



#1MEAT12WAYS

## KALBI STYLE WAGYU FLAT IRON WITH KIMCHI

CLINT JOLLY | GREAT THYME CATERING

DURHAM  
RANCH

### INGREDIENTS

#### Kalbi Flat Iron

- 2 lb. Wagyu Flat Iron, Trimmed
- 1 Asian Pear, cored
- 2 Cloves Garlic
- 1 Small Knob Fresh Ginger
- 2 Tbsp. Red Pepper Flakes
- 1 tsp. Black Pepper
- ½ C Soy Sauce
- ½ C Mirin (Asian Cooking Wine)
- 1 Tbsp. Rice Wine Vinegar
- ½ C Brown Sugar
- 2 Tbsp. Water

#### Kimchi

- 2 lbs. Napa Cabbage
- 1 Cup Kosher Salt
- ½ lb. Daikon Radish
- 3 Green Onions, Sliced
- ½ Asian Pear, Cored
- 1 oz. Gochugaru (Korean red chili flakes)
- 2 Garlic Cloves
- 1 Small Knob Fresh Ginger
- ½ Cup Yellow Onion, Roughly Chopped
- 2 oz. Wakame (Dried Seaweed)

## KALBI FLAT IRON INSTRUCTIONS

- 1.** Slice Steaks into ½" thick pieces, across the grain
- 2.** Blend all marinade ingredients in blender until smooth
- 3.** Marinate meat in zip lock bag over night or minimum of four hours
- 4.** Cook over a very hot grill, 90 seconds per side
- 5.** Serve over rice with Kimchi and poached egg. Garnish with Green onion and toasted sesame seeds

## KIMCHI INSTRUCTIONS

- 1.** Rinse cabbage and cut into 1" wide strips, across the stalk
- 2.** In large bowl, use your hands to massage the kosher salt into the cabbage until cabbage starts to soften. Let sit for 30 minutes until white part of cabbage is tender.
- 3.** Rinse the cabbage with cold water and drain well.
- 4.** In blender, mix the pear, chile flakes, garlic, ginger and yellow onion and process until it turns to a paste.
- 5.** In large bowl, mix cabbage, radish and green onions with paste. Use your hands to massage paste into the vegetables.
- 6.** Pack tightly into a quart sized jar. Pushing cabbage mixture down so that juices cover all of the vegetables. Cover with lid.
- 7.** Let sit on counter at room temperature for 2-3 days and allow it to ferment. You should see bubbles rising in the jar. Taste on day two to check for tartness, let it sit if you want more "funk".