

Korean-style Beef BBQ Short Ribs

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Barbecue beef short ribs are the hero dish of many Korean BBQ restaurants. Its sweet, savory, and has the texture of rib eye.

INGREDIENTS

2 Lbs.	Beef Short Ribs
1/2 cup	Soy Sauce
1/2 cup	Vinegar
1/2 cup	Sugar
1/4 cup	Mirin
1 Tbsp	Honey
1 Tbsp	Sesame Oil
1 tsp	Crushed Black pepper
2 Tbsp	Garlic
1 Tbsp	Ginger
1/2	White Onion
1	Pear

INSTRUCTIONS

Place the short ribs into a bowl and rinse them in cold water to wash away any bone fragments left from the butcher. Use a colander or a wire rack to allow any excess water to drain from the ribs. Almost any cut of beef, pork, or chicken can be marinated into a Korean barbecue. A thick beef chuck roast works well for large servings.

To a large bowl add 1 Tbsp sesame oil, 1 tsp crushed black pepper, 2 Tbsp garlic, 1 Tbsp ginger, 1/2 white onion, and 1 pear peeled with 1 Tbsp honey. 1/4 cup mirin, 1/2 cup sugar, 1/2 cup soy sauce, and 1/2 cup vinegar. Water or white wine can be used as a substitute for mirin. Mirin, ginger, sesame oil, and soy sauce produce the Korean barbecue taste. Mirin can be replaced with a 1/2 cup 7-Up soda. Orange or pineapple can be used as a substitute for the pear. The acid in oranges and pineapple is very strong and will tenderize the meat to mush so the marinade time is only 6 hours.

Place the marinade in a freezer storage bag and add the sliced quarter-inch thick beef short ribs. Place the short ribs in the refrigerator for 6 hours at the minimum, but twenty-four hours is best. I have marinated a thick beef chuck roast for over 72 hours. The beef chuck was very tender and tasty.

The best way to cook Korean barbecue is to grill it like a nice steak. Shake off any excess marinade and then place the ribs on a very hot grill. Many of my relatives will marinate beef chuck, then slice it thinly. The sliced meat is skewered with bamboo, then grilled for large gatherings. Baking the ribs at high temperatures on a wire rack in the oven is another option. Bake at 400 degrees for 5-10 minutes, then turn the ribs. I often finish baking Korean barbecue by using a blow torch to create a nice char.

Pan-frying with a little oil is also popular, but I find the marinade juices will either burn on the pan or steam the barbecue. The first batch always comes out great, but the second batch is steamed. So if you pan-fry, then use a clean frying pan for each batch.

Serve the Korean-style barbecue with rice, pasta, corn, or flour tortillas. Garnish the barbecue with fresh crispy vegetables, peppers, pickles, or a nice vinegar-based salad. Vietnamese make a similar barbecue and they serve the barbecue on French bread cilantro, jalapenos, and some sweet daikon carrots. We buy those sandwiches when we want that Korean barbecue taste without going to a restaurant.

Thanks for stopping by. I hope you enjoy your own Korean-style Beef BBQ Short Ribs. Remember to share your recipes.

Until next time. Adios...Ivan out!