

Beef and Vegetable Skewers Recipe

(Sanjeok - Korean Recipes)

Ingredients: Makes 8 skewers

500g beef sirloin, cut into 24 pieces
250g mushrooms (shiitake, button, winter or pine), stems discarded
and caps thickly sliced
1 small red or green capsicum
8 scallions, white portion only, or 4 asparagus spears
8 long bamboo skewers
2 tablespoons vegetable oil

Bulgogi Marinade:

1½-2 tablespoons minced garlic
4-5 tablespoons soy sauce
2 tablespoons soft brown sugar
2 tablespoons corn syrup or sugar syrup
½ teaspoon freshly ground black pepper
2 tablespoons rice wine or sake
1 tablespoon sesame oil
1 large nashi pear (about 3½ cups/600g), grated
2 scallions, finely sliced
½ cup beef stock (optional)

Method:

Mix all the ingredients for Bulgogi Marinade in a bowl and set aside. Cut the beef, mushrooms, capsicum and scallions into roughly the same size. Thread pieces of beef, mushrooms, capsicum and scallion or asparagus through a bamboo skewer. Repeat with the remaining ingredients, alternating them in the above order. Coat the skewered ingredients with the Bulgogi Marinade and leave to marinate for 5 minutes. Drain the marinade from the skewers into a small saucepan and bring to a boil for 2 to 3 minutes, then pour the marinade into 4 dipping bowls. Heat the oil in a skillet and pan-fry the skewers over medium heat. Cook for 2 to 3 minutes on each side, using a spatula to press down on the skewers gently. If preferred, the skewers can also be placed under a grill or broiler. Serve with the bowls of warmed Bulgogi Marinade.

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