

## **NEWS**

Dear all,

How have you been doing? It's still very cold in Japan.

This year, there was heavy snowfall in the northern part of Japan, and the number of accidents during snow removal was increasing. In Osaka and Okayama, it doesn't snow so much, but it tends to snow earlier than usual.

The number of infected people is increasing in Japan, probably because the virus becomes active when the temperature is low. It's a time when you can't get rid of it, but let's eat delicious food and boost your immunity so as not to lose to COVID! ©





## "Shabu-Shabu" (Thinly-sliced meat boiled in broth.)

"Shabu-shabu" is a Japanese dish where very thinly sliced beef is cooked in a traditional hot-pot full of boiling broth.

The meat is cooked by gently dipping and waving it around in the broth with chopsticks. The beef is so thin you can almost see through it, so it cooks quickly and is ready to eat as soon as its color changes. "Kobe-beef", highly marbled beef which comes from specially raised cattle, is especially popular for shabu-shabu course menus.

This type of beef is known as "shimofuri" because the marbling almost looks like frost on the meat. "Goma-dare" (sesame sauce) and "ponzu" (soy sauce mixed with citrus vinegar) are the most popular sauces for shabu-shabu.

You can also put vegetables and tofu in the pot and enjoy as well. Nowadays, pork, chicken and fresh seafood (mainly crab, abalone and snapper) are also becoming popular shabu-shabu ingredients.





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## **Enlarged photo of cutting edge**







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