

**OVERALL time: 65 mins**

## BULGOGI

Bulgogi, a beloved Korean dish, features thinly sliced beef marinated in a flavorful blend of soy sauce, garlic, sesame, and a touch of sweetness. Grilled or pan-seared to perfection, this tender and juicy meat is packed with umami and pairs beautifully with rice, lettuce wraps, or a side of kimchi. Whether you're new to Korean cuisine or a longtime fan, this easy homemade bulgogi recipe brings the bold, delicious flavors of Korea straight to your kitchen!

Metric

**Number of servings : 4**

### ingredients

#### For the rice

- 250 ml Sushi rice
- 15 ml Sugar
- 0.25 ml **Cape Herb and Spice Atlantic Sea Salt**
- 50 ml Vinegar

#### For the meat

- 500 g Beef steak (boneless sirloin or ribeye are best)
- 15 ml **Cape Herb and Spice Korean Style BBQ Rub**
- 4 Cloves of garlic
- 1 Red apple, peel and core removed
- 1 White onion, quartered
- 4 cm Fresh ginger, peeled
- 30 ml Soy Sauce
- 15 ml Sesame Oil
- 15 ml Honey
- 1 White onion, thinly sliced
- 15 ml Sesame seeds
- 2 Spring onions, sliced

#### To serve

- Baby gem lettuce leaves
- Kimchi

- Carrot ribbons
- Cucumber Batonnets

## THIS IS WHAT YOU WILL NEED TO DO

**PREP TIME: 35 mins | COOKING TIME: 30 mins**

### For the rice:

In a sieve, rinse the rice with cold running water, until the water runs completely clear.

Soak rinsed rice in water for 30 minutes.

Drain.

Place rice in a pot with 250ml fresh cold water and cover.

Bring rice to a boil over medium-high heat.

Once boiling immediately turn heat to the lowest setting.

Cook for 10 minutes.

Switch off the heat and let sit, covered, for 15 minutes.

In a small saucepan, dissolve the sugar and salt in the rice vinegar over low heat.

Spread the hot steamed rice onto a large baking tray.

Pour vinegar mix evenly over rice and fold gently with a wooden spoon to mix.

Cover rice until serving.

### For the meat:

Wrap steak in cling wrap (or leave in packaging if vacuum sealed) and place in the freezer for  $\pm$  2 hours to firm up.

In a food processor, combine garlic, apple, the half onion, ginger, soy sauce, sesame oil and honey. Process until it forms a smooth paste.

When the steak is nice and firm, cut into very thin slices, cutting against the grain.

Place steak in a large mixing bowl.

Season thoroughly with **Cape Herb & Spice Korean Style BBQ Rub**.

Mix well.

Add the marinade paste and the sliced half onion.

Mix thoroughly and then transfer to a ziplock bag.

Leave to marinate in the fridge overnight.

*If you do not have the time - aim for at least an hour to infuse the flavour.*

When ready to cook, heat a cast iron pan on high heat.

Add a drizzle of sesame oil and add the meat and onion mixture along with all the marinade.

Cook, stirring frequently, until the meat begins to brown around the edges and most of the liquid has evaporated.

Sprinkle with sesame seeds and spring onions.

To serve:

Serve meat in the cast iron pan to keep it nice and warm.

Plate lettuce, rice, kimchi, carrot and cucumber in little bowls.

To eat, place a lettuce leaf in your palm.

Add a little rice, the saucy meat, vegetables and kimchi.

Fold into a little bundle and enjoy!

Recipe concept, photography and video by Bianca Davies: @beeblegum on Instagram | <http://thesecretlifeofbee.co.za/>

<https://www.capeherb.co.za>

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