

Beef Bulgogi



Just like my Korean mom makes it! It's delicious! Even better if rolled up in red leaf lettuce with rice and hot pepper paste. If you want to spice it up just add red pepper powder to your marinade.

By Tenny Sharp

Prep: 10 mins

Cook: 5 mins

Additional: 1 hr

Total: 1 hr 15 mins

Servings: 4

Yield: 4 servings



Ingredients

1 pound flank steak, thinly sliced
5 tablespoons soy sauce
2½ tablespoons white sugar
¼ cup chopped green onion
2 tablespoons minced garlic
2 tablespoons sesame seeds
2 tablespoons sesame oil
½ teaspoon ground black pepper

Directions

Step 1

Place the beef in a shallow dish. Combine soy sauce, sugar, green onion, garlic, sesame seeds, sesame oil, and ground black pepper in a small bowl. Pour over beef. Cover and refrigerate for at least 1 hour or overnight.

Step 2

Preheat an outdoor grill for high heat, and lightly oil the grate.

Step 3

Quickly grill beef on hot grill until slightly charred and cooked through, 1 to 2 minutes per side.

Cook's Note:

You can purchase the hot pepper paste (gochujang) and red pepper powder at your local Asian market or online.

Nutrition Facts

Per Serving: 232 calories; protein 16.2g; carbohydrates 12.4g; fat 13.2g; cholesterol 27.2mg; sodium 1157.4mg.