

# 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)

1 (15-ounce) can Pacific Northwest Canned Pears, sliced, in light syrup, drained, divided, juice reserved

1-½ pounds round steak, sliced ¼ inches thick (slice while partially frozen)

1 teaspoon toasted sesame oil

½ cup (1 ounce) baby carrots, cut in half lengthwise, then diagonally in thirds

1 cup (1-½ ounces) baby spinach leaves, tightly packed

Chilled Pear and Cucumber Kimchi (recipe follows)

1 cup (7 ounces) Jasmine rice

1-¼ cups (10 ounces) water

### **BULGOGI MARINADE**

**(YIELD: 1 CUP)**

¼ cup (1 ounce) chopped white onion

1 tablespoon + 1 teaspoon (½ ounce) chopped garlic

1 teaspoon peeled, chopped ginger root

2 tablespoons (1 ounce) dark soy sauce

¾ cup (approximately 5 ounces) reserved pear juice

1 tablespoon toasted sesame oil

½ teaspoon red pepper flakes

½ cup (4 ounces) canned sliced pears, sliced into ¼-inch thick slices

### **CHILLED PEAR AND CUCUMBER KIMCHI**

**(YIELD: 2 CUPS)**

2-½ cups (8 ounces) cucumber, quartered and sliced ¼ inches thick

¾ teaspoon kosher salt

1 tablespoon reserved pear juice

1-½ teaspoons fish sauce

½ teaspoon red pepper flakes

1 tablespoon minced garlic

¼ cup (1 ounce) ¼-inch thick sliced white onion

¼ cup (1 ounce) julienned carrot

½ cup (4 ounces) Pacific Northwest Canned Pears, sliced, in light syrup, cut in ¼-inch thick slices

2 tablespoons (½ ounce) thinly sliced green onion

¾ teaspoon sesame seeds

## Servings

Yield: 6 servings

## Nutrition

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

## 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 Jasmine 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 1 teaspoon of sesame oil to skillet to coat bottom. In 2 batches, add ½ of carrots and ½ of bulgogi to the skillet. Sauté until beef strips change color, about 4 minutes. Add ½ of spinach leaves and stir until wilted, about 1 minute. Remove from skillet and repeat with second batch of carrots, bulgogi, and spinach.

Serve ¾ cup bulgogi mixture over ½ cup rice, topped with ½ cup kimchi on each plate.