

Bulgogi (Marinated Korean Beef)

[\(adapted from My Korean Kitchen\)](#)

2 pounds Four Mile River Farm, or other organic, grass-fed top-round beefsteak

Marinade:

5 T soy sauce (I used gluten-free)

3-1/2 T rapadura (or other raw) sugar

1-2 tea honey

1-1/2 T unseasoned rice vinegar

2 T grated onion

4 T coarsely grated pear (1/2 average-sized bosc = 4 T)

1-2 cloves garlic

1 T freshly grated gingerroot, or to taste

black pepper to taste

dash of cayenne powder

handful of raw white sesame seeds

2 T - 1/4 cup sesame oil (to add at last moment)

canola or other light oil (for pan)

Rinse thawed beef, pat dry, then slice into thin slices across the grain, approx 1/4" thick.

Mix all ingredients for marinade (don't include the oils); tasting and adjusting as you go

to your liking. Add the beef strips, stir to coat thoroughly, and leave at room temperature for at least 1 hour (or up to 4 hours in the refrigerator).

Heat your wok or non-stick skillet (if you're using an electric skillet and have a temperature adjustment dial on it, turn it to 325-350 degrees F.) Add a little bit of canola, just enough to coat pan surface; while heating add some sesame oil to the beef and marinade and stir again to coat. When the pan is just hot but not smoking, toss in the strips of beef; sear until brown (do not burn), for perhaps 30 seconds or so on the one side; flip and sear on the other for just a few seconds more, until none of the meat looks visibly "raw".

Take out of the pan and serve immediately; it's at it's best when hot. You can wrap it in softened rice paper, or wrap in lettuce leaves for less fuss and bother, with matchsticks of sauteed daikon radish, and/or cucumber or other crisp raw vegetables. You can also serve over rice or noodles, if you like. (The original recipe calls for a dipping sauce. You can add one if you like but the meat is flavorful enough that you probably don't need to.)

-Janice Janostak-