



## **BEEF BULGOGI**

One of the most well-known Korean traditional foods, bulgogi, literally "fire meat", is a gui made of thin, marinated slices of beef or pork grilled on a barbecue or on a stove-top griddle. It's mildly sweet, savory, smoky, juicy and tender delicious!

### **INGREDIENTS**

2 lbs. lean beef tenderloin  
3/4 cup soy sauce  
1/3 cup water  
3 tbsp. finely chopped green onions  
1 onion, sliced thin  
2-3 carrots, grated  
3 tsp garlic, minced  
2 tsp ginger, grated  
1/2 tsp black pepper  
1/2 tsp cayenne pepper  
1/3 cup sugar  
2 tbsp white sesame seeds  
1 tbsp. toasted sesame oil

### **PREPARATION**

- Partially freeze beef tenderloin. Thinly slice beef against the grain.
- Combine soy sauce, sesame oil, garlic, ginger, pepper, sesame seeds, green onions, carrots, and onions. Add to the sliced beef and marinate for at least 2 hours.
- Place a wok or frying pan over medium-high heat and cook until desired doneness.
  - We recommend pan frying to retain some of the delicious juices, but the bulgogi can also be prepared on a BBQ – the char will add a nice smoky flavor, but you'll lose some of the "sauce."
- Serve with white rice and kimchi.