

## Meat and Dairy

Quality over quantity is key for many food products on Sado Island. This is especially true for dairy and meat because of the island's small number of livestock. Most of the young cattle raised on Sado are auctioned off every year to famous beef-growing regions such as Hida, making Sado beef a rare delicacy on the island. Black-haired Sado pork, called *shima kurobuta*, is also popular. There is no butcher on the island, so Sado beef and pork are rarely found in local supermarkets or restaurants. However, the island's German-style *henjinmokko* sausages are relatively widely available.

The lack of cattle also means that dairy products are relatively sparse treats and may not be available at all times. When Sado milk is on the shelves, it is sold in a carton decorated with a likeness of the crested ibis, the symbol of the island. Both soft and hard cheeses produced locally pair well with the *henjinmokko* sausages. Sado butter is rich and creamy and a great souvenir to take back to the mainland.