

PRIVATE RECIPE



Tammy's Bulgogi Beef

- 1 lb. tender steak, sliced paper-thin (Meat slices easier when partially frozen.)
- 4 cups cooked white rice
- 3 carrots, thinly julienned
- 1 ½ cups fresh beansprouts
- 1 ½ cups fresh spinach, chopped

The Marinade

- 6 cloves garlic (or 1 ½ tsp garlic powder)
- 4 green onions, sliced
- 3 T golden brown sugar
- 1 T pure sesame oil
- 2 T sesame seeds
- ⅓ cup Kikoman soy sauce
- 3 T sherry (alcohol-free is OK)
- ¼ tsp cayenne pepper

Save some seeds for garnish.

Blend marinade ingredients 'til smooth. (Sesame seeds will not grind completely.)

Marinate the meat at room temperature for 15 minutes.

Heat wok or frying pan until hot. Add beef strips and stir-fry for 2 minutes. Remove and set aside, keeping them warm.

Stir-fry carrots and sprouts for 1 minute. Add spinach; cook 1 minute more. If needed, add 1 or 2 teaspoons of oil or water.

Dish rice into serving bowls. Top with beef. Add vegetables and a sprinkle of sesame seeds.

Serves 4.



From our house to yours . . . Enjoy!

Tammy Hoolsema is a Richmond Notary.