



KOREAN

Tteok-galbi

COMPLEXITY	SERVES	PREP	COOK	TECHNIQUE	CUT
Involved	4	30 min + 1 hr	15 min	Pan-fry	Ground beef

Ingredients

- 700 g (1½ lb) ground beef, 80/20 (or half beef, half pork)
- 4 tbsp soy sauce
- 2 tbsp sugar
- 1 tbsp honey
- 1 tbsp toasted sesame oil
- 1 tbsp rice wine or mirin
- 5 cloves garlic, minced
- 2 spring onions, finely chopped
- 1 tbsp grated Asian pear or apple
- ½ tsp black pepper
- 1 tbsp toasted sesame seeds
- 1 tbsp vegetable oil, for frying
- Steamed rice, kimchi and lettuce leaves, to serve

Steps

1. Mix the soy sauce, sugar, honey, sesame oil, rice wine, garlic, spring onions, pear and pepper in a large bowl until the sugar dissolves.
2. Add the beef and knead for 3 minutes until the mixture is sticky and springy. Cover and chill for at least 1 hour so the flavours settle.
3. Wet your hands and divide the meat into 8 portions. Shape each into a flat oval patty about 1.5 cm (½ in) thick, pressing it onto a short rib bone or just into a rib-like rectangle.
4. Heat the oil in a large skillet over medium heat. The sugar in the marinade burns easily, so do not go hotter.
5. Pan-fry the patties for 5 minutes until the underside is deep mahogany and caramelised.
6. Flip, cover the pan, and cook another 5 minutes until the meat is firm and reaches 71°C (160°F) in the centre.
7. Uncover and cook 1 minute more to sizzle the glaze. Sprinkle with sesame seeds.
8. Serve hot with rice, kimchi and lettuce for wrapping.

Notes

- **Make ahead:** shaped patties freeze well for up to 3 months; thaw overnight in the fridge before frying.
- **Authentic version:** the original is minced short rib; ground chuck with some fat comes close.
- **Grill it:** cook over medium charcoal for a smoky finish, 5 minutes per side.
- **Air fryer:** preheat to 180°C (350°F). Cook in a single layer for 10 to 12 minutes, flipping halfway, until 71°C (160°F); check early, as the sugar browns fast.
- **Twist:** for a spicy, non-traditional glaze, add 1 tbsp gochujang to the marinade.