

Beefy Beef Bulgogi (Korean)

쇠불고기 (Soe Bulgogi)

Ingredients: 3-4 ppl servings.

- ✓ Beef Sirloin, 3 lbs. (preferably Bottom loin flop or other types of Beef but might need to tenderize or marinate little longer)
- ✓ A bottle of store-bought Korean BBQ Sauce (17.6 oz), 1 cup (roughly a half of the bottle)

*** If you don't have the already made BBQ sauce, mix the following ingredients:

6 Tbsp Soy Sauce, 3 Tbsp of water, 2 Tbsp sugar (preferably brown sugar or honey over white sugar and 3 Tbsp for the sweeter taste.), 1 Tbsp minced Garlic, 1 TBS Sesame Oil, 1/8 tsp of black pepper, and 1 tsp sesame seeds (optional)

- ✓ ½ tsp fresh ginger root. (minced or blend in a mix with the apple.)
- ✓ ¼ piece of whole Apple or Asian Pear. (dice or blend it with the ginger root.)
- ✓ Dash of Salt, roughly ¼ tsp. (preferably mineral or sea salt.)

*** Vegetables are optional:

1 small onion, thinly sliced
1 small carrots, thinly sliced

Instructions:

- Slice the meat as thin as possible into bite sized pieces.
- (Optional: Remove excessive blood from the pre-sliced meat with paper towels.)
- Mix all the seasoning ingredients in a mid size bowl.
- Add the cut meat into the mixed seasoning and toss thoroughly with the mixture.
- Marinate the meat for 30 minutes to an hour.
- (For better flavor and tenderize the meat more, you can also marinate it overnight.)
- Preheat a medium-size skillet or pan on high heat.
- Cook the meat to your preferred level of doneness.

** Serve with well washed lettuce and Korean wrap bean paste (mixture of red pepper paste, soybean paste, and sesame oil.)



NOTE: