

# Jason Pettit – Capital Radio Recipe

## **Easy Korean BBQ Beef** **A super quick recipe to cook, the secret is all in the marinade and thinly sliced beef.**

Traditionally cooked over charcoal, this recipe also works well in a hot skillet / pan.



### **Ingredients – serves 4 people**

1 kilo	rib eye / sirloin steak (sliced 4mm thick)
1 med	onion (sliced finely)
1 med	carrot (sliced finely)
3 ea	spring onion (cut into 50mm lengths)

#### **marinade**

6 Tbsp	soy sauce
3 Tbsp	water
4 Tbsp	brown sugar
2 Tbsp	rice vinegar
2 Tbsp	apple or pear juice
6 lrg	garlic cloves (grated finely)
2 Tbsp	sesame oil
2 Tsp	white sesame seeds
few twists	freshly milled black pepper

#### **spicy spring onion salad**

4 lrg	spring onion (cut into 50mm lengths)
2 Tsp	sesame oil
1 Tsp	white sesame seeds
2 Tsp	chili flakes
2 Tsp	soy sauce
2 Tsp	rice vinegar
1 Tsp	sugar

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1 head butter lettuce (washed & stem removed)

## **Method**

Make the marinade by dissolving the sugar in the rice vinegar in a bowl and then add all other marinade ingredients and stir well.

Peel the carrot then cut in half lengthways. Slice thinly at an angle.

Peel the onion then cut in half. Slice thinly approx. 2mm thick.

Trim the spring onions, cut into 50mm lengths, then cut in half.

Mix the prepared vegetables together with the beef slices then add the marinade and massage together.

Set aside for at least 30 minutes.

Prepare the spring onion salad by trimming the spring onions, then cut them into 4 equal pieces. Cut each piece in half and then each half into thin strips.

Soak the strips in cold water for 10 minutes then drain well.

Add the chili flakes, sesame oil and sesame seeds, mix – set aside.

To serve, add the sugar, vinegar & soy sauce and mix well.

Pre heat a skillet / non-stick pan over a high heat.

Add enough marinated meat & vegetables to cover the base of the pan in a single layer. Sear for 90seconds or so until the surface has nicely caramelized then turn the slices and cook until caramelized.

Remove from the pan and keep warm under a grill.

Repeat until all slices are cooked.

Add any marinade to the skillet / pan and heat to lift off any flavours in the pan.

Pour over the cooked meat.

Serve the BBQ Beef with the spring onion salad and the plate of lettuce leaves.

Notes from the chef:

*To slice the beef yourself, buy a whole piece of sirloin and freeze for 2 hours to firm up and then slice thinly.*

*The marinade can be made in advance and kept in the fridge in an airtight container.*

*The sliced meat & vegetables can be marinated overnight but remove from the fridge at least 30 minutes before cooking.*

*You can also serve with steamed brown or sticky rice.*

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Tbsp - tablespoon

Tsp - teaspoon