

Grilled Beef and Mushroom Skewers Recipe

(Korean Recipes)

Ingredients: Makes 8 skewers

300g oyster or beef steak mushrooms

125g beef

8 scallions, white part only

Short bamboo skewers

Sauce:

2 tablespoons soy sauce

1 teaspoon brown sugar

1 clove garlic, crushed

1 teaspoon minced scallion

1 teaspoon sesame seeds

½ teaspoon sesame oil

1 tablespoon rice wine or sake

¼ teaspoon salt (optional)

Pinch of ground red pepper (optional)

Method:

Combine all the Sauce ingredients, mix thoroughly and set aside. Cut the mushrooms, beef and scallions into strips that are approximately the same in length and thickness. Thread pieces of mushrooms, beef and scallions through the skewer. Repeat until all the ingredients are used up. Brush the skewered ingredients with the Sauce and cook under a hot grill, or sear in a hot, non-stick skillet and cook for 2 to 3 minutes on each side until the beef and mushrooms are cooked. Serve warm.

[asian_free_recipes_download][asian_free_recipes_download]