

## TASTE THE WORLD AT WOMADELAIDE 2005

### BULGOGI – DULSORI (SOUTH KOREA)

If you've ever been to Korea, you've probably tasted bulgogi. If you have Korean acquaintances, you've probably heard of it. Kimchi and bulgogi are two of the most famous Korean foods. Kimchi, is typically difficult for Westerners to get accustomed to as it is spicy and has a strong odor. Bulgogi, on the other hand, is a food that when you first try it, you will enjoy it. This is because bulgogi is sweet, tender and juicy beef that has been marinated in soy sauce, which makes it a deliciously enjoyable eating experience for everyone.

#### Getting Started:

##### 1. Choosing Meat:

It's better to buy steak, but since this can be costly, any cut of meat is okay. A pound of beef will serve about 4 people.

##### 2. Other Ingredients Needed:

Soy sauce (about 1/4 c): Although you can find soy sauce in an American grocery store, it's highly recommended to buy Japanese or Korean-style soy sauce at an Asian market near you.

Sesame oil (about 2 to 3 T)

Kiwi (1), Fuji Apple (1) or Asian Pear (1): Choose only one fruit. (We recommend kiwi.) Kiwi tenderizes the meat and adds a sweet flavor to the meat.

Sugar

Black pepper (3 dashes)

Onions (1)

Garlic (2 -3 pieces)

Green onions (about 5)

Cooking wine (about 2 T): Korean or Japanese cooking rice wine recommended

Vinegar (about 1 T): This is optional

##### 3. Equipment needed:

Large mixing bowl (1)

Small bowls

Thongs or long chopsticks

Frying pan

Food Processor (blender)

Plates

Plastic gloves (for handling meat)

Garlic press (optional)

## MARCH 4-6 Botanic Park ADELAIDE

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**Directions:**

It is very important to freeze the meat first, this aids you in cutting the meat into thin slices. After freezing, slightly defrost in the microwave - make sure the meat is still frozen, but workable.

Cut the meat into **thin slices**, as thin as possible - but watch your fingers!

Put the slices into the large mixing bowl and sprinkle sugar over it and mix with hands or chopsticks. Let it sit for about 20 minutes.

Meanwhile, prepare the marinade:

Place onion (1) and kiwi (1) into food processor or blender until liquid and pour into small bowl.

Mix soy sauce (1/4 c), sugar (2 or 3 T), black pepper (2 or 3 dashes), sesame oil (2 to 3 T), cooking wine (about 2 T), (optional - vinegar). After mixing, taste it. You want to have a **slightly salty, sweet taste**. If it's too salty, add a bit more sugar.

Chop garlic into small pieces (or use garlic press), cut green onion into 2 to 3 inch pieces and put into sugar/meat mixture.

Pour both sauces into the garlic/onion meat mixture and mix well, using hands or chopsticks. It is important to mix thoroughly so the marinade is evenly distributed throughout the meat. Refrigerate for at least two hours or overnight.

Cook in frying pan until the meat is cooked thoroughly and serve with sticky rice. Korean people eat this dish with red leaf lettuce filled with rice and meat. Other items to eat with bulgogi (Korean beef stir-fry) are Korean spicy pepper paste, Korean bean paste, sesame oil mixed with salt, sliced garlic and raw green onions. These are optional and are usually placed in the lettuce leaf along with the rice and beef.

<http://www.asianinfo.org/asianinfo/issues/bulgogi.htm>

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