



Kalbi

(Korean Barbequed Beef Short Ribs)

INGREDIENTS:

KALBI (4 TO 6 SERVINGS AS A MAIN COURSE)

5 Pounds Korean Style Beef Short Ribs*
 1 Cup Brown Sugar, Packed
 1 Cup Soy Sauce
 1/2 Cup Water
 1/4 Cup Mirin (Rice Wine)
 1 Small Onion, Peeled and Finely Grated
 1 Small Asian Pear, Peeled and Finely Grated
 4 Tablespoons Minced Garlic
 2 Tablespoons Dark Sesame Oil
 1/4 Teaspoon Black Pepper
 2 Green Onions, Thinly Sliced (Optional)

MARINADE

10 Tablespoons Palm Sugar
 10 Tablespoons Fish Sauce
 10 Tablespoons Thick Soy Sauce
 10 Tablespoons Fresh Lemongrass, Sliced Very Thinly
 5 Tablespoons Whiskey (Good American Whiskey is Fine, Though We Love Mekong Whiskey)
 5 Tablespoons Shallots, Sliced Very Thinly
 5 Tablespoons Garlic, Minced
 5 Tablespoons Coconut Milk
 3 Tablespoons Sesame Oil
 1/2 - 1 Teaspoon Thai Pepper Powder

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 a large sealable freezer bag (you may need 2).
2. 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.
3. 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, if desired. Serve whole pieces as a main course or cut into smaller pieces, using kitchen shears, for a starter or party nibble.

*** NOTE:** 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 1/2-inch thick rib bones. The thin slices make for fast cooking on the grill.

LEMON GRASS BARBECUE

1. Mix the marinade ingredients, except the coconut milk, in a saucepan or wok. Simmer until reduced to about half the original volume. Allow to cool, then stir in the coconut milk.
2. Marinate the meat for 1-3 hours, then drain well. Barbeque the meat until cooked.
3. Re-heat the marinade until simmering, stirring for at least 1-2 minutes, and serve as a dipping sauce for the meat. This is a sweet barbeque sauce with nice hints of citrus and Thai flavors, use it over and over again. It's all natural and far less expensive than premade packaged sauces loaded with preservatives.

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