



John's post

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Sim's recipe for Kalbi.



Sim's recipe for Kalbi

Start with about 5 lbs of short ribs and put them in a large bowl

Mix two cans of beer with 1 liter of Sprite/7up and soak the meat for about an hour

Then:

Grind up one asian pear very fine and put in a strainer over a bowl

Mix one onion and some cut fresh ginger with one cup of water in a blender Vitamix and grind until fine. Add to the strainer. Stir some to get all the juice out.

Then, to the juice add:

About 2 TBSP finely chopped fresh garlic (Sim uses a small Cuisinart blender to make it)

1 1/2 TBSP Soju (or rice wine or white wine)

3 TBSP sesame oil

3 TBSP honey

6 TBSP soy sauce

about 1 TSP pepper (sprinkle over the top)

about 2 TBSP sugar

For the above; you can alter the soy sauce/sugar-honey ratio to taste. Some like saltier and some like sweeter.

Drain the meat.

Wash the meat bowl while the meat is draining, then add the liquid from above to the bowl. Mix in the meat

Chop three green onions and add to the meat liquid, stir it up (she uses gloved hands)

Place in a container (Tupperware or similar) and refrigerate for at least two hours. It will keep for 4-5 days (you can also put some in a Ziploc after a couple of days soaking and then freeze it).

Cook it over the BBQ and it should be tasty!

Recipe. I should have added that when you drain the meat you don't rinse it.