


Bulgogi Beef

eikon® e1s

 02:25







This recipe is available for:













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Accessories:

Earthenware Bowl

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-  260 °C
-  Chilled 4°C
-  1 Portion
-  From Raw

Stage 1	Stage 2	Stage 3	Stage 4
Preheat the Bowl	Add the Oil & the Meat into the Bowl		Stir the Meat
 00:45	 00:20	 00:40	 00:40
 100 %	 100 %	 100 %	 100 %
 100 %	 100 %	 0 %	 0 %

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Ingredients

- 100 g Beef Sirloin
- 20 g Onions
- 10 g Leek
- 10 g Carrot
- 15 g Beef Bulgogi Marinade
- 1 tbs Oil
- 1 tbs Doenjang (Soya Bean Paste)
- 1 tbs Miyeok (Stem of Sea Mustard)
- 1 tbs Kimchi

1. Food Preparation

Cut the beef in strips and onions, leek and carrots in fine strips. Mix all together with the Bulgogi marinade.

2. Cooking Instruction

Preheat the bowl as per oven profile. After Step 1 add the oil and beef into the bowl and continue to cook as per oven profile.

3. Food Serving Instruction

Remove the cooked food from the bowl and serve. Use the paste, sea mustard stems and kimchi as garnish.