

# Kalbi (Galbi) Korean BBQ Short Ribs

Lori's Recipe Journal

## Kalbi Marinade:

- 4 lb cross-cut beef short ribs (galbi cut)
- 1/2 Korean/Asian pear (or 1 kiwi)
- 2 tablespoons minced garlic
- 1/2 medium white onion
- 1 teaspoon minced ginger
- 1/2 cup soy sauce
- 1/2 cup water
- 3 tablespoons sugar
- 2 tablespoons honey
- 1/4 cup mirin
- 2 tablespoons sesame oil
- 1 teaspoon black pepper



# Kalbi (Galbi) Korean BBQ Short Ribs

## Recipe 🍴

4 pounds cross-cut beef short ribs (galbi cut) about 1/3 - inch thick

1/2 Korean/Asian pear (or 1 kiwi)

2 tablespoons minced garlic

1/2 medium onion, grated

1 teaspoon minced ginger

1/2 cup soy sauce

1/2 cup water

3 tablespoons sugar

2 tablespoons honey

1/4 cup mirin

2 tablespoons sesame oil

1 teaspoon black pepper

Sesame seeds for garnish

Green onion for garnish

## Instructions

For the ribs:

Rinse the ribs to wash off bone dust and remove some blood on the surface. Drain well. Pound the meat lightly with a meat tenderizer. This second part helps tenderize the meat, but you can skip it if you want.

For the marinade:

Blend the pear (or kiwi) together with the onion, garlic, and ginger in a mini/regular blender. Mix all the marinade ingredients well in a large bowl or container.

Add the meat to the marinade and coat each rib with the marinade. Marinate the meat for 6-8 hours (overnight for best results). Flip them over half way through. The thicker the meat, the longer you'll want to marinate.

Cooking the ribs:

Grilling: Preheat the grill over medium-high heat. Grill the short ribs, turning only once, 2-3 minutes on each side. You can use charcoal or wood charcoal (soot bul) grill, gas grill or a grill pan over the stove top.

Broiling in the oven: Set the oven to broil and preheat. Lay the meat in a single layer on a broiling pan and place it on the top rack of the oven, usually about 6 inches below the broiler. Cook until the ribs are slightly charred and caramelized, 5 to 6 minutes. Flip them over and cook for an additional 3 – 4 minutes. Watch closely not to burn them.

Pan-frying: Preheat a large non-stick pan. Reduce the heat to medium. Lay the short ribs in a single layer, 4 or 5 ribs depending on the size of the pan. Cook for 4 to 5 minutes. When the pan is getting dry. Add the marinade through a strainer. Flip them over and cook for another 4 to 5 minutes until all the sauce is gone and the ribs are nicely browned.

Enjoy!