

Pear Marinated Korean Bulgogi with Pear & Cucumber Kimchi

21 Servings

Portion: 1 cup rice, 6 oz beef, 4 oz kimchi

Meal Component Crediting K-12: 2 oz eq M/MA; 2 oz eq grain; 5/8 cup vegetable (1/8 cup additional, 1/8 cup dark green, 1/4 cup red/orange, 1/8 cup other)



**Pacific Northwest
Canned Pears**

Always ripe. Always ready.

Ingredients	Weight	Measure
Carrots, sliced, no salt added, frozen, thawed	2 lb	
Spinach, no salt added, frozen, thawed	2 lb	
Marinade		
White onion, fresh, chopped		4 oz
Garlic, fresh, minced		1/4 cup
Soy sauce, less sodium		1/2 cup
Pear juice (reserved from canned pears)		2 2/3 cups
Sesame oil		1/4 cup
Red pepper flakes, dried		2 tsp
Kimchi		
Pear juice (reserved from canned pears)		1/4 cup
Red pepper flakes, dried		1/2 tsp
Garlic, fresh, minced		2 Tbsp

*Recipe By Camille Korenek
Kansas State University
Manhattan, KS
Second Place Winner!
2023 Can-Do Challenge
eatcannedpears.com*

Ingredients	Weight	Measure
Kimichi, continued		
Onion, fresh, thin sliced		6 oz
Carrots, fresh, julienned		6 oz
Cucumber, fresh, peeled, sliced		1 lb
Cardamom, ground		1 Tbsp 1 tsp
Black pepper, ground		2 tsp
Pacific Northwest pears, canned, sliced, extra syrup, drained and juice reserved		1 #10 can
Sesame seeds		¼ cup 3 Tbsp
Green onion, fresh, thin sliced		1 ¼ cup 1 Tbsp

Beef and Vegetables		
Sesame oil		¼ cup
Beef round steak, fresh or frozen, bottom strips		1 Tbsp 3 lb 14 oz
Carrots, sliced, no salt added frozen, thawed		2 lb
Spinach, no salt added, frozen		2 tsp
Nonstick cooking spray		1 can
Bown rice, long-grain, parboiled		2 lb 10 oz

*Recipe By Camille Korenek
 Kansas State University
 Manhattan, KS
 Second Place Winner!
 2023 Can-Do Challenge
 eatcannedpears.com*

Method

Thaw Vegetables: Remove frozen carrots and spinach from the freezer the day before. Thaw in refrigerator overnight. CCP: Hold at 40 °F or lower.

Bulgogi Marinade: Place onion, garlic, ginger root, soy sauce, pear juice, sesame oil, and red pepper flakes in blender or food processor. Process until well blended. Pour over sliced round steak. Cover and refrigerate for 30 minutes. CCP: Hold at 40 °F or lower.

Chilled Pear and Cucumber Kimchi: In a large bowl or teamtable pan, combine pear juice, red pepper flakes, and garlic. Add onion slices, julienned carrots, cucumber slices, and pear slices. Gently fold in fruit and vegetables into the sauce. Sprinkle in sesame seeds and green onions and stir to coat. Refrigerate. CCP: Hold at 40 °F or lower.

Cook Rice: Preheat oven to 350°F. Spray 12" x 20" x 2" steamtable pan with nonstick cooking spray. Place rice and hot water in pan. Stir to combine and cover tightly. Bake for 45 minutes to 1 hour or until water is absorbed. CCP: Cook to 165°F and Hold at 140 °F or higher.

Cook Beef: Remove marinated beef from refrigerator. Drain beef from marinade and discard marinade. Heat tilt skillet over medium high heat. Add sesame oil to skillet to coat bottom. Sauté beef strips until the edges begin to brown. Add thawed carrots. Cook for 2 minutes, stirring frequently. Add spinach leaves. Cook and stir frequently to keep spinach from burning on the bottom. Cook until beef and vegetables reach 155°F. CCP: Hold at 40 °F or lower.

Portion: 1 cup (#4 scoop) rice. Top with 6 fl oz spoodle (~3.8 oz wt) beef and vegetables, and a heaping 4 fl oz spoodle (~3.4 ozwt) kimchi. Hold Kimchi CCP: Hold at 40 °F or lower. Hold rice and beef and vegetables CCP: Hold at 140 °F or higher.

Note: 1 #10 can pears sliced, packed in juice or light syrup provides about 9 1/2 cups (66 oz) drained pears. We recommend using only U.S. grown and canned pears for the best flavor, quality, texture, and yield.

*Recipe By Camille Korenek
Kansas State University
Manhattan, KS
Second Place Winner!
2023 Can-Do Challenge
eatcannedpears.com*

Nutrition

2 oz eq M/MA; 2 oz eq grain; 5/8 cup vegetable (1/8 cup additional, 1/8 cup dark green, 1/4 cup red/orange, 1/8 cup other)

Calories: 513 kcal

Total Fat: 14 g

Total Dietary Fiber: 8 g

Vitamin C: 8 mg

Saturated Fat: 3 mg

Trans Fat: 0 g

Protein: 32 g

Iron: 5 mg

Sodium: 290 mg

Cholesterol: 65 mg

Vitamin A: 13,766 IU

Sugars: 13 g

Carbohydrates: 67 g

Calcium: 120 mg

*Recipe By Camille Korenek
Kansas State University
Manhattan, KS
Second Place Winner!
2023 Can-Do Challenge
eatcannedpears.com*