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The Best Authentic Korean Beef Bulgogi Recipe

Sharon Nguyen

This authentic Korean Beef Bulgogi recipe is so easy and delicious as the one served in your favorite Korean BBQ restaurant!

★★★★★ 5 from 3 votes



PREP TIME

10 mins

COOK TIME

3 mins

MARINATING

10 mins

TOTAL TIME

23 mins



COURSE

Appetizer, Dinner,
Lunch, Main Course

CUISINE

Korean

SERVINGS

1 lbs



CALORIES

1461 kcal

EQUIPMENT

1 BBQ Grill or Pan 1 Food Processor or Blender 1 Large Mixing Bowl or Plastic Bag



INGREDIENTS

- 1 lbs Ribeye (thinly sliced) see note 1
- ¼ cup Soy Sauce
- 3 tablespoon Brown Sugar
- 2 tablespoon Mirin
- 1.5 tablespoon Sesame Oil
- ⅛ teaspoon Black Pepper
- ½ tablespoon Sesame Seeds (optional)

Marinade Puree

- ½ Korean Pear (Peeled and Core Removed) See note 2
- ½ Onion Medium Sized (Quartered)

- 3 cloves Garlic
- 1-2 slices Ginger (peeled)

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INSTRUCTIONS

- 1 Use pre-sliced beef to save time. If slicing your own beef, freeze the ribeye for 45-60 minutes until slightly firm before slicing against the grain. Freezing the beef for a short period of time firms up the meat, making it easier to slice thinly and evenly.
- 2 Add the ingredients to a food processor or blender to make the marinade puree:
½ Korean Pear (Peeled and Core Removed), ½ Onion Medium Sized (Quartered),
3 cloves Garlic, 1-2 slices Ginger (peeled)
- 3 Once fully blended, add the puree to your sliced beef along with the remaining marinade ingredients:
¼ cup Soy Sauce, 3 tablespoon Brown Sugar, 2 tablespoon Mirin,
1.5 tablespoon Sesame Oil, ⅓ teaspoon Black Pepper, ½ tablespoon Sesame Seeds (optional)
- 4 Cover and refrigerate 30 minutes or up to 24 hours for best flavor and tenderization.
- 5 BBQ - Heat your BBQ Gril, and once hot, brush on oil to prevent sticking. Add the beef and cook on each side for about 2-4 minutes until cooked.
- 6 Heat your skillet to medium high and add oil. Be careful not to over crowd the pan. Add the beef and cook on each side for about 1-3 minutes until cooked.
- 7 Enjoy with white rice, fresh vegetables and banchan!

NOTES

Note 1 : If you are using the thin sliced beef from the Asian market you can marinate for just 10 minutes. If the meat is thicker (Costco 3mm) I'd recommend at least 30 minutes to let the pears tenderize the meat, and even overnight for best results on thick cuts!

Note 2 : Using Korean Pear will provide you with the MOST tender beef. If you can't find Korean pears, Asian pears, Apples and Pears will also work,

NUTRITION

Calories: 1461kcal	Carbohydrates: 76g	Protein: 100g
Fat: 87g	Saturated Fat: 32g	Polyunsaturated Fat: 13g
Monounsaturated Fat: 40g	Cholesterol: 277mg	Sodium: 4042mg
Potassium: 1633mg	Fiber: 5g	Sugar: 55g
Vitamin A: 93IU	Vitamin C: 11mg	Calcium: 150mg
Iron: 10mg		



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