

THE FOOD SAFARI & HOME ELECTRONICS FAIR



BULGOGI

Recipe by JU SHIN JUNG KOREAN RESTAURANT

600 g	sliced sirloin	7 tbsp	soy sauce
100 g	carrot	2 tbsp	sugar
1 ea	onion	1 1/2 tbsp	sesame seed
1/4 ea	pear	1 tbsp	sesame oil
100g	golden mushroom	1/3 tbsp	black pepper
3 ea	brown button mushroom	1/3 tbsp	ginger
3 tbsp	spring onion	2 tbsp	cooking wine
1 1/2 tbsp	garlic	1/2 cup	water or beef stock

Method

1. Blend 1/2 of the onion, ginger and the pear together until fine. Mix it with soy sauce, sugar, black pepper and cooking wine.
2. Marinate the sliced sirloin with the mixture that you just made. Marinate for at least 10 minutes.
3. Sliced the brown button mushrooms and remaining 1/2 onions. Shred the carrot and mince the garlic. Chop the spring onion into finely.
4. Mix the sliced brown button mushrooms, golden mushroom, sliced onion, shredded carrot, minced garlic, sesame oil, sesame seed and water or the beef stock together. Pour them into the sliced sirloin mixture.
5. Using medium heat. Stir fry until the sliced sirloin is cooked.