

Bulgogi marinated pork skewers, ssamjang sauce, Korean style rice

Recette pour 4

Description

Take your tastebuds on a trip to Asia, an exotic treat perfect for the BBQ season.

L'idée déco

If you don't have access to a BBQ, the skewers can equally be done in a frying pan on a conventional stove top.

Ingrédients

Marinade

- 1 Unit(s) Asian pear
- 1 Unit(s) Shallot
- 2 Clove(s) Garlic
- 1 Tbsp Fresh ginger
- 2 Unit(s) Green onion
- 3 Tbsp Gochujang chili past
- 3 Tbsp Soy sauce
- 2 Tbsp Mirin
- 1 Tbsp White sesame seeds
- 1 Tbsp Freshly ground black pepper

Pork

- 600 Gr Pork loin
- 3 Tbsp Brown sugar

Sauce

- 2 Unit(s) Green onion
- 4 Tbsp Fermented soybean paste
- 2 Tbsp Gochujang chili past
- 1 Tbsp White sesame seeds
- 1 Tbsp Sugar
- 2 Clove(s) Garlic
- 2 Tbsp Roasted sesame oil

Rice

- 1 Cup(s) Basmati rice
- 1 Unit(s) Red onion
- 2 Unit(s) Yellow pepper

- 1 Clove(s) Chopped garlic
- 4 Sprig(s) Fresh cilantro

Préparations

Temps de préparation **45.00 mins**

Préchauffez votre BBQ à 500.00 F°

Preparation

MARINADE

Peel the pear, then cut in four. Remove the core and cut into large segments.

Peel and chop the shallot, the ginger and the garlic.

Cut the green onions finely.

Toast the sesame seeds in a dry hot pan.

PORK

Rub the pork with the brown sugar.

SAUCE

Toast the sesame seeds in a dry hot pan.

Cut the green onions finely.

Chop the garlic finely,

RICE

Clean the coriander, remove the leaves for garnish and dispose of the stems.

Seed and dice the peppers

Cut the red onion into a small dice.

Marinade

In a food processor, mix all the ingredients until you obtain a smooth dough.

Cut the pork loin into cubes, approximately 2cm.

In a large container, cover the meat with the marinade. Make sure to film tightly with saran wrap and let the meat marinate for 3 hours in the refrigerator.

Pork loin

Remove the maximum amount of marinade possible from the meat cubes, this will prevent the latter from burning on the BBQ.

Skewer the pork loin cubes on a metal skewer. Place the skewers on the BBQ, close the lid and cook for about 4 to 5 minutes.

Turn the skewers over and cook for another 3 minutes.

Remove the pork skewers from the BBQ, assure that they are cooked thoroughly.

Sauce

In a bowl, mix all the ingredients together, keep it in the refrigerator.

Rice

In a big pot bring a large volume of salted water to a boil (10 g coarse salt / liter of water), cook the rice for 10 minutes. Drain and set aside. In a frying pan on med-high heat, caramelize the onion quickly with a pinch of salt and olive oil then fry the bell peppers until they are tender. Season with salt and pepper, add the drained rice, garlic, ginger and finish with cilantro. Keep warm.

Plating

Top the skewers with ssamjang sauce and sprinkle with sesame seeds.

Place the skewers on the edge of a plate, add the rice, garnished with a coriander. Add a small bowl for dipping filled with sauce.

Bon appétit!