

## KOREAN BARBECUE (BULGOGI)



### **Ingredients (serves 4 people):**

#### **Marinade**

- 100 g of soy sauce
- 25 g of culinary dry sake
- 75 g of sugar
- 25 g of grated pear without shell
- 25 g of fine grated ginger
- 50 g toasted sesame oil

#### **Beef**

- 500 g soft meat cut into thin steaks or one finger thick pieces to grill in the frying pan
- 10 g minced garlic
- 40 g chopped onion
- ½ tsp ground black pepper
- Salt to taste
- 50 g finely chopped green onions
- Olive oil to taste
- Roasted Sesame Black and White
- Finely chopped parsley to taste
- Jasmine rice to taste

Lettuce leaves to taste

**Preparation:**

1. Mix all marinade ingredients in a bowl.
2. In another bowl season the meat with garlic, onion, salt, black pepper and stir well to add the flavors.
3. Add the marinade and chives to the meat and stir well.
4. Cover with plastic wrap and refrigerate for at least 4 hours or overnight to incorporate the flavors.
5. Heat a frying pan and put some olive oil to heat.
6. Bring the meat without the marinade to grill side by side.
7. Grill to taste.
8. Serve with Jasmine rice only with unsalted water.
9. Finish with roasted black and white sesame and finely chopped parsley.
10. Arrange the meat over lettuce leaves.