

Bulgogi불고기

1-1.5 lbs. of thinly sliced rib-eye steak purchased from a Korean market. Or you can slice your own rib-eye or sirloin steak across the grain in paper thin slices. Partially freezing the beef helps with cutting clean slices.

1/3 cup of soy sauce or for a Gluten-Free variation, use San-J Organic Tamari Wheat Free Soy Sauce found in the health food section of your local grocery store.

3 Tablespoon white sugar

1 Tablespoon sesame oil

3 cloves of garlic, minced

1/4 of a medium yellow onion, halved and sliced into medium moon shaped slivers

2 green onions including the white parts, finely sliced into small pieces

2 Tablespoon toasted sesame seeds

1/4 teaspoon of red pepper flakes

2 pinches of black pepper

optional 1/4 teaspoon of ginger, finely minced



Whisk all the ingredients together in a medium bowl except beef and onions. When most of the sugar has dissolved, add beef and onion slices to the bowl and massage the marinade with your hands into each slice of beef. Cover and refrigerate for 1 hour. To pan fry, place a few slices of beef in single layers and completely flat on a hot oiled frying pan and fry each side until cooked. Some people prefer to cook the bulgogi until some of the edges have turned dark brown and crispy. Serve with a bowl of hot rice. Enjoy!