



KOREAN

# LA-Style Galbi

| COMPLEXITY | SERVES | PREP               | COOK   | TECHNIQUE | CUT        |
|------------|--------|--------------------|--------|-----------|------------|
| Basic      | 4      | 20 min + overnight | 10 min | Grill     | Short ribs |

## Ingredients

- 1.2 kg (2½ lb) flanken-cut beef short ribs, 1 cm (¾ in) thick

### MARINADE

- 120 ml (½ cup) soy sauce
- 60 ml (¼ cup) water
- 4 tbsp sugar
- 2 tbsp honey
- 1 Asian pear, grated (or ½ kiwi; it tenderises fast, so use only half)
- 1 small onion, grated

### MARINADE (CONT.)

- 6 cloves garlic, minced
- 1 tbsp minced ginger
- 2 tbsp sesame oil
- 2 tbsp rice wine or mirin
- ½ tsp black pepper
- 2 scallions, sliced

### TO SERVE

- Steamed rice, lettuce leaves, ssamjang (or gochujang stirred with a little miso) and sliced garlic

## Steps

- Flanken ribs are cut across the bones into thin strips, each with three or four small bone sections. Ask your butcher for them, or buy "LA galbi" at a Korean market.
- Rinse the ribs under cold water for 5 minutes, then pat dry. This removes bone dust.
- Whisk the marinade until the sugar dissolves. Add the ribs and massage it in.
- Marinate in the refrigerator for at least 8 hours or overnight, turning once.
- Heat a grill or cast-iron grill pan to high, about 230°C (450°F). Oil the grates lightly.
- Lift the ribs from the marinade, shake off the excess, and grill 2 to 3 minutes per side, until deeply charred at the edges and caramelised. Sugar burns fast, so move any flaring pieces to a cooler spot.
- Rest for 3 minutes. Cut the meat from the bones if you like, then wrap in lettuce with rice and ssamjang.

## Notes

- Do not over-marinate:** past 24 hours the fruit enzymes make the meat mushy.
- Indoors:** a very hot cast-iron skillet works; open a window.
- Other cuts:** thin-sliced boneless short rib or skirt steak work too.
- Air fryer:** preheat to 200°C (400°F). Shake off the marinade, cook the ribs in a single layer in batches, 7 to 8 minutes, flipping halfway, until charred and cooked through.
- Freezer:** freeze the ribs raw in the marinade for up to 3 months; thaw overnight in the fridge, never at room temperature.

- **Pair with:** a quick cucumber salad with rice vinegar and sesame, and kimchi.