

VOTE IN THE NAUTICA
COASTAL LIFE CONTEST



FOOD & WINE

Inspiration served daily

RECIPE



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Korean Sizzling Beef

Recipe by **Marcia Kiesel**

This succulent recipe is based on *bulgogi*, a classic Korean dish of sliced beef that's marinated in soy sauce, sugar, sesame oil and garlic, then grilled. In this version, a bit of crushed red pepper is added to the marinade for heat.

ACTIVE: TOTAL TIME: 30 MIN OTHER TIME: SERVINGS: 8
HEALTHY STAFF-FAVORITE

INGREDIENTS

1/4 cup soy sauce
2 tablespoons sugar
2 tablespoons dry white wine
2 large garlic cloves, very finely chopped
1 tablespoon toasted sesame oil
2 teaspoons crushed red pepper
One 2 1/2-pound beef flank steak, cut
across the grain into twenty 1/4-inch-thick
slices
16 scallions
Vegetable oil, for rubbing
Salt
Steamed rice, for serving

DIRECTIONS

1. In a large, shallow dish, combine the soy sauce with the sugar, white wine, chopped garlic, toasted sesame oil and crushed red pepper, stirring to dissolve the sugar. Add the sliced flank steak and coat thoroughly in the marinade. Cover and refrigerate the steak for at least 4 hours or overnight.
2. Light a grill or heat a griddle. Rub the scallions all over with vegetable oil and grill them over high heat, turning once, until the scallions are just softened, about 2 minutes. Season with salt.
3. Working in batches, grill the steak over high heat until the slices are richly browned and medium-rare, about 30 seconds per side. Transfer the steak to a serving platter and serve with the grilled scallions and steamed rice.

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