

CHEF'S NOTES

Korean *galbi* or *kalbi* is a grilled dish made with marinated beef (or pork). For this recipe, you can substitute your choice of protein; just slice everything thinly. Consider tofu for a vegetarian option. Remove excess liquid by wrapping the tofu with a tea towel and place a cutting board on top to apply pressure (about two hours). Dice the tofu small and follow the same marinating/cooking method. If you don't want a spicy slaw, remove the kimchi and gochujang, and add the juice from 1 lime instead. This recipe could easily be served over mixed greens or brown rice.



KALBI TACOS with Pineapple Slaw

Chef Reilly Meehan



Getting Started

Place the beef into a large zip top bag. In a blender, blend all the remaining ingredients until smooth. If you don't have a blender, skip the apple and finely chop onion, garlic and thoroughly mix the marinade in a bowl. Pour in the marinade and marinate for 6-24 hrs.

Shred cabbage and dice pineapple.

Preparing the Slaw

In a large bowl, whisk the gochujang, mayo and rice vinegar. Add the kimchi, shredded green cabbage, cilantro, diced pineapple and mix well.

To Assemble

Place a large cast iron pan on High heat (heat for 3-5 mins). You want this pan VERY hot to get good caramelization.

Gently place the meat in the pan and evenly spread it out; then do not touch it! Once the meat is well caramelized on the first side (~ 4 mins) you can stir and cook for another 1-2 mins.

Directly over a flame, or in a pan, warm each tortilla for ~1min. Place a generous amount of meat, heaping spoonful of slaw, and a few cilantro leaves. Serve with a wedge of lime and enjoy!

Serves 4

For the Beef

- » 2 lbs thinly sliced skirt steak, ribeye or boneless Korean short rib
- » ¼ cup soy sauce or tamari
- » 1 T brown sugar
- » 1 T mirin
- » 1 T sesame oil
- » 2 T rice vinegar
- » 1 tspn ground black pepper
- » 1 tspn cornstarch
- » 2 cloves garlic
- » ¼ of a small apple
- » ¼ of a small onion

For the Slaw

- » ¼ or ⅛ head green cabbage, shredded thin
- » ¼ piece of pineapple, diced small
- » Handful of cilantro leaves, chopped
- » ½ cup kimchi, chopped
- » 1-2 tspn Gochujang or Sriracha
- » 2 T mayo
- » 1 T rice vinegar
- » Pinch of salt

For Assembling

- » 8-12 corn tortillas
- » Lime wedges
- » Cilantro leaves