

BULGOGI {Korean Barbequed Beef}

(recipe from Leesh & Lu's Recipe Box)

1 - 1 ½ lbs rib-eye or round steak, thinly sliced
1/4 of a medium yellow onion, halved and sliced into medium moon shaped slivers
1/3 cup of soy sauce
3 Tbs. sugar
1 Tbs. sesame oil
3 garlic cloves, minced
2 green onions, finely sliced
2 Tbs. toasted sesame seeds
1/2 - 1 tsp. of red pepper flakes
2 pinches of black pepper
1/4 tsp fresh ginger, finely minced

Combine soy sauce, sugar, sesame oil, garlic, green onions, sesame seed, red pepper, black pepper and ginger; whisk until most of the sugar has dissolved. Add beef and onion slices and massage the marinade with your hands into each slice of beef. Cover and refrigerate for at least one hour, although 4-6 hours is preferred.

To pan fry, place a few slices of beef in single layers and in a hot oiled frying pan and fry each side until cooked. Some people prefer to cook the bulgogi until some of the edges have turned dark brown and crispy.

Serve with a bowl of hot sticky rice, and kimchi.

Another great way to eat bulgogi is to wrap bulgogi, rice, and kimchi in a leaf of lettuce.

Ssam-jang (find at Korean store) mixed with just a little bit of honey is also a great sauce to dip bulgogi in.

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