



KOREA



Korean BBQ Beef

6 Servings

Ingredients

- 3 tbsp. – soy sauce
- 3 tbsp. – lemon juice
- ¾ tsp. – ground black pepper
- ¼ cup – brown sugar
- 1½ tbsp. – sesame seeds
- 1 tbsp. – sesame oil
- 1½ tbsp. – minced fresh garlic
- 1½ tbsp. – minced fresh ginger
- 3 tbsp. – thinly sliced scallion
- 1¼ pounds – beef top round
- 2¼ cups – fresh broccoli florets
- 1½ cups – sliced button mushroom
- 1½ cups – sliced fresh carrots

Method

1. Cut beef into strips (approx. 1.5 inches long X 1/4 inch wide)
2. Combine ginger, garlic, sesame seed, brown sugar, pepper, lemon juice, soy sauce and sesame oil in a bowl and mix well.
3. Add sliced beef, carrots, mushrooms, and scallions and marinate overnight.
4. Cook beef (with the vegetables) in an oven at 400 degrees on a treated sheet pan or baking dish.
5. Steam the broccoli florets and keep separate while serving.
6. To serve, beef with vegetables that were included in the marinade on the plate.
7. Add 1/4 cup of steamed broccoli to the plate.

Serve and Enjoy!