
Kalbi Beef

Description

Also known as Korean Short Ribs, Kalbi is ideal for the grill. You can also substitute the short ribs with shrimp, chicken, steak or pork.

Total time: 20 min Yield: 5 Servings

Ingredients

- 1 cup soy sauce
- 1 cup brown sugar
- 3 Tbsp sesame oil
- 1/2 cup water
- 1 pieces ginger (3")
- 4 clove garlic
- 4 lb beef shortribs
- 4 stalks green onion
- 2 Tbsp toasted sesame seeds

Prep Time: 20 min Total Time: 20 min

Instructions

In a mixing bowl, combine the soy sauce, brown sugar, sesame oil, and water. Mix well. On a chopping board, crush the ginger and garlic cloves, and add them into the mixture. Once the marinade is complete, add in the shortribs and allow them to marinate in the refrigerator.

Once the shortribs have been allowed to marinate overnight, drain the excess marinade and grill or pan fry to desired doneness, about 3 to 4 minutes per side. Garnish the cooked ribs with thin slices of the green onion and the sesame seeds.

Recipe brought to you by:

Chef Maka Kwon

Source:

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