

Beef Bulgogi Recipe

(Korean Recipes)

Ingredients: Serves 4

750g sirloin or rib eye beef, thinly sliced

1 onion, sliced

1 leek, diagonally sliced into very thin strips

8 fresh shiitake mushrooms, stems discarded and caps sliced (optional)

Toasted sesame seeds, to garnish

Bulgogi Marinade:

1½-2 tablespoons minced garlic

4-5 tablespoons soy sauce

2 tablespoons soft brown sugar

2 tablespoons corn syrup or sugar syrup

½ teaspoon freshly ground black pepper

2 tablespoons rice wine or sake

1 tablespoon sesame oil

1 large nashi pear (about 3½ cups/600g), grated

2 scallions, finely sliced

½ cup beef stock (optional)

Method:

Mix all the Bulgogi Marinade ingredients together and combine with the beef in a large bowl. Cover and marinate for 2 hours. Heat a large skillet or frying pan, add the beef, onion, leek and mushrooms, and stir-fry over high heat for about 4 minutes, or until the beef is cooked. Garnish with the sesame seeds. Serve with chili bean paste, lettuce leaves, sesame leaves, sliced raw garlic and sliced green chili on the side. Arrange these ingredients and the meat on a leaf, then wrap and dip the parcel in a spicy sauce before eating. Wrap the beef in plastic wrap and chill in the freezer for 30 minutes. Remove the plastic wrap and slice the beef very thinly, and then into strips. An alternative way of preparing this dish is to heat a barbecue or grill and cook the beef over high heat.

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