



## Korean Barbecue Beef, Marinade 1

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



3

CALORIES



1056 kcal

SEASONING

MARINADE

### Ingredients

- 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

## Directions

- 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](http://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: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

### 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%)