

BULGOGI - AUTHENTIC KOREAN BBQ BEEF RECIPE

Bulgogi – Korean BBQ Beef is probably one of the best-known Korean dishes.

Prep: 20 minutes

Cook: 20 minutes

Resting Time: 30 minutes

Approximately four servings

INGREDIENTS

1 lbs. Thinly sliced top sirloin
(flank steak works too, marinate min. 1 hour)

Korean white Rice (method below)

Boston, Bibb, or Baby Gem Romaine Lettuce – washed and separated.

¼ cup cabbage Kimchee, finely chopped

MARINADE

3 Tbsp. soy sauce

2 Tbsp. light brown sugar

1 Tbsp. honey

2 Tbsp. Mirin (rice cooking wine)

1 Tbsp. sesame oil

2 Tbsp. fresh garlic, minced

1 tsp. black pepper, ground

2 tsp. toasted sesame seeds (plus extra for garnish)

1 Tbsp. green onion, finely chopped (plus extra for garnish)

2 Tbsp. Asian pear puree (sub 1 Tbsp. kiwi or 3 Tbsp. onion puree)

OPTIONAL INGREDIENTS: stir-fried sliced onions, shiitake mushrooms, sweet bell peppers and/or julienned carrots

METHOD

- Make marinade by mixing soy, sugar, honey, Mirin, sesame oil, garlic, pepper, sesame seed, green onion, and pear puree together in a stainless bowl big enough to hold the sauce and beef.
- Mix in the sliced beef into the sauce prepared above and marinate minimum 30 min. at room temp (if cooking right away) or overnight in the fridge.
- Heat frying pan on high heat and just pan fry/stir fry the meat in batches until it's slightly brown on both sides. Don't crowd the pan or you will end up stewing the meat and making it tough.

TO SERVE

- Take a leaf of lettuce and spoon over some hot rice then beef bulgogi and stir-fried vegetables (if using). Garnish with Kimchee chopped green onions and toasted sesame seeds. Roll together quickly and repeat.

HOW TO MAKE KOREAN WHITE RICE

1 cup (250mL) short or medium grain rice

1 cup + 2 Tbsp. (280 mL) water

METHOD

- In a bowl, add rice then water and rinse by swirling the rice with your hands a few times. Drain and discard water. Add fresh water and repeat. Rinse at least 3 times then soak washed rice in water for 30 minutes then drain well in a colander.
- Add soaked and drained rice in a thick-bottomed pot deep enough so it doesn't boil over. For 1 cup rice (measured when dry), add 1 cup + 1 Tbs water to a stainless pot. Cover with the lid, turn on heat to medium-high and cook for 3 1/2 to 4 min.
- Simmer for 15 – 17 min on Low heat. Depending on how soon you lowered the heat. Turn off heat and let it sit for 5 min.

NOTES

The most authentic and traditional way to cook Bulgogi is on top of a charcoal grill – you will either need a fine steel mesh or a tin foil grate to cook the meat because otherwise it will fall through. Bulgogi is supposed to be well cooked and tastes great if it is nicely caramelized.



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