

Korean Bulgogi

Serves 6

Bulgogi, also known as “fire meat,” is Korean BBQ. The meat is marinated briefly before being seared over high heat. Serve with steamed short grain rice and kimchi.

2 lbs flank steak, trimmed
1/4 cup soy sauce
3 tablespoons granulated sugar
1 tablespoon sesame oil
3 garlic cloves, peeled and minced
6 green onions, roots trimmed, white and green parts thinly sliced
Vegetable oil, for grill
1 tablespoon toasted sesame seeds

Thinly slice the flank steak and place the strips in a bowl.

In a small bowl, whisk together the soy sauce and sugar until the sugar dissolves. Whisk in the sesame oil, garlic, and green onions. Pour the marinade over the strips of flank steak and toss to coat. Cover the bowl with plastic wrap and marinate the beef in the refrigerator for at least thirty minutes.

Heat a grill over high heat. Remove the beef from the refrigerator and drain the marinade. Brush the grill with vegetable oil and sear the beef strips about 30 seconds on each side. Do not cook too long as the meat will get tough. Sprinkle the grilled meat with the toasted sesame seeds and serve with steamed short grain rice and kimchi.