



Kalbi Jim Recipe

Preparation Time	10
Cooking Time	20
Serving Size	10

Ingredients:

- 1 kg beef, shortribs
- 1 pouch DEL MONTE Quick 'n Easy BBQ Marinade (200ml)
- 1/2 cup mirin
- 2 Tbsp garlic, crushed
- 1/2 cup onion, red, sliced
- 1/4 cup sugar, white
- 3 cup water
- 2 cup radish/labanos, cut into chunks
- 1 cup carrot, cut into chunks
- 1 Tbsp sesame oil
- 1 Tbsp green onions, chopped
- 1 Tbsp sesame seeds

Preparation:

1. Place the beef shortribs, DEL MONTE Quick 'n Easy BBQ Marinade, mirin, garlic, onion, sugar, and water in a pot. Bring to a boil. Skim the brown bubbles then simmer until the meat is tender.
2. Add the radish and carrot. Simmer until vegetables are cooked.
3. Add the sesame oil, top with green onion and sesame seeds just before serving.

Chef's Tip

Short ribs or kalbi is the best cut for this dish as the meat stays moist during cooking and the bones give a stronger meat flavor to the sauce. Wash the shortribs very well.

Lusog Notes

This Kalbi Jim dish is high in vitamin A that helps maintain healthy skin and normal vision and also plays a role in immunity. It is also a source of protein, which is important for growth and development.

Cooking Skills Needed

- Mixing

Cooking Tools

- Chopping Board
- Pot
- Weighing Scale