

## Korean culture and sightseeing

### IV. QUICK LEARNING CORNER

#### 1. Korean Cooking

##### A. Barbequed Beef--Pulgoki



- **Ingredients:** 4 servings  
 1/2 lb (225g) beef rib steak  
 Roasted sesame seeds  
 Finely chopped green onion  
 Vegetables to your taste (onion, green pepper, green onion, egg-plant or pumpkin slices)
- **Marinade:** Makes 4 cups  
 1/2 medium apple, quartered and sliced  
 1 oz (30g) ginger root, thinly sliced  
 1 oz (30g) garlic, thinly sliced  
 2 cups soy sauce  
 1/2 cup cooking wine  
 1/4 cup water  
 6 oz (170g) sugar 1/2 t MSG
- **Procedures**

1. Make a sauce by mixing all ingredients of marinade. Cook over high heat. Bring to a boil and reduce heat then cook 15 minutes. Reduce heat again and simmer a further 15 minutes; let stand to cool overnight.

2. When ready to use, strain the mixture and add roasted sesame seeds and chopped green onion.

3. Mix roasted sesame seeds and finely chopped green onion, if desired. Cut beef into bite size pieces.

4. Rub sauce into beef with finger tips. Let the meat marinate for at least 1 hour.

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5. Heat the pulgoki grill over a charcoal fire. Then barbeque the beef. Use frying pan or an oven broiler if you don't have a pulgoki grill. Serve immediately.

#### Barbeque Hints

Preheat grill well, then put meats on. Turn when one side is done. Never turn again since the meat loses its flavorful juice and becomes too crusty.

It is recommended to grill vegetables for nutritive balance and a change. Cut green peppers length-wise into halves or quarters. Slice green onion diagonally. Cut pumpkin, garlic or carrot into 1/8 in (0.3 cm) slices for easy cooking.

Red leaf lettuce (bronze lettuce) can also be rolled with other accompaniments.

Cooking the beef to the medium rare stage over charcoal brings out the best flavor of the meat. Traditionally, cooking is done at the table on a *pulgoki* grill over charcoal. Along with *kimchee*, *pulgoki* is the most famous Korean dish.