



Mixed Korean Grill with Two Marinades: Bulgoki

 Gluten Free  Dairy Free

READY IN



80 min.

SERVINGS



8

CALORIES



815 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1.5 pounds beef short ribs
- 1 pound beef tenderloin sliced thin
- 2 tablespoons chili paste depending on your taste pref hot (recommended: Srirachi Chili Paste)
- 8 servings chili paste depending on your taste pref hot
- 1 pound daikon radish
- 1 inch ginger fresh grated
- 0.5 bunch mint leaves fresh

- 1 bunch mint leaves fresh
- 2 cloves garlic finely chopped
- 4 cloves garlic smashed
- 1 inch ginger sliced
- 0.3 cup kosher salt
- 8 servings kosher salt
- 8 baby lamb chops
- 8 servings lettuce leaves mixed
- 0.5 cup brown sugar light
- 1 cup soya sauce low sodium
- 2 tablespoons soya sauce low sodium
- 1 cup mirin (See Cook's Note)
- 1 head napa cabbage
- 1 asian pear chopped (substitute a regular pear or an apple)
- 2 to 3 peppers fresh red hot
- 2 regular english
- 0.5 cup rice vinegar
- 1 cup rice vinegar
- 1 cup sake
- 2 scallions finely sliced
- 3 scallions sliced thin
- 1 tablespoon sesame oil toasted
- 1 tablespoon sesame seed
- 1 teaspoon sesame seed toasted
- 1 bunch shiso fresh
- 1 pound shrimp cleaned peeled
- 8 servings soya sauce
- 1 cup sugar
- 1 tablespoon sugar

- 0.3 teaspoon turmeric
- 1 cup water

Equipment

- bowl
- frying pan
- sauce pan
- knife
- sieve
- blender
- grill
- colander
- grill pan
- cutting board
- cheesecloth

Directions

- In a saucepan over medium-high heat, add soy sauce, mirin, sake, water, brown sugar, pear, ginger, and garlic. Bring to a boil, reduce heat, and simmer for about 20 minutes. Puree in a blender and allow to cool.
- Place the sliced tenderloin and the butterflied shrimp in separate shallow dishes.
- Pour the puree over them, cover, and allow to marinate for 20 minutes.
- Combine the chili paste, sesame oil, sesame seeds, and scallions.
- Place the short ribs meat side down on a cutting board. With a sharp knife slice between the bone and the meat but do not cut all the way through. Open like a book and carefully run the knife in the opposite direction to cut the meat in half, again not going all the way through. You should now have a long flat piece of meat, about the thickness of the bone. You can grill the short ribs in large pieces or cut the meat into smaller bite-sized pieces.
- Place the short ribs and lamb chops in separate shallow dishes and toss with the spicy marinade. Cover and marinate for 20 minutes.

- Heat the grill, a grill pan, a cast iron skillet, or an electric tabletop grill. Grill the meats and shrimp until they are cooked to your liking.
- Serve as you cook them accompanied by a platter of mixed lettuce leaves, mint leaves, shiso or basil leaves, and sliced hot peppers, as well as small bowls of soy sauce and hot sauce. Also serve the Quick Spicy Kimchee, Sweet Pickled Daikon, and Cool Sesame Cucumbers in their own dishes.
- Take a lettuce leaf in your hand. Put 1 or 2 pieces of meat or shrimp and top this with any combination of the condiments. Wrap the lettuce around the meat and eat out of hand.
- Remove outer leaves from cabbage.
- Cut cabbage in quarters and remove the tough inner core. Slice across sections into 1/2-inch slices. Put into a colander, add salt, and mix well.
- Place over a bowl and let drain, covered, until wilted, about 2 hours.
- In a large bowl combine the vinegar and sugar and stir to dissolve.
- Add the chili paste, ginger, garlic, and scallions and stir. Rinse the salt off the cabbage with a couple of changes of water. Dry well and add to the vinegar mixture; stir well to combine. Put into a sterilized glass jar and pack the cabbage down; add enough water to cover. Close the jar and refrigerate for at least 4 hours. This is spicy and gets spicier the longer it sits – add or subtract chili paste to your taste.
- In a small saucepan over medium heat add the vinegar, water, sugar, and turmeric. Bring to a boil, stirring to dissolve the sugar.
- Remove from heat and allow it to cool. Meanwhile, peel the daikon radish and slice into 1/4-inch thick rounds. (If your daikon is very large, slice the rounds into semicircles.)
- Place in a colander with salt and mix well.
- Place the colander over a bowl and let drain for 1 hour. Rinse the salt off with a couple of changes of water and dry the daikon well. Put into a sterilized glass jar.
- Pour the cooled brine through a coffee filter (or a cheesecloth lined strainer) into the jar to cover the radish slices. Refrigerate at least 4 hours, preferably overnight. Will keep for about 2 weeks.
- Slice the cucumber into thin rounds.
- Put them into a bowl and toss them with the soy sauce, sesame oil, sesame seeds, mint leaves and salt, to taste.

Nutrition Facts



■ PROTEIN 37.57% ■ FAT 24.65% ■ CARBS 37.78%

Properties

Glycemic Index:74.37, Glycemic Load:21.32, Inflammation Score:-10, Nutrition Score:47.071739258973%

Flavonoids

Cyanidin: 0.46mg, Cyanidin: 0.46mg, Cyanidin: 0.46mg, Cyanidin: 0.46mg Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg Epicatechin: 0.84mg, Epicatechin: 0.84mg, Epicatechin: 0.84mg, Epicatechin: 0.84mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Eriodictyol: 0.23mg, Eriodictyol: 0.23mg, Eriodictyol: 0.23mg, Eriodictyol: 0.23mg Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 1.52mg, Luteolin: 1.52mg, Luteolin: 1.52mg, Luteolin: 1.52mg Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 0.53mg, Kaempferol: 0.53mg, Kaempferol: 0.53mg, Kaempferol: 0.53mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 1.73mg, Quercetin: 1.73mg, Quercetin: 1.73mg, Quercetin: 1.73mg

Nutrients (% of daily need)

Calories: 815.16kcal (40.76%), Fat: 21.51g (33.09%), Saturated Fat: 8g (50.03%), Carbohydrates: 74.21g (24.74%), Net Carbohydrates: 69.22g (25.17%), Sugar: 55.29g (61.43%), Cholesterol: 256.52mg (85.51%), Sodium: 6502.52mg (282.72%), Alcohol: 7.78g (100%), Alcohol %: 1.09% (100%), Protein: 73.78g (147.56%), Vitamin B12: 6.93µg (115.52%), Vitamin C: 77.4mg (93.82%), Zinc: 12.78mg (85.21%), Phosphorus: 782.33mg (78.23%), Vitamin K: 79.78µg (75.99%), Vitamin B6: 1.51mg (75.33%), Vitamin B3: 13.05mg (65.24%), Vitamin B2: 1mg (58.7%), Potassium: 1797.74mg (51.36%), Vitamin A: 2446IU (48.92%), Iron: 8.08mg (44.87%), Manganese: 0.85mg (42.47%), Copper: 0.84mg (42.06%), Selenium: 28.92µg (41.32%), Magnesium: 158.33mg (39.58%), Folate: 154.19µg (38.55%), Vitamin B1: 0.43mg (28.8%), Calcium: 246.96mg (24.7%), Vitamin B5: 2.35mg (23.54%), Fiber: 4.99g (19.94%), Vitamin E: 0.6mg (4.02%)