

# Korean Bulgogi Beef

January 13th, 2021

**This recipe serves: 6**

Prep Time: 01:00

Cook Time: 00:15

Bulgogi Beef (meaning "fire meat" ) is a tender, flavorful dish that is traditionally cooked on a grill. In this recipe, the Baking Soda is used to tenderize the meat, without turning the outer layer into mush as a longer exposure to acid based tenderizers tend to do. The Soy Sauce, garlic, and sugar adds a wonderful Bulgogi salty sweetness. Traditionally, Bulgogi Beef uses the Ribeye cut, but I have had equal success with Top Sirloin, Flank Steak, Skirt Steak, or even Shoulder Roast. The meat should be sliced paper thin while still raw.

## Ingredients:

1.5 lb Beef, thinly sliced  
2 Tablespoon Water  
1/2 Teaspoon Baking Soda  
2 Teaspoons Vegetable Oil  
4 Scallions, dark green parts only, cut into 1.5 inch pieces

## Marinade

1/4 Cup Soy Sauce  
1/4 Cup Onion, chopped  
1 Tablespoon Sugar  
1 Tablespoon Toasted Sesame Oil  
4 Cloves (2 Teaspoons) Garlic, finely minced or 1/2 Teaspoon Garlic Powder  
1 Teaspoon Gochujang Paste for a mild flavor, or more to taste  
1 Ripe Pear, cored and grated OR 1 ripe Apple, cored and grated

## Directions:

### Tenderize the Beef

Slice the Beef into long thin strips, cut as thin as possible. Each strip should be about 2 inches wide.  
Combine Water and Baking Soda in medium bowl. Add Beef and toss to coat.  
Let sit at room temperature for 5 minutes.

### Prepare the Marinade

Place the Marinade ingredients into food processor or blender.  
Blend until smooth.

Add Marinade mixture to Beef and stir together to coat evenly. Ensure that the Meat is thoroughly covered. Marinate for 30 minutes or up to 24 hours.

### Grill the Beef

Heat 12-inch nonstick skillet over medium-high heat. Add Vegetable Oil and continue to heat until shimmering.  
Place Beef mixture into the pan in a single layer. Cook, without stirring, for 1 minute.  
After a full minute, stir and continue to cook until Beef is no longer pink, 3 to 4 minutes longer.  
Add Scallion Greens and cook, stirring constantly, until fragrant, about 30 seconds.

Serve over Jasmine Rice or Rice Noodles and a side of Kimchi Vegetables.