

Korean Beef

bulgogi bowls

Method

1. Blot your Maleny Black Angus beef dry using a paper towel, then place into a bowl
2. Mix together the marinade ingredients in a small bowl, then add the beef.
3. Stir the beef gently in the marinade to coat the beef, cover with cling wrap and set aside to marinate for at least 1 hour, preferably overnight
4. Heat the oil in a wok or large frying pan over high heat
5. Add the onion and white part of the scallion/shallots - cook for 1 minute
6. Then add the beef, including the marinade and carrots - cook for around 3 to 5 minutes, stirring constantly, until the beef is just cooked
7. Remove from heat, then toss through the sesame seeds
8. Serve immediately with rice and sprinkle with extra sesame seeds and the reserved green part of the scallions

Recipe Notes:

- Beef: as with all stir-fries, this cooks quite quickly so you need to use a quality cut of beef - rump, flank, sirloin, t-bone and scotch fillet are a great choice
- separate the green and white parts of the scallion/shallots - white for cooking, green for garnish
- Mirin is a sweet Japanese rice wine used for cooking - substitute with dry sherry or sake + 1/2 tsp of sugar



Ingredients

Beef:

- 400 gm thinly sliced Maleny Black Angus beef - rump, flank, sirloin, t-bone and scotch fillet are excellent choices
- 1 scallion/shallot stem
- 1/2 large onion
- 1/2 medium carrot
- 1 tbsp cooking oil
- 1/2 tbsp sesame seeds

Marinade:

- 3 tbsp ordinary soy sauce
- 1 1/2 tbsp brown sugar
- 1 tbsp mirin
- 1/2 tbsp sesame oil
- 2 tbsp grated onion
- 2 cloves garlic (minced)
- 3 tbsp grated red apple
- 1/2 tsp minced ginger
- black pepper

Serves: 2-3 people

Preparation Time: 15 mins + 1 hour marinating (or longer if time permits)

Cooking Time: 5 mins

Extras: Recipe can be easily multiplied to feed larger numbers

