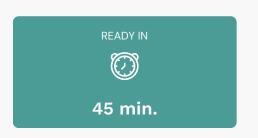


Korean Barbecue Beef, Marinade 1







SEASONING

MARINADE

Ingredients

Ш	1 pinch pepper black
	1 teaspoon salad oil
	2 teaspoons garlic crushed
	2 soya sauce
	1 tablespoon rice wine (sake)
	2.5 pounds beef thinly sliced
	1 tablespoon miso

2 teaspoons hot sauce red

	2 tablespoons brown sugar		
	2 teaspoons sesame oil		
	0.5 kiwi fruit fresh juiced		
	2 tablespoons water		
Equipment			
	bowl		
	frying pan		
	knife		
	grill		
Dii	rections		
	Trim the fat off the beef with a knife. Distribute the sugar evenly on the beef by sprinkling it on each piece. Allow beef to sit for 10 minutes.		
	In a separate bowl, mix together the soy sauce, sesame oil, garlic, sugar, sake, and black pepper. Put aside.		
	Massage the beef with the kiwi juice using your hands. The kiwi works as a tenderizer.		
	Add the soy sauce mixture and mix. Allow the beef to marinate for 10 minutes. Because the beef is thin, it doesn't require a long marinating time. Now it is ready to be barbecued. Ideal if grilled over smoked wood but just as good in a frying pan or skillet. Cook until browned, being careful not to overcook.		
	Last, to prepare dipping sauce, combine all sauce ingredients and cook over low heat for 15 to 20 minutes.		
	Serve on the side.		
	Bulgogi and its sister dish kalbi are the staple barbecued beef dishes of Korean cuisine and use similar marinades; bulgogi is made from thin (1/8-inch) slices of rib eye that are eaten with rice and sauce in a lettuce-leaf package, while kalbi uses thicker slices of bone-in short rib.		
	Combine 2 cups red pepper paste (also called "hot pepper" or "chile pepper paste," available jarred in Asian markets), 1/2 cup water, 1/2 cup vegetable oil, and 2 tablespoons crushed garlic and sauté over a medium flame for 20 minutes, stirring occasionally.		

	Mix in 1 teaspoon toasted sesame seeds and store in refrigerator. Extra sauce can also be used to spice up vegetables or fish.	
	• For the most authentic flavors, use pure toasted (Asian) sesame oil for the marinade and medium-grain glutinous rice (like that used in Japanese cooking) for the ssam. These ingredients, as well as soybean paste (similar to miso but more strongly flavored), are available online at www.kgrocer.com. For the ssam, we suggest using the long, green chile peppers found at most Asian markets (jalapeños can be substituted in a pinch).	
	• If you choose to grill the meat over a wood fire, check out Steven Raichlen's guide to grilling for essential tips and techniques.	
	From Dok Suni: Recipes from My Mother's Korean Kitchen by Jenny Kwak and Liz Fried	
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Nutrition Facts		
	PROTEIN 25.54% FAT 69.65% CARBS 4.81%	

Properties

Glycemic Index:63.56, Glycemic Load:1.76, Inflammation Score:-2, Nutrition Score:32.006521773079%

Flavonoids

Epicatechin: O.04mg, Epicatechin: O.04mg, Epicatechin: O.04mg, Epicatechin: O.04mg Epigallocatechin 3-gallate: O.01mg, Epigallocatechin 3-

Nutrients (% of daily need)

Calories: 1056.34kcal (52.82%), Fat: 80.03g (123.12%), Saturated Fat: 29.55g (184.66%), Carbohydrates: 12.43g (4.14%), Net Carbohydrates: 11.6g (4.22%), Sugar: 9.54g (10.6%), Cholesterol: 268.38mg (89.46%), Sodium: 576.29mg (25.06%), Alcohol: 0.81g (100%), Alcohol %: 0.24% (100%), Protein: 66.04g (132.07%), Vitamin B12: 8.09µg (134.89%), Zinc: 16mg (106.67%), Selenium: 57.58µg (82.26%), Vitamin B3: 16.14mg (80.71%), Vitamin B6: 1.28mg (63.76%), Phosphorus: 616.29mg (61.63%), Iron: 7.64mg (42.43%), Vitamin B2: 0.58mg (34.23%), Potassium: 1088.12mg (31.09%), Vitamin B5: 1.97mg (19.73%), Magnesium: 71.48mg (17.87%), Vitamin C: 13.95mg (16.91%), Vitamin K: 16.04µg (15.28%), Copper: 0.29mg (14.43%), Vitamin E: 2.02mg (13.49%), Vitamin B1: 0.18mg (11.84%), Calcium: 87.88mg (8.79%), Folate: 31.91µg (7.98%), Manganese: 0.15mg (7.44%), Fiber: 0.82g (3.3%), Vitamin D: 0.38µg (2.52%)