

morgan ranch

burwell, nebraska



proprietors: the morgan family
certified organic? : yes
<https://morganranchinc.com/page/theranch>

what does izanami serve from morgan ranch?
all wagyu
tomahawk steaks

about morgan ranch

“Located in Burwell, Nebraska, the Morgan Ranch sits in the heart of the Sandhills. With its abundant grasses, perfect climate, and plentiful spring-fed streams, the region is widely recognized as among the best cattle producing areas in the world.”

Q & A with morgan ranch

what is unique about wagyu cattle?

“ The Wagyu breed was first introduced into Japan in the 2nd century as a beast of burden for the Island’s many rice paddies. However, the rugged terrain restricted heavy migration and led to various isolated areas of unique breeding and feeding techniques, most famously, the inclusion in some areas of beer

and/or Sake as part of the feed ration in the belief that alcohol helped digestion. As famously, in some even more remote hamlets where the cattle’s movement was severely limited due to exceptionally rough terrain, herdsmen actually started massaging their Wagyu to help circulation. Over the centuries, such treatment resulted in the breed developing extraordinary genetic traits for texture, tenderness, flavor, and overall eating quality. In an effort to protect these special genetic traits, the Shogun of Japan issued a mandate in 1635 officially closing the herd and, except for a brief period in the late nineteenth century, the National Japanese Wagyu herd remains closed to this day. “

DID YOU KNOW? There are several health benefits to eating wagyu beef.

The Mono-unsaturated Fatty Acid to Saturated Fatty Acid ratio runs up to three times higher in Wagyu beef than other beef.

Research indicates that Mono-unsaturated Fatty Acids (MUFA) are either lower or neutral to total cholesterol levels, while increasing High Density Lipoprotein (HDL) levels, or good cholesterol.

Medical experts report that HDL tends to deliver cholesterol away from the arteries and to the liver where the body can get rid of it.

Research indicates that HDL removes excess cholesterol from arterial plaque, thus slowing its build-up.

Wagyu beef is also an effective source of Essential Fatty Acids such as the Omega 3 (Linolenic Acid), as well as containing 30% more Omega 6 (Linoleic Acid) than other breeds.

Omega 3, the same compound found in nuts, olive oils, and fish that give them their health benefits, has been found to protect against heart disease, arthritis, depression, Alzheimer’s, high blood pressure, and act as an anti-carcinogen.

Omega 6 has been shown to prevent numerous kinds of cancers, while also reducing Low Density Lipoprotein (bad cholesterol) levels and triglycerides.

Wagyu beef is one of the best sources of Vitamin B, iron, and essential complete amino acids.