



KOREAN

Bulgogi

COMPLEXITY	SERVES	PREP	COOK	TECHNIQUE	CUT
Basic	4	20 min + 2 hr marinating	10 min	Grill	Ribeye

Ingredients

- 700 g (1½ lb) boneless ribeye, partly frozen for 30 minutes
- 1 small Asian pear (or sweet apple), grated
- ½ onion, grated

MARINADE

- 80 ml (⅓ cup) soy sauce
- 2 tbsp sugar
- 1 tbsp honey
- 4 cloves garlic, minced

MARINADE (CONT.)

- 2 tbsp toasted sesame oil
- 1 tbsp toasted sesame seeds
- ½ tsp black pepper
- 2 spring onions, sliced

TO SERVE

- Steamed rice
- Lettuce leaves, for wrapping
- Ssamjang or gochujang, to taste

Steps

1. Slice the chilled beef across the grain as thinly as you can, about 3 mm (⅛ in). Partly frozen meat cuts neatly.
2. Whisk the marinade ingredients with the grated pear and onion. The fruit's enzymes help tenderise the beef.
3. Add the beef and massage it in. Marinate in the fridge for at least 2 hours, or up to 8.
4. Heat a grill pan, cast-iron skillet or barbecue over high heat until smoking hot.
5. Grill or sear the beef in two or three batches, spreading it in a single layer. Leave it alone for 1 to 2 minutes until the edges caramelise, then turn and cook 1 minute more. Crowding the pan steams the meat, so keep batches small.
6. Pile onto a plate and sprinkle with extra sesame seeds.
7. Serve with rice, lettuce leaves and sauce so everyone can wrap their own bites.

Notes

- **Make ahead:** the marinated beef freezes well for up to 1 month; thaw overnight.
- **Other cuts:** sirloin and tenderloin also work; ribeye gives the juiciest result thanks to its marbling.
- **No Asian pear?** Use half a ripe pear or a grated apple plus 1 tbsp extra sugar.
- **Shortcut:** buy pre-sliced bulgogi beef at a Korean market, or use shabu-shabu slices.
- **Pair with:** a quick cucumber salad with vinegar and sesame, plus kimchi.