



KOREAN

Galbi-Marinated Tri-tip

COMPLEXITY	SERVES	PREP	COOK	TECHNIQUE	CUT
Basic	4	20 min + overnight	25 min	Grill	Tri-tip

Ingredients

- 1 tri-tip roast, about 900 g (2 lb), trimmed

MARINADE

- 120 ml (½ cup) soy sauce
- 60 ml (¼ cup) water
- 1 Asian pear (or ½ cup grated apple), grated
- 4 tbsp brown sugar
- 6 cloves garlic, minced
- 1 tbsp grated fresh ginger
- 2 tbsp sesame oil
- 1 tbsp mirin

MARINADE (CONT.)

- 4 spring onions, chopped
- ½ tsp black pepper
- 1 tbsp toasted sesame seeds

TO SERVE

- Steamed rice
- Lettuce leaves
- Ssamjang (or gochujang stirred with a little miso)
- Sliced raw garlic and kimchi

Steps

1. Whisk everything for the marinade together until the sugar dissolves.
2. Cut the tri-tip in two where the grain changes direction, then slice each half across its own grain into 2 cm (¾ in) steaks. Pour the marinade over, mix well, and marinate covered in the fridge overnight, or at least 6 hours.
3. Remove the beef 30 minutes before cooking and wipe off the chunks of garlic and onion so they do not burn.
4. Heat a grill or heavy pan to high, about 250°C (480°F), and oil the grate.
5. Grill the steaks 3 to 4 minutes per side, until deeply caramelised with charred edges and still pink in the centre. The sugars scorch easily, so move them away from flare-ups.
6. Rest 5 minutes on a board, then slice thinly across the grain.
7. Serve in lettuce leaves with rice, ssamjang, garlic and kimchi.

Notes

- **No Asian pear:** grated kiwi or apple works, but marinate no longer than 8 hours with kiwi.
- **Thin style:** slice the tri-tip into 5 mm (¼ in) slices for fast LA-style cooking, 1 to 2 minutes per side.
- **Other cuts:** flap meat or short ribs are classic.
- **Freezer:** freeze the sliced beef in its marinade, flat in a bag, for 3 months; thaw overnight in the fridge.
- **Pair with:** a quick cucumber salad with rice vinegar and sesame.
- **Twist:** stir 1–2 tbsp gochujang into the marinade for a spicy galbi.