KOREAN

LA-Style Galbi

COMPLEXITY	SERVES	PREP	COOK	TECHNIQUE	CUT
Basic	**4**	**20 min + overnight**	**10 min**	**Grill**	**Korean ribs**

Ingredients

- 1.2 kg (2⅔ lb) Korean ribs (flanken-cut), 1 cm (⅜ in) thick

MARINADE

- 120 ml (½ cup) soy sauce
- 60 ml (¼ cup) water
- 4 tbsp sugar
- 2 tbsp honey
- 1 Asian pear, grated (or ½ kiwi; it tenderises fast, so use only half)
- 1 small onion, grated

MARINADE (CONT.)

- 6 cloves garlic, minced
- 1 tbsp minced ginger
- 2 tbsp sesame oil
- 2 tbsp rice wine or mirin
- ½ tsp black pepper
- 2 scallions, sliced

TO SERVE

- Steamed rice, lettuce leaves, ssamjang (or gochujang stirred with a little miso) and sliced garlic

Steps

1. Korean ribs are cut flanken-style, across the bones into thin strips, each with three or four small bone sections. Korean markets sell the same cut as "LA galbi".
2. Rinse the ribs under cold water for 5 minutes, then pat dry. This removes bone dust.
3. Whisk the marinade until the sugar dissolves. Add the ribs and massage it in.
4. Marinate in the refrigerator for at least 8 hours or overnight, turning once.
5. Heat a grill or cast-iron grill pan to high, about 230°C (450°F). Oil the grates lightly.
6. Lift the ribs from the marinade, shake off the excess, and grill 2 to 3 minutes per side, until deeply charred at the edges and caramelised. Sugar burns fast, so move any flaring pieces to a cooler spot.
7. Rest for 3 minutes. Cut the meat from the bones if you like, then wrap in lettuce with rice and ssamjang.

Notes

- **Do not over-marinate:** past 24 hours the fruit enzymes make the meat mushy.
- **Indoors:** a very hot cast-iron skillet works; open a window.
- **Other cuts:** thin-sliced boneless braising rib or skirt steak work too.
- **Air fryer:** preheat to 200°C (400°F). Shake off the marinade, cook the ribs in a single layer in batches, 7 to 8 minutes, flipping halfway, until charred and cooked through.
- **Freezer:** freeze the ribs raw in the marinade for up to 3 months; thaw overnight in the fridge, never at room temperature.

- **Pair with:** a quick cucumber salad with rice vinegar and sesame, and kimchi.