



BEEF OR WILD GAME KOREAN BULGOGI

SUBMITTED BY: BRIAN F

Ingredients:

- 2 lbs thinly sliced local beef sirloin or wild game
- 1 large yellow onion, peeled (local)
- 2 stalks green onion (local)
- 1/2 medium carrot, peeled (local)
- 1 Tbsp sesame oil
- 1 Tbsp sesame seeds
- 1 Tbsp cooking oil (I used rice bran oil)

BULGOGI MARINADE (MIX ALL TOGETHER IN A SMALL BOWL)

- 6 Tbsp soy sauce
- 3 Tbsp brown sugar
- 2 Tbsp rice wine (mirin)
- 2 Tbsp grated yellow onion (local)
- 1 Tbsp minced garlic (local)

5 Tbsp grated red apple (local)

1 tsp minced ginger

1/8 tsp ground black pepper

Instructions:

In a large non-reactive bowl prepare blugogi marinade. Add sliced meat to the marinade, mix well, cover and place in the refrigerator for a 4-12 hours.

After marinading. Remove the meat from fridge, allow to come to room temperature.

While waiting for meat to come to room temperature slice veggies (onion, carrot and green onion)

Heat a wok or stir fry pan to medium-high heat. Add the sesame oil. Add the thin sliced meat and veggies in batches and do not overcrowd. Cook the meat for 3-5 minutes, until brown. Add the sesame seeds and more green onion as a garnish.

Serve over your favorite rice and enjoy!