

Bulgogi Beef KoreanStyle Barbecue

Oscar · 29/09/2024



Prep Time

1 hr

Difficult

Medium

Servings

1 hr 20 mins

Description

In the best examples I've had of beef bulgogi in Korean restaurants the meat while tender still had a little bit of chewiness to it. You can control texture by the thickness or thinness of the slices and how long you marinate them. But this Koreanstyle BBQ recipe has a fairly fastacting marinade so I go with an hour or two.

Ingredients

- - 1 ¼ pounds boneless beef short ribs
- sliced across the grain in 1/8-inch thick slices - 4 cloves garlic
- finely crushed - ¼ cup grated yellow onion - 1 tablespoon freshly grated gingerroot - 1 tablespoon toasted sesame oil - 1 tablespoon light brown sugar
- or to taste - ½ cup freshly grated Asian pear - ¼ cup soy sauce - 1 tablespoon Korean red pepper flakes (gochugaru) - ½ teaspoon kosher salt - 1 tablespoon vegetable oil
- plus more for brushing skillet - 2 cups hot steamed rice
- or as needed - 2 sliced green onion tops for garnish

Instructions

1. Mix garlic
2. grated onion
3. grated ginger
4. toasted sesame oil
5. and brown sugar together in a mixing bowl. Stir in grated pear
6. soy sauce
7. and red pepper flakes. Transfer meat to marinade and toss to coat on all sides. Cover and refrigerate
8. 1 to 2 hours. Season meat with salt and a drizzle of vegetable oil. Toss. Brush a cast iron skillet with a little vegetable oil and place over high heat. When the skillet is very hot
9. add beef in a single layer and cook until meat begins to caramelize around the edges and moisture begins to evaporate
10. 2 to 3 minutes per side. Serve over hot rice and top with green onion slices. Chef John Chef's Note You can marinate the beef for up to 12 hours
11. but I have good results with a 1- to 2-hour marination time.