



100% Grass Fed Beef and Natural Vegetables
Yoder, WY
meadowmaidfoods.com/recipes (307) 534-2289

Korean Beef Barbeque and Kim Chee

These dishes are superb for summer-time outdoor entertaining because most of the work is done ahead. Marinate the beef and Kim Chee overnight. Steam brown rice and flash grill the beef just before serving.

Serve with steamed brown rice and other Asian vegetables. An Asian salad also makes a nice accompaniment.

Marinate both the beef and the Kim Chee overnight.

Korean Barbeque

Ingredients

2.5-3 lbs lean, boneless beef such as top round, eye of round, or sirloin, sliced very thinly
(plan 4-6 oz. meat per person, adjust for the crowd)
6 garlic cloves, peeled and minced
3 green onions, finely chopped
pinch of sea salt
1/2 cup tamari or soy sauce
1/3 cup rice wine (sherry may be substituted)
2 Tbs. toasted sesame oil
3 Tbs. sesame seeds, toasted (place sesame seeds in dry skillet, heat until lightly brown and clumpy)
1 tsp. chili sauce OR 1/4 tsp. red pepper flakes
1/4 cup fresh lime juice
1/4 cup raw sugar (or brown sugar)

Note: If you are concerned about sugar in your diet, you may omit or reduce the lime juice and raw sugar from the recipe. Omit or reduce both ingredients together, but not just one.

Directions

Stir together all ingredients except beef. Place sliced beef in a glass or stainless-steel dish (NEVER reactive metal or plastic); pour marinade over beef, making sure that each piece is coated. Cover and refrigerate overnight.

Flash-grill meat over a hot fire, turning once, until rare or medium rare, just a couple of minutes per piece. Serve with cold Kim Chee.

Kim Chee

Ingredients

1 pound bok choy or Napa cabbage, cut into strips (about 8 cups)
1 bunch green onions, cut into 1/2-inch strips
4 garlic cloves, sliced
1/8 tsp. red pepper flakes OR two small, dried chilis

2 tsp. toasted sesame oil
1 inch peeled, fresh ginger root, cut into matchsticks
1/4 cup rice wine vinegar
1/4 cup rice wine
1 tsp. sea salt (Do NOT omit salt)

Directions

Place bok choy and green onions in a medium bowl.

In a small saucepan, sauté garlic, ginger, and pepper flakes in sesame oil over medium heat until aroma is released. Do NOT allow garlic to brown! Remove from heat; add rice wine vinegar, rice wine, and salt. Immediately pour over greens, and toss to coat. Cool to room temperature. Cover and refrigerate overnight.

Kim Chee is a naturally fermented (pickled) vegetable and may be stored, covered, in the refrigerator for several weeks.