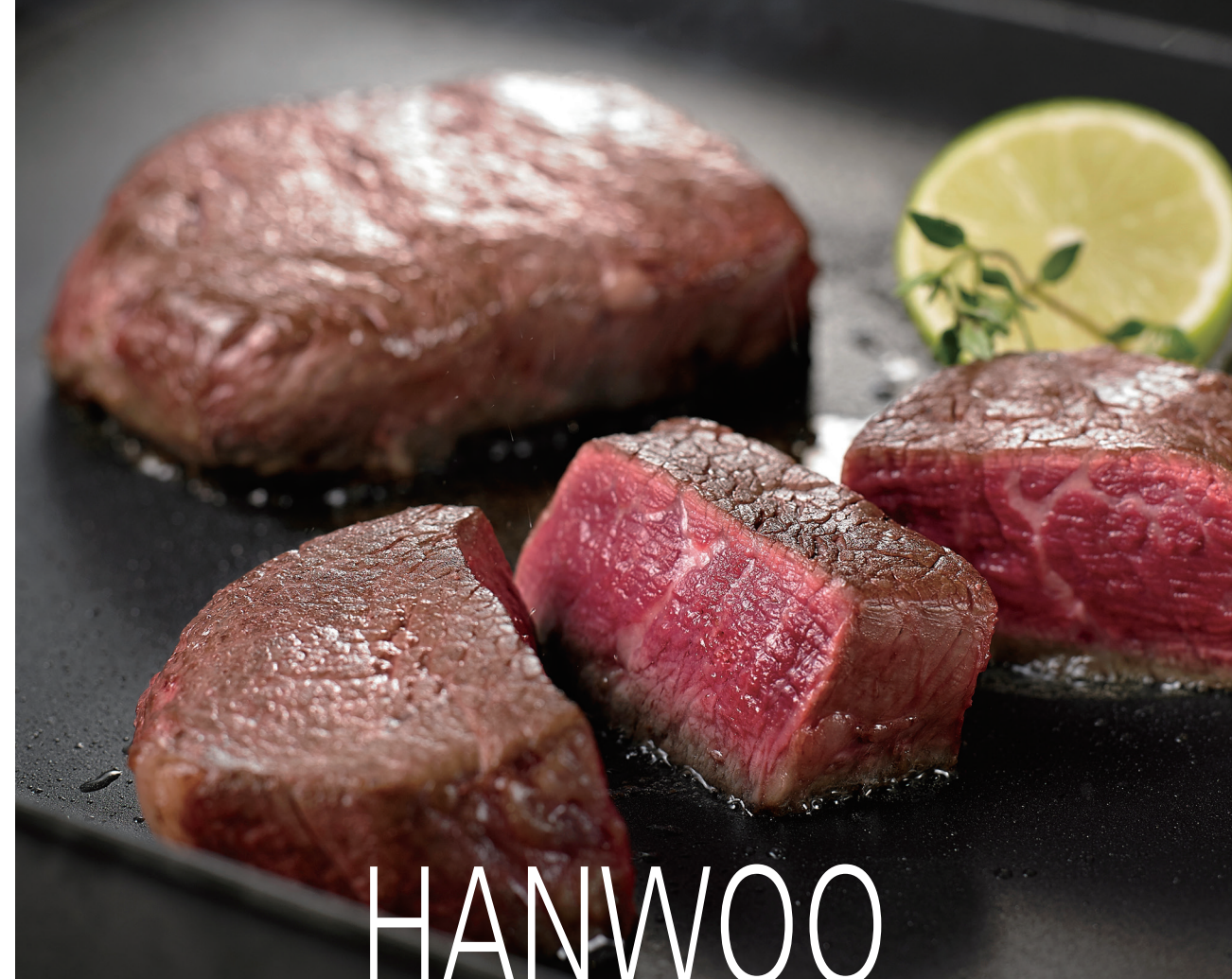




FLAVOR NUTRITION HANWOO



HANWOO RECIPE BOOK

How to eat Korean beef





Information on Hanwoo

Much like the Hanok (Korea traditional house) and the Hanbok(Korea traditional attire), the domestically born and raised Hanwoo is a national symbol of Korea. To Korean people Hanwoo is more than a simple animal because it represents the closeness of a cultural tradition shared between family and neighbors. For more than 5,000 years, Hanwoo has been meticulously cultivated to perfection, and has remained a favorite food among Korean people.

Hanwoo has been a fixture in the Korean tradition since before the first documented history of the Korean peninsula written in 2333BC. Wall paintings at the Goguryeo tomb in Hwanghae-do, Korea depict ancient pictures of Hanwoo with human heads, which represent the close bond between Hanwoo and man. Hanwoo is as much a part of Korean history as the people themselves.

In the past, Hanwoo were cared for as family members and through the millennia, they have fulfilled a variety of important roles from the object of ritual sacrifice to pack animal to compost and agriculture. Hanwoo has been loved and respected for its physical strength against disease and its bright and docile character. Additionally, its skin is excellent for high quality leather and its reproductive rate is high for producing calves.

Throughout the years, systematic scientific improvements have been made to the Hanwoo beef enterprise, and since the cattle themselves are of such high quality, these endeavors have been successful. Each region in Korea practices unique Hanwoo breeding techniques, which are celebrated in friendly competition. This competition has driven the era of ‘Premium’ Hanwoo in Korea.



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Hanwoo Bibimbap

Ingredients

rump 120g, rice 450g, water 600g, green pumpkin 1, peeled balloon flower 200g, bracken 200g, salt 1½t

marinade soy sauce 1T, sugar ½T, chopped spring onion 2t, chopped garlic 1t, sesame salt 1t, pepper powder ½t, sesame oil 1t, egg 2, kelp 3g, cooking oil 2T

red pepper paste red pepper paste 5T, chopped beef 20g, chopped spring onion 2t, chopped garlic 1t, sugar 1T, sesame oil 1½T, water 6T

Recipe

1. Put rice and water in the pot and boil for 4 minute at heavy heat. After 4 minutes, boil for 3 minutes at medium heat and boil for 10 minutes at low heat.
2. Slice green pumpkin in 5~6cm long and 0.3cm wide and put it into salt for 10 minutes. Slice balloon flower in 5~6cm long and 0.3cm wide and put it in salt. Rub with hand it for 2 minutes and leave for 10 minutes. Then, remove wet.
3. Cut rump into 6cm long and 0.3m thick. Cut bracken in 5cm and mix with marinade.
4. Spread cooking oil in the pan and roast green pumpkin for 30 seconds at heavy heat, balloon flower for 5 minutes at medium heat, and rump and bracken for 3 minutes at medium heat.
5. Put cooking oil in the pan and put kelp at 180°C to fry for 10 seconds at medium heat. Then, crush it.
6. Put chopped beef, chopped spring onion, chopped garlic and sesame oil ½ in the pot and roast it for 2 seconds in medium heat. Put red pepper paste, sugar and sesame oil and roast for 5 minutes. Put water and roast for another 3 minutes to make red pepper paste.
7. Fry yolk egg and cut it in 5cm long and 0.3cm thick.
8. Put rice in the bowl and put red pepper paste with ingredients.

Hanwoo Octopus Hot Pot

Ingredients

Hanwoo for Bulgogi (chuck roll, front leg, botton round, rump) 400g, octopus 2, water parsley 40g, small rice cake 60g, red hot pepper, onion 1/4, spring onion 1/2, shiitake mushroom 4, meat broth 3 cup and some salt and pepper

Bulgogi marinade soy sauce 4T, chopped spring onion and garlic, sugar 1T, sesame oil 2T and some pepper

Octopus marinade red pepper paste 1T, red pepper powder 2T, rice wine 2T, soy sauce 1T, chopped spring onion, garlic 1T

meat broth ingredients dried pollack head 2, radish 100g, anchovy 40g, kelp 10cm 1 piece, onion 1/2, spring onion 1, garlic 10, water 8 cups

Recipe

1. Put meat broth ingredients, boil for 3 minutes and strain it. Dress octopus, cut it in 6cm and put it in marinade for 30 minutes.
2. Put Bulgogi into marinade. Clean small rice cake in water, cut water parsley into 5cm, cut onion into pieces and cut spring onion and red hot pepper.
3. Remove stalk of shiitake mushroom, cut it thick input Bulgogi, octopus, onion, small rice cake and vegetables in the pot and boil by inputting meat broth.





Hanwoo fig salad

Ingredients

Hanwoo sirloin 400g (2~3cm thick), baby vegetable 30g, rucola 60g, fig 4, walnut 12, balsamic vinegar, olive oil, and some salt and pepper

Recipe

1. Wash baby vegetable and rucola.
2. Cut fig into 4 pieces and roast walnut for 3 minutes at 180°C preheated oven.
3. Sprinkle salt and pepper to sirloin and roast both sides of sirloin on the oily pan. Roast it for 5~8 minutes at 180°C heated oven.
4. Cut roast sirloin.
5. Put sirloin, vegetable, fig and walnut and eat by sprinkling balsamic vinegar and olive oil.

Hanwoo sirloin steak

Ingredients

Hanwoo sirloin 1kg, olive oil and some salt and pepper

Recipe

1. Cut sirloin in rump and tie with thread to form round shape and sprinkle salt and pepper.
2. Roast both sides of sirloin on the heated pan. Roast it for 5~10 minutes at 180°C heated oven.





Rice with Hanwoo steak toppings

Ingredients

sirloin steak 150g, rice 1/2 cup, shiitake mushroom 2, green pepper 1, some salt and pepper

Topping source soy sauce 2T, plum extract 1/2T, onion juice 1/2T, chopped garlic 1t, sesame oil 1t, starch syrup 1t, lemon juice 1/2T, sugar 1t

Recipe

1. Wash rice and cook rice.
2. Cut shiitake mushroom in lump and slice pepper.
3. Make sauce of toppings, put 1/2 into bowl and boil shiitake mushroom and pepper.
4. Cut sirloin in 1.5cm thick, remove blood stain with kitchen towel and roast on the pan with salt and pepper seasoning
5. Put rice into lunch box, cut sirloin in one-mouthful size topped with shiitake mushroom and green pepper.
6. Boil remaining topping sauce on the sauce of 3 and put it on sirloin.

Hanwoo shashlik

Ingredients

Hanwoo sirloin 1kg, cherry tomato 14, mushroom 6~8, green and red paprika 2 each, onion 2, lemon 1 and some salt and pepper

Marinade sugar 2T, soy sauce 2.5T, ginger juice 1T, water 4T

Recipe

1. Slice lemon and cut cherry tomato in half
2. Cut sirloin in 4cm and season with salt and pepper together with the above 1. And mix it well.
3. Put 2 in zipper bag and ferment for 6 hours in the refrigerator.
4. Slice green and red paprika, mushroom and onion with similar size of sirloin.
5. Put vegetable and sirloin alternately on skewer.
6. Roast it in light fire and put it in the dish.





Hanwoo mushroom roast Ssam

Ingredients

Hanwoo loin end 800g, king oyster mushroom 4, shiitake mushroom 12, agaric 1 pack, some salt and pepper, vegetable for Ssam 200g, onion 2

loin end mushroom seasoning soy sauce 8T, onion juice 2T, chopped garlic 2t, rice wine 2T, sugar 2T, sesame oil 2t, pepper

onion sliced seasoning red pepper powder 2T, vinegar 4T, fermented sauce 1T, sugar 2T, chopped garlic and salt

Recipe

1. Put loin end with half of loin end mushroom seasoning and put it in the refrigerator for 30 minutes.
2. Cut king oyster mushroom in a mouthful size, remove stalk of shiitake mushroom, cut it in half and remove root of agaric mushroom.
3. Wash vegetable for Ssam. Slice onion and put it in cold water to remove hot taste. Then mix with seasoning.
4. Spread oil on heated pan. Roast loin end and roast mushroom with marinade.
5. Put seasoned onion, fried loin end and mushroom and serve with vegetable for Ssam.

Hanwoo steak fajita

Ingredients

Hanwoo sirloin 800g, onion (large) 1, green paprika and paprika 1 each, Worcester sauce 2½T

sirloin seasoning red wine 2 cup, soy sauce 4T, honey 4T, pepper

salsa sauce onion 1/2, red hot pepper 1, perilla leaf 2, tomato 1, some salt and pepper, hot sauce 2T

guacamole sauce avocado(ripen) 2, onion 1, tomato 1 and some salt and pepper

sour cream 250g

Recipe

1. Cut sirloin in 1cm thick, remove blood stain and put it with sauce with red wine, soy sauce, honey, pepper for 1~2 hours.
2. Cut onion, green paprika and paprika in length, roast and season with Worcester sauce.
3. Roast sirloin by sprinkling sauce and cut it in paprika size. Roast tortilla slightly in frying pan.
4. Cut salsa sauce ingredients to make salsa sauce. For guacamole, dig flesh of avocado and mix it with chopped onion, square size tomato and salt and pepper. Put Tortilla, sirloin roast and sauce in the dish.





Hanwoo vegetable roll Ssam

Ingredients

(for 2 persons) loin end 300g, agaric mushroom 50g, enoki mushroom 1pack, paprika (green, red, yellow) 1/2, A1 sauce, some salt and pepper

Recipe

1. Slice loin end thin and remove blood stain with kitchen towel.
2. Slice paprika in 5cm.
3. Roast paprika, agaric mushroom, enoki mushroom with salt and pepper in the pan separately.
4. Roast loin end seasoned with salt and pepper in both sides in the pan.
5. Stretch loin end, and roll with 3 color paprika, agaric mushroom and enoki mushroom.
6. Eat with A1 sauce.

Loin end black sesame cream pasta

Ingredients

loin end 2 slices (2cm thick), spaghetti 150g, fresh cream 250ml, milk 250ml, black sesame 5T, salt, pepper, mushroom 6, chopped onion 1/4, chopped garlic 5

Recipe

1. Put water in the pot and boil spaghetti for 5 minutes with thick salt
2. Grind black sesame and cut mushroom in good size to eat.
3. Heat the pan, roast loin end with seasoning salt and pepper in both sides and roast mushroom slightly.
4. Roast chopped onion and chopped garlic with olive oil in the pan and boil with fresh cream, milk and black sesame.
5. Put boiled spaghetti and mushroom and if it is mixed with cream sauce. Turn off fire and put loin end on the dish.





Cheonggukjang Hanwoo braised short ribs

Ingredients

(for 2 persons) rib 600g, onion 1/4, carrot 1/2, potato 1, chestnut 4, red hot pepper 1, green pepper 1

vegetablemeat broth(2 cups) water 1l, onion 1/2, spring onion 1/2, celery 1, carrot 1/3, garlic 5, whole pepper 5, laurel tree leaf 1

marinade 1 Cheonggukjang 2T, pear 1/6, onion 1/8, chopped garlic 1T, chopped spring onion 1T, chopped ginger 1t, pepper powder

marinade 2 low salted soy sauce 3T, sesame oil 2T

Recipe

1. For vegetable meat broth, put ingredients and boil for 30 minutes.
2. Grind pear and onion and make marinade in 1 where rib is input for 30 minutes.
3. Cut potato, carrot and onion at one mouthful size and slice green and red hot pepper.
4. Boil rib and vegetable meat broth and boil with marinade in 2.
5. When meat is boiled, put sliced potato, carrot and chestnut. When potato and carrot are boiled, boil again with onion and pepper.

Hanwoo meatball pear boiled

Ingredients

chopped prime ribs 300g, pear 1, onion 1/3, egg 1, flour, nuts

meat marinade soy sauce 3T, sugar 1½T, chopped spring onion 1/2T, chopped garlic 1/3T, sesame oil 1T, starch 1T, pepper

boiled paste red wine 1/2 cup, meat broth 270ml, sugar 2T, honey 1T, soy sauce 2T

Recipe

1. Put chopped onion and marinade into chopped prime rib, mix it well for 5 minutes.
2. Make it a ball in a mouthful size and boil with flour and egg water. Cut pear into 12 pieces and remove seed and skin.
3. Put wine, meat broth, sugar and honey in the pot. Once it is boiled, control heat into medium heat and boil slowly until pear is transparent.
4. Put soy sauce into 3, and boil again with boiled meatball.
5. Service with thick chopped nuts on Hanwoo meatball pear boiled.





Red ginseng braised short ribs

Ingredients

Hanwoo loin end 300g, prime ribs 300g, raw ginseng 4~5, rice wine 2T, some salt and pepper, chopped garlic 1t, pine nut powder

marinade sugar 2T, soy sauce 2½T, ginger juice 1t, water 4T

Recipe

1. Put rib in cold water for 1 hour to remove blood stain and boil rib in the pot for 30 minutes.
2. Remove fat in the rib and make cuts in the rib.
3. Boil ginkgo in hot water and peel skin. Wash jujube and remove chestnut skin.
4. Put boiled rib in the pot and mix it with marinade 2/3. Put rib boiled water and boil it in medium heat.
5. When rib is boiled, put chestnut, jujube, ginkgo, other marinade and red ginseng juice and boil until soup is blubbing away at low heat.

Hanwoo Jirasi sushi

Ingredients

(for 4 persons) tenderloin for steak 500g, rice 1½ cup, cucumber 1, egg 2, burdock 40g, shiitake mushroom 6

rice vinegar 3T, sugar 1½T, salt 1/2t

Hanwoo seasoning soy sauce 2½T, sugar 1T, chopped garlic, chopped spring onion, pepper

burdock, shiitake seasoning soy sauce 2T, sugar 1T, cooking wine 1T

Recipe

1. Slice cucumber and burdock in 5cm and boil burdock and shiitake mushroom with seasoning.
2. Separate white and yolk in egg and fry it.
3. Cut tenderloin in one mouthful size and roast it with Hanwoo seasoning in the pan.
4. Put rice vinegar and mix. Then, put it in the container.
5. Put shiitake mushroom and burdock on rice with tenderloin and put cucumber and fried egg.





Hanwoo Jumulleok

Ingredients

(for 2 persons) tenderloin 500g, onion 1, spring onion 1/2, red hot pepper 1, olive oil

marinade sugar 1T, soy sauce 1T, tuna fermented sauce 1T, sesame oil 1T, ginger juice 1/2T, chopped garlic 1T, some salt and pepper

Recipe

1. Slice tenderloin and slice onion, spring onion and red hot pepper.
2. Mix marinade.
3. Put tenderloin into marinade for 30 minutes.
4. Spread olive oil in the pan and roast hand-rub and onion.
5. Put spring onion and red hot pepper to roast slightly.

Hanwoo oxtail soup

Ingredients

oxtail 1, salt, chopped spring onion, chopped garlic, pepper

Recipe

1. Remove blood stain for 4 hours in cold water by replacing water several times.
2. Put oxtail in boiling water and boil with 10 minutes initially.
3. Remove impurities and wash oxtail and pot. Then, put it in boiling water.
4. If water is boiled, keep medium heat and boil for 3 hours until it is brewed.
5. Before meat juice is left, separate meat from bone and put soup in a cold area. When fat is hardened, remove it.
6. Boil remaining bon in new water again. Remove fat in the same manner.
7. Mix first and second brewed soup. Boil it and season with salt, pepper. Then, input spring onion and chopped garlic.





Hanwoo three-color hot pot

Ingredients

Hanwoo shin fore shank 200g, beef meatball 12, fishcake 10, pumpkin pancake 10, water 6 cups, shiitake 2, onion 1/2, thin spring onion 4, red hot pepper 1/2, soy sauce

marinade red pepper powder 2T, chopped garlic 1T, soy sauce 1t, pepper

Recipe

1. Put water, shin fore shank and stalk of shiitake mushroom in the pot and boil for 40 minutes to make meat broth.
2. Cut shiitake and onion thick and cut red hot pepper and thin spring onion.
3. Strain boiled meat broth and cut shin fore shank in slice.
4. Mix seasoning ingredients to make marinade.
5. Put pancakes, shin fore shank, shiitake mushroom and onion and boil with meat broth.
6. When vegetables are boiled, season with marinade and boil with thin spring onion and red hot pepper.

Rib with outer leaves perilla soup

Ingredients

rib(soup) 800g, boiled leave 60g, spring onion 1, red hot pepper 1/2, perilla powder 4T, soybean paste 3T, red pepper paste 1T, chopped garlic 1T, red pepper powder 1/2T, water 10 cup

condiment vegetable onion 1/3, spring onion 1, garlic 4, whole pepper 1t

Recipe

1. Put rib in cold water to remove blood stain.
2. Cut leave in good size and slice spring onion and red hot pepper.
3. Boil rib in boiling water slightly. Remove water and put condiment vegetable and 10 cups of water and boil it again.
4. When it is brewed, remove condiment vegetable and put leave, soybean paste, red pepper paste, red pepper powder and chopped garlic for boiling.
5. Put spring onion and red hot pepper and put perilla powder to complete.





Shiitake mushroom Hanwoo perilla leaf dumpling

Asparagus Hanwoo roll

Hanwoo bean sprout rice

Kelp egg soup

Dining table to overcome hypertension

Potassium and fiber in bean sprout is essential for prevention of hypertension. Kelp contains taurine and laminin, which are kinds of amino acids that reduces blood pressure. And, it is helpful to control excitement and anxiety which are causes of hypertension. Asparagus is noble of vegetables. Asparagus is low calorie, low fat, high dietary fiber and high potassium food which is good to prevent hypertension, diet and constipation.

Hanwoo bean sprout rice

Ingredients

Hanwoo shin fore shank 200g, rice 2 cup, bean sprout 1 pack (200g)

shin fore shank seasoning soy sauce 1T, chopped garlic 1/2T, chopped spring onion 1T, sugar 1/2T, pepper

marinade soy sauce 2T, sesame oil 1T, chopped spring onion, garlic, red pepper powder and sugar 1T each

Recipe

1. Wash bean sprout, slice shin fore shank and put it in shin fore shank seasoning.
2. Mix marinade with ingredients.
3. Wash rice and put into the pot with bean sprout on top. Cook rice with shin fore shank on top.
4. When rice is complete, mix well and serve with marinade.

Shiitake mushroom Hanwoo perilla leaf dumpling

Ingredients

Hanwoo shin fore shank 50g, mushroom 3, shiitake mushroom 3, Cheongyang red pepper 1, tofu 150g, egg 1/2, perilla leaf 12, chopped spring onion 1T, chopped garlic 1T, starch powder

shin fore shank seasoning soy sauce 1T, sugar 1/2T, sesame oil, chopped spring onion and garlic, sesame salt
starch seasoning starch 1T, tuna extract 1T and some salt and pepper

Recipe

1. Crush mushroom, shiitake mushroom, pepper, spring onion and garlic well. Crush tofu and remove wet.
2. Mince shin fore shank with seasoning.
3. Put shin fore shank, tofu, mushroom, spring onion, pepper and egg and mix with starch seasoning.
4. Remove wet from perilla leaf, sprinkle starch powder and put contents in 3 and bend it in half.
5. Boil the above 4 in the steamer for 10 minutes.

HANWO
RECIPE

Asparagus Hanwoo roll

Ingredients

thin sliced Hanwoo loin end 200g, asparagus 1, salt

marinade soy sauce 1T, pear juice and rice wine 1T, chopped garlic 1t, sugar and sesame salt 1/2t

Recipe

1. Remove hard part from asparagus and cut it in half.
2. Boil it in boiling water with salt slightly.
3. Roll asparagus with loin end and put it in marinade for 5 minutes.
4. Spread oil in heated pan and put loin end roll. Roast it well in both sides.

Kelp egg soup

Ingredients

Kelp 10cm 2 pieces, egg 2, thin spring onion 1/2, water 4 cup, chopped garlic and salt

Recipe

1. Put kelp in the pot and boil it. Take kelp out and slice it.
2. Spread egg and slice spring onion.
3. Spread egg in kelp soup and season with salt after inputting garlic.
4. Finally, input thin spring onion and turn the heat off.
5. Serve soup with sliced kelp.



Braised Hanwoo carrot

Spinach perilla powder salad

Crown daisy-clam soup

Black bean rice

Dining table good for eyes

Vitamin A is called as 'Vitamin for eyes' which is the best nutrient for eyes. If Vitamin A is insufficient, it causes eyesight decrease and increases risk of night blindness. Pumpkin, tomato and chives contain Vitamin A, and green vegetables such as crown daisy and spinach have Vitamin A. Black bean is also good for eye fatigue and it's good to put in rice.

Black bean rice

Ingredients

Rice 3 cup, glutinous rice 1 cup, black bean 1/4 cup, kidney bean 1/4 cup

Recipe

1. Wash black bean and steep it for 3 hours.
2. Mix rice and glutinous rice and put them in the cooker with black bean, kidney bean and water to cook rice.
3. If rice is cooked in 7 minutes, and cook for 2-3 minutes more and then turn the heat off.
4. Once steam is gone, eat it.

Crown daisy clam soup

Ingredients

Clam 2 packs, radish 100g, water 5 cup, crown daisy 2 stems, red hot pepper 1/4

Recipe

1. Cut radish and boil it for 15 minutes.
2. Put one pack of clam into 1 and boil it.
3. Cut crown daisy and slice red hot pepper.
4. Put crown daisy and red hot pepper on clam soup.

HANWOO
RECIPE

Braised Hanwoo carrot

Ingredients

Hanwoo shin fore shank 1kg, carrot 200g, radish 60g, shishito pepper 6, condiment (garlic 10, onion 1, ginger 1, spring onion 1)

marinade soy sauce 4T, sugar 2T, chopped spring onion/garlic 1T, Rice wine/ cooking wine 1t, starch syrup 2T, sesame oil 1T, pepper

Recipe

1. Remove blood stain for 1 hour on shin fore shank and cut it in 3cm.
2. Put condiment in water of 5 cups and boil it with shin fore shank for 1 hour.
3. Cut radish and carrot in 6cm size and wash shishito pepper by removing head.
4. Strain meat broth, put shin fore shank, meat broth and marinade and boil it.
5. Put radish and carrot and boil it well.
6. Put shishito pepper to boil.

Spinach perilla powder salad

Ingredients

spinach 400g, salt

perilla sauce perilla powder 4T, tuna extract 2T, cooking wine 2T, chopped spring onion 2T, chopped garlic 1t, salt, sesame oil 1t

Recipe

1. Dress spinach and boil it with salt in boiling water quickly. Wash it in cold water several times. Remove wet and cut it in good size.
2. Mix sauce ingredients except for sesame oil and salt. Rub with spinach.
3. Season with salt and put sesame oil

Hanwoo vitamin dining table

Hanwoo nutrient rice

Ingredients

bottom round 200g, anchovy broth 2 cup, glutinous rice 100g, rice 150g, chestnut 5, jujube 4, shiitake mushroom 2, carrot 1/4, seasoning chopped garlic 1/2T, rice wine 1T, soy sauce 1/2T, pepper powder

wild chive seasoning wild chive 20g, anchovy broth 1T, soy sauce 2T, sesame oil 1T, sesame salt, red pepper powder

Recipe

1. Wash rice and steep it.
2. Slice bottom round, remove blood stain, put into marinade and roast it.
3. Cut chestnut in 4 pieces, cut jujube into 6 pieces. Cut shiitake mushroom and carrot in 0.5cm size.
4. Put anchovy broth into rice and cook rice by inputting 2 and 3.
5. When rice is cooked, serve with wild chive marinade.

Hanwoo nutrient rice

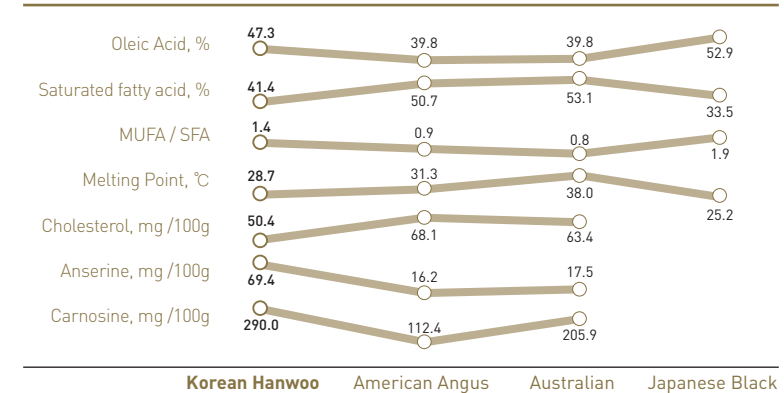
Secret of Hanwoo taste

Why is Hanwoo delicious and nutrient?

It has rich and olein acid and unsaturated fatty acid.

Taste of Hanwoo is better than other beef because it has rich unique flavor and olein acid. Especially, olein acid content of Hanwoo is 47.3% which is far higher than US beef and Australian beef 39.8%. And not only taste is good but also Hanwoo is good for health. Because unsaturated fatty acid is pretty high while saturated fatty acid is low.

Comparison of ingredient by portion



*References Smith et al. (2006), Choi (2016)

- Oleic Acid : Representative monounsaturated fatty acid. Originated from olive oil. It reduces bad blood cholesterol and increases good cholesterol.
- Saturated fatty acid : Related to cardiovascular disorder. Contained in coconut oil and palm oil the most
- MUFA / SFA : Index to figure out correlation between monounsaturated fatty acid and saturated fatty acid Index of beef from the US and Australia is lower than "1" which clearly shows that saturated fatty acid is far more.
- Melting point : Melting point of beef fat is related to 'taste.'. If melting point is low, it gives soft and gentle texture. If melting point is high, it gives hard texture
- Cholesterol : Essential ingredient composing cell membrane of animal. Steroid hormone and bile acid precursor. It is related to cardiovascular disorder due to artery hardening
- Anserine : Dipeptide consisting of beta-alanine and histidin. Much contained in goose and dove breast. It improves human immunity
- Carnosine : dipeptide consisting of beta-alanine and histidin. Much contained in animal protein. It removes active oxygen and is effective for anti-aging

Hanwoo is fresh.

Hanwoo is distributed in cold storage which enables to keep meat juice and taste. But, other beef is processed in frozen and thawing that removes meat juice. Thus, flavor is weak than Hanwoo.

Hanwoo is superior and unique cattle in Korea.

Hanwoo is with our history of 5,000 years. It has adapted to a climate of the region for 5,000 years. Thus, it is optimized to our food culture and taste. Even though it is good to cook in the western way, it is especially good to Korean food. As muscle fat is evenly distributed, it shows rich taste.

COOKING TIP

How to make tender meat

Wash with pear juice, plum juice, pineapple juice, kiwi juice, apple juice, lemon juice, mandarin juice, soy sauce, sugar, wine, soda, cooking oil, coke, rice wine, chopped onion and vinegar

Put it in fruit juice with protease. But, if it is marinated too long, it cannot be eaten due to excessive protein.

Tapping

Put dishcloth on the cutting board and put Hanwoo on the board. Then, tap meat with empty bottle or smelt. Then, meat becomes tender as tendon is broken.

Making cuts

Make cuts in Hanwoo slightly or cut strong tendon. Then, meat becomes tender.

Cut along meat texture

When cutting Hanwoo, if it is cut vertically against fiber material, it can make meat tender. If meat is cut parallel with meat, meat becomes tough and shape is shrunken after cooking. If meat is tough it is effective to cut thin.

Freezing and thawing

If Hanwoo is frozen and defrosted in the freezer, moist in cells are destroyed that break tissue in Hanwoo. Thus, it makes meat tender. But, it is good to use this way just once. If you repeat it, taste of meat is ruined.

Cold storage method of Hanwoo

Cold storage Hanwoo is good for taste as it is fresh meat. But, to keep it for a long time, it is frosted. If it is stored under -20℃, it prevents proliferation of microorganism. If it is frosted, it is recommended to put it in the container to prevent dray. It is vulnerable to be rotten if mass is frosted and defrosted. Thus, cut it in necessary piece and keep in wrap. Then, take one at a time. Fat is good if it is white color and scarlet color for meat is good. If it is dark red, it is old, and yellow color means it is oxidized. If a cow dies, it has cadaveric rigidity. Therefore, it is good to buy ripened Hanwoo for 15 days at the refrigerator. The sweet taste of Hanwoo is because of inosinic acid, which is created much at 10 days storage at 4~5℃ after slaughter. Ripened Hanwoo cannot be kept for a long time. Thus, make it quick-freeze and keep it under -20℃. If Hanwoo contacts air, red color myoglobin is oxidized, which turns into brown color matt myoglobin and fat is also oxidized, which changes color and taste. Therefore, if it is not used promptly, it needs to be kept at the freezer.

•How to keep Hanwoo fresh?

Category	Cold storage	Freeze
Storage temp.	-1 ~ 4℃	-10 ~ -40℃
Storage period	Short	Long
Remark	Keep fresh	Decrease meat quality

Cold storage Hanwoo is good for taste as it is fresh meat. But, to keep it for a long time, it is frosted. If it is stored under -20℃, it prevents proliferation of microorganism. If it is frosted, it is recommended to put it in the container to prevent dray. It is vulnerable to be rotten if mass is frosted and defrosted. Thus, cut it in necessary piece and keep in wrap. Then, take one at a time.

Category	Sliced meat	Thick cut meat	Chopped meat
Cold storage	•As it is easy to be rotten due to large cross-section. It is good to cook promptly after open. •Do not touch in hands and use chopsticks to prevent infection. •Keep it in wrap in the refrigerator for 2-3 days. •Boil after seasoning and seal it to keep 4-5 days	•Do not keep over 1-2 days. •Mix vinegar and cooking oil with same ratio and apply it on meat. Put it in sealed container to store for 3 days. •If meat is overlapped, the overlapped area becomes discolored. Keep wrap in between pieces.	•As it is quickest to be rotten, remove wet with kitchen towel and seal with wrap. Do not store more than 2 days.
Frozen storage	•If it is wrapped piece by piece in wrap, it can be stored for 3 weeks •Put it in flat plate to keep shape of meat	•It can keep taste for 2 weeks if it is quick-frosted •If defrost is made by applying oil in meat, it is good for taste as meat juice is not leaked.	•As chopped meat is large surface that contacts air. Seal it by stretching well. Then, it is good for quick defrost. •Do not store more than 2 weeks at maximum.