

Pear Marinated Korean Bulgogi over Jasmine Rice with Chilled Pear and Cucumber Kimchi

Yield: 6 serving of 2/3 cup bulgogi over ½ cup jasmine rice

Ingredients

1 ½ lb Round Steak, thinly slice ¼ “while partially frozen

Bulgogi Marinade

¼ Cup White Onions, course chopped to blenderize

4 Cloves Garlic

1 tsp Ginger Root, chopped

2 Tbs Dark Soy Sauce

2/3 Cup Reserved Pear Juice

1 Tbs for marinade + 1 Tsp Toasted Sesame Seed Oil for skillet

½ tsp Red Pepper Flakes

½ Cup Canned, Sliced, Pears, cut each slice into ¼” think slices (15 ounce can is in natural juice.

½ cup pears go in both Bulgogi and Kimchi. Drained juice 2/3 cup goes in marinade and 1 Tbs juice in Kimchi)

¼ Cup Fresh Baby Carrots, Cut in half lengthwise then diagonally in thirds

1 Cup Fresh Spinach, tightly packed

Method of Preparation

1. Place onion, garlic, ginger, soy sauce, pear juice, and 1 Tbs. sesame oil in blender or food processor until well blended.
2. Add red pepper flakes and pour over sliced round steak. Toss to combine.
3. Gently fold in pear pieces.
4. Refrigerate for 30 minutes.
5. Remove marinated beef from refrigerator.
6. Heat heavy 10-12” skillet over medium high heat. Add remaining sesame oil to skillet to coat bottom.
7. In 2 batches add ½ the carrots and ½ the bulgogi in marinade to the skillet. Saute until beef strips change color (145 degrees) about 4 minutes. Add ½ the spinach and stir until wilted about 1 minute. Remove mixture from skillet and repeat with second batch of carrots, beef strips in marinade, and spinach.
8. Serve 2/3 Cup bulgogi mixture over ½ steamed Jasmine rice

Chilled Pear and Cucumber Kimchi – yield 6 serving 1/3 cup each

Ingredients

½ lb. Cucumber, Peel on, fresh Quartered, Sliced ¼”
2/3 tsp Kosher Salt

1 Tbs Pear Juice
1 1/8 tsp Fish Sauce
1/8 tsp Red Pepper Flakes
1 Tbs Garlic Minced (about 3 cloves)

½ Cup Pear Slices, drained and sliced into ¼ “ slices
¼ Cup White Onion, thinly slice ¼ “ thick
¼ Cup Carrots, julienne strips
1/8 Cup Green Onion, diagonally sliced thin (about 1 each)
3/4 tsp Sesame Seeds

Method of Preparation

1. Place cucumbers in a bowl and toss with salt, coating all cucumber pieces. Let sit 30 minutes to draw out water. Pour cucumbers into a colander to drain excess water. Squeeze cucumber pieces gently with cotton kitchen towels or paper towels. Place into small bowl.
2. In a small ramakin combine pear juice, fish sauce, red pepper, and garlic. Set kimchi dressing aside.
3. To bowl with cucumbers add onion slices, and carrots. Gently fold in pear pieces. Pour dressing over kimchi vegetables, sprinkle in sesame seeds and green onions, and stir to coat. Serve immediately or refrigerate.

Steamed Jasmine Rice – yield is 6 servings ½ cup each

Ingredients

1 Cup Jasmine Rice
1 ¼ Cup

Method of Preparation

1. Place rice and water in medium saucepan. Simmer on low covered for 12 minutes.
2. Remove from heat. Let rest for 10 minutes. After 10 minutes stir to fluff and serve.

Note: this recipe is designed to use the entire can of sliced canned pears in natural juice. To maximize nutrition and decrease vegetable waste I keep the peel on the cucumber and the stems on the spinach. I am lucky enough to have a source for local beef for my round steak, the Jackson Family Farm. My daughter loves this recipe and has requested that I make it several times since I created it.

