

Beef Bulgogi a Korean Dish

Bulgogi is a Korean grilled meat dish. If you want, you can substitute chicken or pork. Serve it over a bed of rice or wrap in lettuce leaves, then finish with the dipping sauce.

Serves 6

Marinade:

5 tablespoons soy sauce
2 1/2 tablespoons white sugar
1/4 cup chopped green onion
2 tablespoons minced garlic
2 tablespoons sesame seeds
2 tablespoons sesame oil
1/2 teaspoon ground black pepper

2 pounds grassfed flank steak

Dipping Sauce:

1/2 cup soy sauce
2 tablespoons rice vinegar
1 teaspoon grated fresh ginger
2 teaspoons crushed toasted sesame seeds
1/4 teaspoon cayenne pepper
1/4 teaspoon sweet paprika
1 pinch sugar

Make the marinade by whisking together the soy sauce, sugar, green onion, garlic, sesame seeds, sesame oil and pepper.

Slice the beef very thin across the grain. Place in a zipper bag and pour the marinade over. Refrigerate overnight, flipping the bag several times to make sure all of the meat is covered.

Make the dipping sauce by whisking together the soy sauce, rice vinegar, ginger, sesame seeds, cayenne, and paprika. Refrigerate until ready to serve.

Remove the meat from the refrigerator and allow to stand at room temperature for about 30 minutes. Heat the grill to high. Cook the beef slices about one minute per side for medium rare. Remove from the grill and tent with foil to keep warm for five minutes before serving.