

Bulgogi (Korean Barbecued Beef)

serves 4

You can buy pre-made bulgogi sauce or already marinated bulgogi meat inexpensively at most Korean markets, which is a convenient alternative to the recipe below. If purchasing meat to marinate, direct butcher to cut meat like he cuts bacon or corned beef...in cross-grain slices approx. 3-inch square or in long 1-inch strips. Not all stores have slicing machines capable of this, so call ahead. Get your meat as tender as possible...marinating for a longer time (and/or adding ½ tsp. baking soda) also helps to tenderize meat. Feel free to vary the measurements on this recipe to taste, but stick pretty close to the listed amounts for the sesame oil and green onions.

The Ingredients

1 lb. lean beef (see above)	2 tbsp. sugar (can use less for healthier meal)
¼ cup soy sauce	2 tbsp. sesame oil (can use less for healthier meal)
1 tsp. toasted ground sesame seeds	¼ cup green onions, chopped fine
¾ tsp. minced garlic	½ tsp. black pepper
lettuce leaves	rice or grilled garlic
bulgogi paste or kimchi (optional)	

What to Do with Them

Combine all ingredients but beef. Add beef and marinate for at least 15 minutes (overnight is even better).

Grill over charcoal fire or in a bulgogi pan...oven-broiling and pan-frying also work.

Serve rolled in a large lettuce leaf with rice and/or grilled garlic.

For more heat, add bulgogi paste or kimchi.

An American variation is to serve bulgogi like a steak sandwich on a hard or Kaiser roll.