

Korean Cuisine

Korean cuisine is made up of a multitude of recipes that utilize an extensive range of beef cuts. The tender, sweet flavor of Wagyu makes it perfect for yakiniku (Korean BBQ) and ideal for use in combination with vegetables and soups.

■ Measurement conversions 1cm=0.39inch/ 100g=3.5oz/ 1kg=35oz/ 1tsp=0.1pt/ 1tbs=0.3pt/ 100°C=212F

★=Specially recommended cuts

Bulgogi

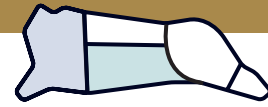


Recommended cuts

- 1 Chuck roll★ 10 2 Rib short rib★ 11 Short plate★

Ingredients

600g thinly sliced beef	2tbs Shaoxing rice wine, honey
2tbs sugar	3 cloves garlic
1 large onion	1/4 apple (or pear)
1 large carrot	1-2tbs pepper
3 shiitake mushrooms	2tbs white sesame seeds
1/2 bunch Welsh onion	1/4 onion
3tbs sesame oil	
Marinade:	
5tbs soy sauce	



Method

- Cut beef into bite-size pieces. Thinly slice onion, carrot and shiitake mushrooms and cut Welsh onion into 3-4cm lengths. Grate garlic, apple (or pear) and onion.
- Combine sugar with beef and leave to stand for 30mins.
- Combine all ingredients for the marinade.
- Dip each piece of meat in marinade individually. Place beef into a sealable container with vegetables except, Welsh onion, layered over the top. Drizzle with sesame oil, seal container and leave to stand in the fridge for 3-5hrs.
- Add Welsh onion directly before cooking and sauté beef and vegetables together.

Korean Ribs



Recommended cuts

- 1 Chuck roll★ 10 2 Rib short rib★ 11 Short plate★

Ingredients

400g beef	4 green chili peppers
Asparagus lettuce	Perilla leaves
1/2 carrot	1tsp roasted salt
2 cloves garlic	4tbs sesame oil
1 onion	Gochujang
	(Korean chili paste)



Method

- Cut carrot and green chilies into thin slices, slice garlic and onion and leave onion slices to stand in water.
- Arrange prepared vegetables on a large serving dish.
- Combine sesame oil and salt and leave on a small dipping plate. Arrange gochujang on a separate dipping plate.
- Broil beef over a hotplate and place on lettuce and perilla leaves. Use leaves to wrap meat with garlic and other vegetables and dip in sesame oil (with salt) or gochujang as preferred.

Yuke Jang

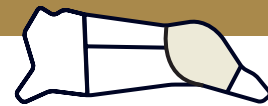


Recommended cuts

- 12 Gooseneck round★ 13 Top-round

Ingredients

200g beef	1 egg
2 cloves garlic	50g chives
1 shallot (green half)	Sauce:
Seasoning:	3tbs salad oil
1 1/2 tbs soy sauce	1tsp-1tbs chili powder
2tbs shallots (chopped)	(add to preference)
80g royal fern (in water)	1 clove garlic
2 shallots	1tsp soy sauce
	1tbs sesame oil



Method

- Finely chop shallot and garlic for seasoning. Grind sesame seeds. Cut royal fern and chives into 5cm lengths. Cut bottom half of shallot into diagonal lengths and parboil.
- Heat salad oil in frypan, add crushed garlic, chili powder and sauté over low heat. Once aromatic, add soy sauce, sesame oil and remove from heat. Leave to stand for approx. 20mins.
- Place beef in heavy pot, add green half of shallot, garlic and water until ingredients are just covered and cook over high heat. When mixture comes to the boil reduce to low heat and simmer for 2hrs periodically removing scum from the surface. Remove shallot, garlic and simmer for a further 40mins. Remove beef from soup and use hands to break up into bite-size pieces.
- Combine beef, royal fern, and shallot with seasoning.
- Using a separate pot, add 1tbs of sauce and gently sauté royal fern. Add soup, beef and shallots.
- Season to taste with soy sauce and salt (extra) and add sauce to suit individual preference. (Sauce will make soup spicier)
- Stir in lightly beaten egg and add chives when egg is just cooked.

Spicy Korean Hotpo

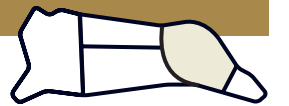


Recommended cuts

- 13 Top-round 14 D Rump

Ingredients

300g thinly sliced beef	2tbs cooking sake
Seasoning:	20cm Chinese radish
2tbs soy sauce	100g carrot
1tsp finely grated garlic	1/2 bunch (20g) Welsh onion
1tbs white sesame seeds	6 fresh shiitake mushrooms
1tbs sesame oil	1/2 onion
1tsp sugar	1/2 red pepper
Pepper	2 eggs



Method

- Cut thinly sliced beef into 1cm widths, combine seasoning ingredients and use hands to rub seasoning into beef.
- Cut Chinese radish, carrot, red pepper and Welsh onion into 7cm lengths. Thinly slice shiitake mushrooms and onion.
- Line bottom of pot with onion and arrange beef, and other vegetables in a radial pattern. Break raw egg and place in the center.
- Place over heat and eat while combining ingredients once simmering.

* Add additional water if ingredients start to burn.