

Grilled Korean Beef Steak Recipe

(Chadolpakee - Korean Recipes)

Ingredients: Serves 4

1 teaspoon oil

4-8 cloves garlic, peeled and thinly sliced (optional)

500g high quality beef sirloin, wrapped in plastic wrap, chilled in the freezer for 30 minutes, then thinly sliced

4 cloves raw garlic, to serve

Sesame Sauce:

½ tablespoon sesame oil

½ tablespoon salt

¼ teaspoon freshly ground black pepper

Mustard and Lemon Sauce:

2 teaspoons prepared Japanese or Chinese mustard

1 tablespoon brown sugar

1 teaspoon vinegar

4 teaspoons water

2½ tablespoons lemon juice

Method:

Combine the Sesame Sauce ingredients and set aside. Combine the Mustard and Lemon Sauce ingredients and set aside. Heat the oil in a non-stick skillet and add the sliced garlic. Stir-fry quickly for 30 seconds. Remove the garlic from the skillet and set aside. Place the beef slices in a hot non-stick skillet or on a tabletop grill, and quickly sear it on 1 side. Turn the meat over and quickly sear on the other side. Serve the grilled meat with the Sesame Sauce, Mustard and Lemon Sauce and both roasted and raw garlic. Koreans love to eat raw garlic with their meat. This quick and easy recipe is also commonly used to prepare grilled beef tongue, a Korean delicacy. Mustard and Lemon Sauce is an excellent accompaniment to any grilled meat.

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