

**Name: Bulgogi, Easy Korean BBQ beef**  
**Country: Republic of Korea**



Name of dish	<b>Bulgogi, Easy Korean BBQ beef, Delicious and Healthy Dish with Vegetables</b>
Ingredients Serves 4	<p>1) Main ingredient: 400g sirloin or tenderloin beef, thinly slice</p> <p>2) Marinade ingredients : 1 table spoon Sugar(15g) 1 table spoon Honey(15g) 2 table spoons Soy sauce(30g) 2 table spoons Green Onion(40g), chopped 2 table spoons Garlic(40g), minced 1 tea spoon Sesame oil(5g) 0.5 tea spoon Black Pepper - Optional ingredient : crushed pear, chopped onion, sliced oak mushrooms</p> <p>3) Garnish : 0.5 tea spoon Toasted Sesame seeds(5g)</p>
Directions  Preparation time: 15 mins Keep in the refrigerator: more than 30mins Cooking time 15mins  How to enjoy	<p>1. Combine marinade ingredients and add the beef and keep in the refrigerator more than 30 minutes.</p> <p>2. Grill or broil it and put it on the plate.</p> <p>3. Sprinkle sliced green onion and toasted sesame seeds over top and serve.</p> <p>You can also try :  Eat Bulgogi with Ssam(wrapping leaf vegetables), side vegetables and Ssamjang.</p> <p>Wrap a piece of Bulgogi in a lettuce or wild sesame leaf with a little bit of Ssamjang and a piece of garlic, and put it in your mouth.  You can dip carrot or cucumber strips into the Ssamjang and enjoy it.</p> <p>Bon appetit! Masissge Deuseyo(맛있게 드세요)</p>

Other relevant information

## HISTORY

The dish's origins stretch back to the Goguryeo era (37 B.C. to 668 A.D.), the evolution of a kebab-like skewered meat preparation called Maekjeok, Maek is a reference to Goguryeo which is one of the earliest Korean kingdom. Over time, Maekjeok became Seoryamyeok, a brothy dish of marinated beef soaked in cold water, which by the early 20th century gave way to Neobiani, a luxurious dish of thinly-sliced, marinated and charbroiled beef favored by Korean royalty. Overtime, Neobiani became Bulgogi, experts agree that by the 1990s, Bulgogi was collectively regarded as the most popular food in Korea.

As Koreans immigrated to the U.S and other countries. They naturally brought Bulgogi with them. In Western, Bulgogi's evolution appears to have continued in subtle ways: Here, you'll less often see Bulgogi's brothy form, and "grilled" varieties are sometimes prepared in a hot stovetop skillet, perhaps a reflection that many American homes lack charcoal braziers or even a grill.

## Ssam?

An unique way of eating Korean food is wrapping food in vegetables. The vegetable for Ssam(wrap) can be anything from steamed pumpkin leaves, steamed cabbage, fresh Chinese cabbage, wild sesame leaves and even rinsed aged Kimchi. But Korean's favorite vegetable for Ssam is, of course, lettuce.

Ssam usually pairs with Ssamjang(sauce that goes inside the wrap). Ssamjang is made by mixing Doenjang(soybean paste) and Gochujang(pepper paste) which are Korean traditional sauces. Bulgogi itself has a nice flavor but wrapping it with vegetables enables one to take lots of fresh vegetables and to achieve a balance between meat and vegetables.



Queen and King of Goguryeo era(left) and King and Queen of recent Cho-sun dynasty(right)