

## **Orange-Cumin Marinade with Ginger and Pear**

*This is a marinade is actually a combination of two recipes: the Tumeric Sauce I used for a cooking demo, and the marinade recipe for Korean marinated beef (bulgogi) found at [MyKoreanKitchen.com](http://MyKoreanKitchen.com). I marinated Four Mile River Farm top round at Fiddleheads, cooked as bulgogi (thin strips marinated and seared on a hot pan); my friend Mona poured it over beef brisket before putting into the oven. It's very good in a stir-fry with vegetables and mushrooms, as well as with tempeh, tofu, chicken or pork. This recipe can also be used as a salad dressing; try adding a bit more honey or mustard to thicken slightly. Whichever oranges or citrus fruit you use, be sure to pick a sweet/tart and intensely flavored variety, such as a dark blood orange, or minneola tangerine. (Many thanks to Mona Harmon-Bowman for transcribing the the recipe.) -Janice Janostak-*

Juice from 2 medium or 1 large intensely-flavored orange, about 1 cup

3-4 Tbsp apple cider vinegar

4-5 tsps tamari

Dash white pepper, or to taste

1 Tbsp honey

1-2 Tbsp maple syrup (or increase honey by same amount)

2 Tbsp sugar, preferably rapadura or raw sugar

1 tsp cumin

1/2 tsp ground tumeric

1/2 - 1" grated ginger root

1/2 pear, shredded, or about 4 Tbsp

2 small or 1 large garlic cloves, minced

1 small shallot or white onion; or two scallions, finely chopped

Dash finely-ground sea salt and white pepper, or to taste

2 Tbsp - 1/4 cup sesame oil (*see note*)

Combine all ingredients above *except* sesame oil and whisk thoroughly (or shake in a covered jar) to emulsify; adjust seasonings as desired.

Note: If using for bulgogi (Korean marinated beef), add the sesame oil and whisk into other ingredients just before ready to cook the meat; then pour over thin strips of a lean beef, such as top round to marinate for about an hour or less. Sear very quickly on both sides in a hot pan, (around 300-350 degrees on an electric frypan or grill), just until no pink is showing on surface. Interior should still be rare or medium-rare.