

Fox 2 cooking segment

Bulgogi Recipe sheet

Serves 6

Bulqogi Marinade

1 each Pear

2 ounces Garlic, Minced

½ cup Soy Sauce

3 tablespoons Crushed Red Pepper Flakes

2 ounces Grated Ginger

2 ounces Brown Sugar

2 ounces Sesame Oil

¼ cup Sliced Scallions

1 pound Cleaned Skirt Steak

Method

1. Combine all ingredients together and set aside.
2. Place the skirt steak into marinade and allow to sit for up to 12 hours.

Bulqogi Slaw

12 ounces Red Cabbage Shaved

1 tablespoon Salt

¼ cup Chopped Parsley

1 each Grated Carrot

6 ounces Spicy Miso Dressing

Method

1. Mix all ingredients together and set aside.

Spicy Miso Dressing

¼ cup Soy Sauce

¼ cup Sugar

½ cup White Miso Paste

½ cup Rice Vinegar

½ cup Sesame Oil

1 1/2 tablespoon Sriracha

¾ Tablespoon Fresh Grated Ginger

¾ tablespoon Minced Garlic

¼ cup Toasted Sesame Seeds

Method

1. Lightly toast sesame seeds
2. Mince Garlic and grate ginger into a bowl
3. Whisk into the bowl miso paste, sugar, Vinegar, and soy sauce until smooth.
4. Combine the rest of ingredients and set aside.

To prepare the Bulgogi wraps

1. Clean and trim the lettuce leaves, keep each intact and set aside
2. On a hot grill sear the skirt steak to desired temperature, I recommend a medium rare around 130 degrees.
3. Once steak is cooked, slice across the grain to help keep it tender.
4. Gently toss the slaw and dressing together.
5. Place a little slaw in each lettuce cup and top with a few slices of steak.
6. Drizzle a little dressing over each and serve.