

Korean BBQ Steak & Kimchi Salad

By

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Nubiani - Korean barbeque steak

Meat:

1lbs beef steak, but into ½ inch thickness (hanger or skirt steak. Ribeye if I'm fancy)

You can use vegetables or firm tofu cut into ½ inch thickness instead!

Marinade:

<u>weight</u>	<u>volume</u>	<u>ingredient</u>
54g	3 TBS	Soy sauce
18g	1 ½ TBS	Sugar
19g	1 TBS	Honey or rice syrup or maple syrup
28g	2 TBS	Scallions, finely chopped
16g	1 TBS	Garlic, finely minced
8g	1 TBS	Ginger, pureed
6g	1 TBS	Sesame seeds
0.5g	pinch	Black pepper, ground (a small pinch)
20g	1 ½ TBS	Sesame oil
30g	2 TBS	Pear juice (or apple juice, or skip it and add some pineapples with the meat)

1. Score the beef against the grain, ½ inches apart.
2. Make the marinade by adding all ingredients in a bowl and whisk together until all sugar is dissolved.
3. Add the marinade, meat and whatever vegetables you'd like in a gallon size ziplock bag. Close tightly, and give the meat a quick massage.
4. Keep the bag in the fridge for about 20-30 minutes.
5. Heat up your grill or your saute pan to medium heat. If you're using a pan, add a tablespoon of neutral cooking oil.
6. Place the meat on the grill or the pan. Cook on one side for about 1-2 minutes or until the outside of the meat is browned. Flip the meat to the other side and finish cooking, for about another minute. The meat is not that thick, so once both sides are brown, it should be cooked to about medium.
7. You can garnish with more scallions and sesame seeds. Serve with all the Korean barbecue fixings like lettuce, tender leaves of any greens, cut vegetables, banchan, ssamjang, and rice. (More on that later!)

Ssamjang - Dipping Sauce for Korean Barbeque

<u>weight</u>	<u>volume</u>	<u>ingredients</u>
17g	1 TBS	Doenjang (Korean soy paste)
10g	½ TBS	Gochujang (Korean chili paste)
4g	2 tsp	Sugar
7g	½ TBS	Scallions, chopped
8g	½ TBS	Garlic, minced
2g	1 tsp	Sesame seeds
7g	½ TBS	Sesame oil

Mix all ingredients in a mixing bowl until well incorporated

Lettuce Ssam + Vegetables

Lettuce:

Choose your favorite lettuce and tender greens. I like red leaf lettuce, bib lettuce, little gem lettuce, perilla leaves, tender young chards, hearts of napa cabbage, tatsoi, tender baby bokchoi...and on and on!

Wash them and put in a pretty basket or bowl.

Vegetables:

Choose your favorite vegetables to eat raw and cut them into bite sized pieces and sticks. Some of my favorites are cucumber sticks, baby carrots, yellow and red bell peppers, pretty radishes in various colors.

Arrange them on a small cutting board or in a bowl and serve with ssamjang.

Salad Kimchi



1 bunch	Salad greens in season from the market (I love mustard greens and ramps)
2	Scallions or green onions
3-5	Asparagus (or any spring vegetables you see in the market today!)
1 ⅓ TBS	Soy sauce
1 TBS	Sugar
1 ½ TBS	Korean chili flakes
½ TBS	Sesame seeds
1 tsp	Sesame oil
1 TBS	Vinegar (sherry vinegar, rice vinegar, apple vinegar all work well here)

Optional: microgreens for garnish

1. Wash the salad greens well, gently spin dry or let drain over a strainer for about 10 minutes.
2. Wash and cut asparagus on a bias into 1 inch pieces.
3. Cut scallions into 2 inch slivers. Submerge into water for 5 minutes, take it out, gently spin dry or let drain over a strainer for about 10 minutes
4. In a large mixing bowl, mix soy sauce, sugar, chili flakes, sesame seeds, sesame oil, and vinegar to make the dressing.
5. Add the salad greens, scallions and any other vegetables you're using into the bowl with the dressing, and gently toss to dress them. Serve immediately.