

Pear Marinated Korean Bulgogi with Pear & Cucumber Kimchi



**Pacific Northwest
Canned Pears**
Always ripe. Always ready.

Recipe By: Camille Korenek, Kansas State University, Manhattan, KS

Ingredients

Bulgogi Marinade (recipe follows)

2 (15-ounce) cans Pacific Northwest Canned Pears, sliced, in light syrup, drained, divided, juice reserved

3 pounds round steak, sliced ¼-inch thick (slice while partially frozen)

2 teaspoons toasted sesame oil

½ cup (2 ounces) baby carrots, cut in half lengthwise, then diagonally in thirds

2 cups (3 ounces) baby spinach leaves, tightly packed

Chilled Pear and Cucumber Kimchi (recipe follows)

2 cups (14 ounces) Jasmine rice

2-½ cups (20 ounces) water

BULGOGI MARINADE (YIELD: 2 CUPS)

½ cup (2 ounces) chopped white onion

2 tablespoons + 2 teaspoons (1 ounce) chopped garlic

2 teaspoons peeled, chopped ginger root

¼ cup (2 ounces) dark soy sauce

1-⅓ cups (approximately 10 ounces) reserved pear juice

2 tablespoons toasted sesame oil

1 teaspoon red pepper flakes

1 cup (8 ounces) canned sliced pears, sliced into ¼-inch thick slices

CHILLED PEAR AND CUCUMBER KIMCHI (YIELD: 2 CUPS)

5 cups (1 pound) cucumber, quartered and sliced ¼-inch thick

1-⅓ teaspoons kosher salt

2 tablespoons reserved pear juice

2-¼ teaspoons fish sauce

¼ teaspoon red pepper flakes

2 tablespoons minced garlic

½ cup (2 ounces) ¼-inch thick sliced white onion

½ cup (2 ounces) julienned carrot

1 cup (8 ounces) Pacific Northwest Canned Pears, sliced, in light syrup, cut in ¼-inch thick slices ¼ cup (1 ounce) thinly sliced green onion

1-½ teaspoons sesame seeds

Servings

Yield: 12 servings

Nutrition

Calories: 431
Total Fat: 13g
Saturated Fat: 4g
Cholesterol: 78mg
Sodium: 675mg
Carbohydrate: 49g
Fiber: 3g
Sugar: 14g
Protein: 29g
Calcium: 72mg

Method

Bulgogi Marinade: Place onion, garlic, ginger root, soy sauce, pear juice, and sesame oil in blender or food processor. Process until well blended.

Add the red pepper flakes and pour over the sliced round steak. Toss to combine. Gently fold in pear slices. Refrigerate for 30 minutes.

Chilled Pear and Cucumber Kimchi: Place cucumbers in a bowl and toss with the salt, coating all the cucumber slices. Let sit 30 minutes to draw out the water. Pour cucumbers into a colander to drain excess water. Squeeze cucumber pieces gently with paper towels. Place in a bowl.

In another small bowl, combine pear juice, fish sauce, red pepper, and garlic. Set aside.

Add onion slices and carrots to the bowl of prepared cucumbers. Gently fold in pear slices. Pour dressing over kimchi vegetables. Sprinkle in sesame seeds and green onions and stir to coat. Refrigerate.

Assemble: Place rice and water in a medium saucepan. Simmer on low, covered, for 12 minutes. Remove from heat. Let rest for 10 minutes, then fluff with a fork. Keep covered until ready to use.

Meanwhile, remove marinated beef from refrigerator. Heat a heavy 12-inch skillet over medium high heat. Add 2 teaspoons of sesame oil to skillet to coat bottom. In 4 batches, add ¼ of carrots and ¼ of bulgogi to the skillet. Sauté until beef strips change color, about 4 minutes. Add ¼ of spinach leaves and stir until wilted, about 1 minute. Remove from skillet and repeat with three more batches of carrots, bulgogi, and spinach.

Serve ⅔ cup of bulgogi mixture over ½ cup rice, topped with ⅓ cup of kimchi on each plate.