

Korean Beef Stir-Fry Recipe

Ingredients:

1/2 tablespoon cooking oil
3 tablespoons minced garlic
1 carrot, sliced
1 scallion, sliced
2 shiitake mushrooms, sliced
1/2 teaspoon white sesame seeds, dry-roasted
a few drops sesame oil

Beef Stir-fry:

500g Teriyaki beef
3 tablespoons light soy sauce
90 g sugar
1 tablespoon ground black pepper
2 canned pineapple rings
125 ml canned pear juice or pineapple syrup
3 tablespoons sesame oil
1 1/2 onion, peeled and minced
125 ml mirin

Method:

Combine beef stir-fry ingredients in a large mixing bowl. Mix well with your hands. Refrigerate overnight or for at least 2 hours. Heat cooking oil and add garlic. When garlic is fragrant, stir-fry marinated beef with sliced carrot, scallions and mushrooms. Sprinkle with sesame seeds and sesame oil just before removing from heat. Serve hot.

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