



# KANONKOP

WINE ESTATE



## *Bulgogi*

Bulgogi is a Korean grilled beef dish that is packed with flavour and easy to make. Marinate the meat as long as possible (pref overnight) so that the flavours really penetrate. It is important to cut the meat into very thin strips. Freeze it for about an hour to help facilitate this.

### INGREDIENTS:

#### Marinade:

- ¼ of a pear or apple very finely grated (use a microplane)
- 3 garlic cloves, crushed
- 3 Tbs soy sauce
- 1 Tbs Gochujang (a Korean chilli pasta)
- 1 Tbsp grated ginger
- 2 Tbsp brown sugar + 1 tsp
- 1 Tbsp sesame oil
- 2 – 3 Tbs sunflower oil (or other neutral cooking oil)

#### Bulgogi:

- 500gms, rib eye steak off the bone
- Sliced spring onions and mint leaves to serve
- Toasted sesame seeds to serve (optional)
- Basmati rice and steamed green vegetables.

### METHOD:

Make in advance:

Mix all the marinade ingredients together in a medium size bowl. If you are making this in advance, pour this into a large Ziploc bag.

Cut the beef into very thin slices and toss this through the marinade (either in the bowl or in the bag). Really ensure that all the sauce coats the meat well. Place in the fridge for a few hours or overnight.

Before you are ready to cook, take the meat out the fridge and bring it to room temperature. Make your rice and any steamed green vegetable sides.

Heat a large nonstick skillet or griddle pan to searing hot.

Cook the strips in batches, flipping when they are starting to char slightly. This goes very quickly because the meat is thin. Remove and set aside. You may need to wipe the pan down between each batch.

Plate up your char-grilled beef, scatter over sliced spring onions and torn mint leaves and serve immediately with a glass of Kanonkop Kadette Pinotage. Enjoy!

