

Bulgogi (South Korea)

1. Choosing meat:

It's better to buy steak, but since this can be costly, any cut of meat is okay. A pound of beef will serve about 4 people.

2. Other ingredients needed for 4 people:

Soy sauce (3 Tablespoons)

Sesame oil (about 1 Tablespoon)

Kiwi (1). Choose only one fruit. (We recommend kiwi.) Kiwi tenderizes the meat and adds a sweet flavor to the meat.

Honey 1 Tablespoon

Sugar 1 ½ Tablespoon

Black pepper (3 dashes)

Onions (1)

Garlic (2 -3 cloves/pieces)

Green onions (about 5 - both white and green parts)

Cooking wine (about 2 Tablespoons): Korean or Japanese cooking rice wine

Directions:

It is very important to freeze the meat first, this aids you in cutting the meat into thin slices. After freezing, slightly defrost in the microwave - make sure the meat is still frozen, but workable.

Cut the meat into **thin slices**, as thin as possible - but watch your fingers!

Put the slices into the large mixing bowl and sprinkle sugar over it and mix with hands or chopsticks. Let it sit for about 20 minutes.

Meanwhile, prepare the marinade.

Place onion (1) and kiwi (1) into food processor or blender until liquid and pour into small bowl.

Mix soy sauce, sugar, honey, black pepper, sesame oil, cooking wine. After mixing, taste it. You want to have a **slightly salty, sweet taste**. If it's too salty, add a bit more sugar.

Chop garlic into small pieces (or use garlic press), cut green onion into 2 to 3 inch pieces and put into sugar/meat mixture.

Pour both sauces into the garlic/onion meat mixture and mix well, using hands or chopsticks. It is important to mix thoroughly so the marinade is evenly distributed throughout the meat. Refrigerate for at least two hours or overnight.

Cook in frying pan until the meat is cooked thoroughly and serve with sticky rice. Add mushrooms, sliced or cut carrots to the frying pan.