

braised kalbi beef roast

Ingredients & Things You'll Need:

- 2.5lb to 3.0 lb beef chuck roast (with bone, if available), with 6-12 holes poked through to allow full marinade. *Makes 4-6 servings.*
- 1 gallon plastic freezer bag
- Large bowl

Brine Ingredients:

- 6 tbsp kosher salt
- 2 tbsp evaporated cane juice or sugar
- 1 ¼ cup water
- 15 oz ice cubes (about 3 cups)

Marinade Ingredients:

- 14 tbsp or ¾ cup San-J shoyu (if using soy sauce dilute a third with water)
- 7 tbsp light brown sugar
- 2 tbsp sake
- 1 tbsp sesame oil
- 3 tbsp minced garlic
- 1 inch grated fresh ginger
- 1 tsp fresh black pepper
- 2 tsp freshly ground allspice

Step 1 (usually the night before, around 7-10pm):

Do the brine:

With the cooktop on medium, add 1 ¼ cup of water to stockpot until it simmers. Add 3 part kosher salt and 1 part evap cane juice to the water and stir until dissolved. Add the ice cubes and stir until mostly melted. With the meat inside, pour the cooled brine into the freezer bag. Rest the bag inside a large bowl and refrigerate overnight (12-18 hrs).

Step 2 (usually the morning after, around 8-9am):

Do the marinade:

After 12-18 hours of brining in the refrigerator, take out the freezer bag and drain out the brine. Using a bowl, combine 2 part shoyu and 1 part light brown sugar along with the rest of the ingredients and stir well. Pour marinade back into the freezer bag, then place bag in the bowl and let marinate for 4-6 hours. If possible, flip the bag once to ensure marinade is covered on both sides.

(around 1pm) - Pre-heat oven at 325 degrees at medium to medium-low rack. Using a heavy ovenproof stockpot such as a cast-iron pot with a lid, place the marinated meat including the leftover marinade, and add ¼ cup of water to pot. Braise covered for 3.5- 4 hrs, flipping the meat once every hour or so. Remove from oven and let it rest on a plate with a cover on top. Use a fat separator to separate the au jus for use in your meal.

Serving Suggestions:

The braised meat can be used in several different dishes:

- 1) Korean kimbap (sushi) or hand rolls
- 2) Saam (lettuce wraps)
- 3) Bibimbap (rice salad)
- 4) French bread sandwiches (pulled beef/pork a la Vietnamese sandwich banh mi-style)
- 5) Over rice noodles, vegetables with fish sauce dressing
- 6) Over egg noodles and sautéed mushrooms
- 7) Over rice, "au jus" with a fried egg