



KOREAN

Gochujang Flat Iron

COMPLEXITY	SERVES	PREP	COOK	TECHNIQUE	CUT
Basic	4	15 min + 2 hr marinating	10 min	Grill	Flat iron

Ingredients

- 800 g (1¾ lb) flat iron steak
- 3 tbsp gochujang (Korean chilli paste)
- 2 tbsp soy sauce
- 1 tbsp toasted sesame oil
- 1 tbsp brown sugar
- 1 tbsp rice vinegar
- 4 cloves garlic, grated
- 1 tbsp grated fresh ginger
- ½ Asian pear or apple, grated
- 2 spring onions, thinly sliced
- 1 tbsp toasted sesame seeds
- Lettuce leaves, steamed rice and ssamjang (or gochujang stirred with a little miso) or kimchi, to serve

Steps

1. Whisk the gochujang, soy sauce, sesame oil, sugar, vinegar, garlic, ginger and grated pear together in a bowl.
2. Add the steak and turn to coat. Marinate in the fridge for 2 to 8 hours; the pear softens the meat but do not go beyond 8.
3. Take the steak out 30 minutes before cooking and wipe off the thickest clumps of paste, which would scorch.
4. Heat a grill or ridged pan to medium-high. Oil the grates lightly.
5. Grill the steak for 4 to 5 minutes per side, turning once, until charred in places and 54°C (130°F) in the centre. If the sugar blackens too fast, move to a cooler zone.
6. Transfer to a board and rest for 8 minutes, tented loosely with foil.
7. Slice thinly against the grain. Scatter with spring onion and sesame seeds.
8. Serve in lettuce leaves with rice and a dab of ssamjang or kimchi.

Notes

- **Make ahead:** the marinated steak keeps in the fridge up to 8 hours; the pear softens the meat too much beyond that.
- **Heat level:** use 2 tbsp gochujang plus 1 tbsp extra soy for a milder bite.
- **Other cuts:** skirt or flank work too; cut the cooking time for skirt.
- **Freezer:** freeze the raw steak in its marinade for up to 3 months; thaw fully in the fridge overnight, then cook.
- **Pair with:** a quick cucumber salad with rice vinegar and sesame.