



Korean Barbequed Beef

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Categories: Main Dish - Beef

Servings: 6

Preparation Time: 4 hours 10 minutes

Start to Finish Time: 4 hours 15 minutes

Notes: Korean-style short ribs can be found at most Asian markets. The cut, also known as "flanken," refers to a strip of beef cut across the bone from the chuck end of the short ribs. Unlike American and European-style short ribs, which include a thick slice of bone-in beef, Korean-style short ribs are cut lengthwise across the rib bones. The result is a thin strip of meat, about 8 to 10 inches in length, lined on 1 side with ½-inch thick rib bones. The thin slices make for fast cooking on the grill.

Description: An exceptional way to prepare beef short ribs.

Ingredients

5 lbs Korean style Beef Short Ribs
4 t fresh minced Ginger
1 c Brown Sugar, packed
1 c Shoyu Soy Sauce
1/2 c Water
1/4 c Mirin
1 sm Onion, peeled and finely grated
1 sm Asian pear, peeled and finely grated
4 T minced Garlic
2 T dark Sesame Oil
1/2 t Aleppo Pepper
2 Green Onions, thinly sliced diagonally
2 T toasted Sesame Seeds

Directions -

1) Sprinkle brown sugar over beef and mix well to evenly coat. Let sit at room temperature for 10 minutes while preparing marinade. In a bowl, whisk together remaining ingredients. Transfer beef into 2 large freezer bags. Add marinade, press out excess air from bags, and seal. Turn bag over several times to ensure beef is evenly coated. Refrigerate for at least 4 hours but preferably overnight.
2) Heat gas or charcoal grill to medium-hot. Drain excess marinade off beef. Grill short ribs, turning once, to desired doneness, about 3 to 4 minutes per side. Garnish with thinly sliced green onions and sesame seeds. Serve whole pieces as a main course or cut into smaller pieces, using kitchen shears, for a starter or party nibble.