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Korean Cooking Demonstration
Milwaukee Public Market
Saehee Chang

Korean Bar-B-Q- Bulgogi (*Fire Beef*)

Serves 4 to 6

You will need:

2 lbs of flank steak, beef tenderloin roast or sirloin

1 bunch of lettuce, washed and lightly dried

Steamed Rice

Chili paste, *Gochujang*

For the Marinade:

3 to 4 TBSP of soy sauce (adjust as needed)

½ cup water

¼ cup of Korean rice wine (Chungju) or any cooking wine

1 Korean/Asian pear (if not any type of pear-ripe), medium size pieces

1 onion, cut into pieces

2 to 3 green onions, chopped

3 to 4 cloves of garlic

1 to 2 TBSP sugar

1 to 2 TBSP sesame oil

Roasted sesame seeds

Black pepper

2 to 3 TBSP of vegetable oil



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1. Mix the pear, onion, garlic, and water in a blender or food processor.
2. In a large bowl, combine this mixture with soy sauce, oil, cooking wine, sugar, sesame oil, seeds, black pepper and green onions.
3. Slice the beef across the grain into 1/8 inch pieces, or ask your butcher to slice it for you.
4. Add the beef into the mixture and soak well with the marinade. Marinate the beef in the refrigerator for at least 30 minutes.
5. For best taste, grill the beef in a charcoal or gas grill. You can also broil the beef, 2 to 3 minutes per side, or pan fry over the stove. In Korean households, most families use a portable gas cooker on the table. This is how we cooked and enjoyed Bulgogi, on the table, family style!
6. Serve the beef with steamed rice and lettuce. Wrap a piece of beef with rice and Korean chili paste, Gochujang, and enjoy!

Korean Barbecue is more popular than ever, all over the world! Make this simple meal for a summer picnic with friends or celebrate birthdays and special events with family over a table top barbecue grill. My mother always made Bulgogi for my birthday and invited many neighbors, friends and family to celebrate!