



KOREAN

Yukhoe

COMPLEXITY	SERVES	PREP	COOK	TECHNIQUE	CUT
Basic	2	20 min	0 min	Raw preparations	Tenderloin

Ingredients

- 250 g (9 oz) beef tenderloin, very fresh and well chilled
 - 1 Asian pear, peeled and cut into matchsticks
 - 1 egg yolk, from a very fresh egg
 - 1 tsp toasted sesame seeds
 - 1 spring onion, finely sliced
 - 1 tsp pine nuts, chopped (optional)
- SEASONING**
- 1 tbsp soy sauce
 - 1 tbsp sugar
 - 1 tbsp toasted sesame oil
 - 2 cloves garlic, finely grated
 - ¼ tsp black pepper
 - Pinch of salt

Steps

1. **Food safety:** yukhoe is eaten raw, as is the egg yolk (use a pasteurised yolk if you can). Use the freshest whole-muscle beef from a trusted butcher, keep it refrigerated until you serve, and do not give it to pregnant people, young children, older adults or anyone with a weak immune system.
2. Chill the beef in the freezer for 20 minutes, until firm but not frozen. Trim away all fat and sinew.
3. Cut the beef against the grain into thin slices, then stack and cut into matchsticks about 3 mm (⅛ in) thick and 5 cm (2 in) long.
4. Whisk the soy sauce, sugar, sesame oil, garlic, pepper and salt in a bowl until the sugar dissolves.
5. Fold the beef into the seasoning with a light hand and mix for just 30 seconds. It should look glossy but not wet.
6. Arrange the pear matchsticks in a ring or fan on a plate, mound the beef in the centre, and slip the egg yolk on top.
7. Scatter with the sesame seeds, spring onion and pine nuts. Serve at once, mixing the yolk through at the table.

Notes

- **Pear:** its crisp sweetness balances the beef; a crisp apple will do in a pinch.
- **Make ahead:** mix the seasoning and cut the pear ahead, but dress the beef within 10 minutes of serving. For more about raw beef see the glossary.
- **Pair with:** rice and a simple cucumber salad or quick-pickled radish.