

Korean Cooking Class - May 20, 2009

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Many thanks to Sarah for this great Bulgogi recipe!

Bulgogi is slices of marinated and barbecued beef seasoned with soy sauce and sugar. It has mild and sweet taste and is one popular Korean dish.

Ingredients:

- Beef sirloin 2 lbs
- Onions/scallions
- Mushrooms (dried Shitake)
- Glass noodles
- 6 tablespoons of soy sauce
- 3 tablespoons sugar
- 2 tablespoons of sesame oil
- 1.5 tablespoons of rice wine
- 1 tablespoons of minced garlic and ginger
- Ground pepper



Directions:

- Slice the beef thinly against the grain
- Mix the soy sauce with minced garlic, ginger root, scallions, crushed sesame, ground pepper, rice wine and sesame oil.
- Pour the sauce over the marinated meat. Make sure the sauce is mixed evenly with the meat.
- Place the meat on a frying pan and cook over high heat.
- When the meat is almost cooked, add the onions and mushrooms. Enjoy!



Tips:

- Soak the dried mushroom in warm water for a couple hours (put 1 tablespoon of sugar in the water will make them more tender and sweet).
- For glass noodles, you could either soak them in advance (this will save your cooking time later) or just cook them as you do for regular noodles.
- If you don't have rice wine, any kind of regular wine will work (red or white).
- You could use same sauce for pork or chicken also.
- If you are lucky to get a Korean (or Asian) pear, put some pear puree in the sauce. You would love it!
- For your further reference for Korean food and culture, visit this website:
<http://www.visitkorea.or.kr>

