

Christine's Bulgogi (Korean Marinated Beef)



My brother-in-law loves *bulgogi* (a popular Korean marinated beef dish), and when he was in town recently, I developed a new, easy recipe that won raves around the table. The bulgogi marinade also can be used for Korean *kalbi* (short ribs). If the weather isn't conducive to grilling, you can pan fry.

Bulgogi and kalbi always makes me think of my Dad, who used to transform our standard grill into a Korean BBQ by covering the grill with tin foil and poking holes in the foil with a chopstick so the thinly sliced meat wouldn't fall through the slats.

Cold bulgogi makes for fantastic sandwich fixings the next day; if you have any leftovers, that is.

Marinade

- 1/2 cup soy sauce (reduced sodium works fine)
- 1/4 cup sesame oil
- 2 tablespoons sugar
- 3-4 cloves of garlic, minced
- Fresh black pepper, about 1/4 – 1/2 teaspoon depending on how peppery you like things
- 1 tablespoon sesame seeds, toasted
- 4 green scallions, sliced (including white parts). Slice up an extra scallion for garnish if you wish.

- 2 lbs top sirloin steak (you can get this at a regular grocery or head to a Korean market for pre-sliced bulgogi meat or short ribs for kalbi)

Directions

1. Mix the marinade ingredients in a medium bowl.
2. Slice beef into thin, long strips (1/8 – 1/4 inch thick); toss beef slices into marinade mixture as you go. When done, mix marinade and beef well to coat. Cover with plastic wrap or foil and refrigerate 2-3 hours (or even better, overnight).
3. Fire up the grill (using described tin foil method) or heat a large skillet lightly coated with sesame oil over medium high heat. Fry bulgogi in batches until just done, stirring frequently (about 4-6 or so minutes depending on heat element and amount on the grill/fry pan).