



Korean Beef



Our Korean Beef recipe is wonderfully simple, you can make it with ingredients you will already have in your larder if you ever cook Southeast Asian food.

We suggest making lots because the beef freezes beautifully, and there are several delicious ways of serving it up. Here we share our recipes for a Korean Beef Noodles, Korean Beef Fried rice and if you're looking for a tasty low-carb option - Korean Beef in Lettuce.

Serves 6-8, or 2-4 over several meals

- 2 tbsp oil
- 1 large onion, finely chopped
- 4 cloves garlic, crushed
- 1 thumb-sized piece of ginger, skin-on, grated
- 1 kg minced beef
- 2 star anise
- 1 tsp chilli flakes (or more if you like it hot)
- 175ml rice wine
- 2 tbsp each of brown sugar, soy sauce and oyster sauce



- 1 tsp sesame oil
 - to serve: sesame seeds, sliced fresh chillies, finely chopped spring onions, soy sauce, lime juice
1. Heat the oil in a large pan and gently fry the onion, adding the ginger and garlic after about 10 minutes.
 2. Add the beef and fry until browned.
 3. Add the other ingredients, stir well and bring to the boil. Reduce to a gentle simmer and cook in a low oven for 2 hours, until the liquid is absorbed. Taste, and add more soy sauce if it needs a little more salt.

Dish 1: Korean beef in lettuce

- Simply scoop a spoonful onto a small lettuce leaf, garnish with sesame seeds, spring onions, a chilli slice and a dash of lime juice, or soy sauce. Perfect as a light meal or starter.

Dish 2: Korean beef noodles

- For 2 people: use 2-3 noodle cakes (100-150g in total); 2 tbsp beef; half a red pepper, sliced; a handful green beans/mange tout/broccoli stalks.
- Heat 1 tsp sesame oil in a wok and heat the beef through. Add the vegetables, cook for a couple of minutes then add the noodles. Stir to heat through, then serve with a dash of extra soy sauce and sliced chillies.

Dish 3: Korean beef fried rice

- For 2-3 people: use approx 250g cooked rice; 2 spring onions, finely chopped; a cupful of frozen peas; 2-3 heaped tbsp Korean beef; 4 eggs, beaten and lightly scrambled
- Heat 1 tbsp oil in a wok, heat the beef, then add the rice and peas and stir until the peas are cooked. Stir in the egg and sprinkle with the spring onions.