



Bassakbulgogi

Thin-sliced Bulgogi | 바삭불고기



A famous dry-style Korean bulgogi specialty (popularized in Mapo, Seoul and regional hubs like Eonyang), featuring thinly sliced beef marinated in a fragrant soy-garlic glaze and aged for up to two days. Rather than stewing in a soupy broth, the meat is spread flat across a double wire mesh grid (*seoksoe*) and flame-grilled over glowing charcoal until the exterior turns thoroughly crisp and moisture-free (*bassak*) while sealing in concentrated, caramelized meat juices (*yuk-jeop*) on the inside.

 **Prep: 20 mins (plus aging) | Cook: 8–10 mins |**  **Easy to Moderate |**
 **Direct Charcoal Grill |**  **Crispy & Juicy**

Ingredients (2-3 servings)

- **Main Ingredients:** 400g thinly sliced beef (sirloin, chuck roll, or brisket / *chadolbagi*), 1 tbsp cooking oil or sesame oil (for greasing the wire grid)
- **Aged Soy Marinade:** 3 tbsp soy sauce, 1.5 tbsp sugar, 1 tbsp honey or rice syrup (*mulyeot*), 3 tbsp finely grated Korean pear juice (or apple juice), 2 tbsp grated onion, 1.5 tbsp minced garlic, 1/2 tsp minced ginger, 1.5 tbsp toasted sesame oil, 1 tbsp cooking wine (*cheongju* / mirin), 1/4 tsp black pepper
- **Garnish & Accompaniments:** 1 stalk finely chopped scallion or garlic chives (*buchu*), 1 tbsp finely crushed pine nuts (*jat-garu*), 1 tsp toasted sesame seeds, perilla leaves (*kkaet-nip*), sliced raw garlic, *ssamjang*

Allergy Information

- **Contains:** Beef, Soy (Soy sauce), Wheat (Soy sauce), Sesame, Tree Nuts (if garnished with pine nuts)

Equipment

- Double Wire Mesh Grid / Clamshell Grill (*Seoksoe*) or Heavy Cast-Iron Skillet, Charcoal Grill or Gas Flame, Mixing Bowl, Kitchen Tongs, Paper Towels

Cooking Instructions

1. **Prepping the Meat:** Slice beef paper-thin across the grain (or use pre-shaved bulgogi beef). Lightly tap both sides with the back of a knife to tenderize the fibers, then pat dry with paper towels.
2. **Mixing the Marinade:** In a large bowl, whisk together soy sauce, sugar, honey, grated pear juice, grated onion, minced garlic, ginger, cooking wine, sesame oil, and black pepper until the sugar dissolves completely.
3. **Marinating & Aging (*Sukseong*):** Gently massage the marinade into the beef slices. Cover tightly and refrigerate for **1 to 2 days**. Aging allows the enzymes from the pear juice to tenderize the beef and lets the seasonings absorb completely without creating excess watery runoff.

4. **Spreading onto the Wire Grid:** Lightly brush oil over a double wire mesh grid (*seoksoe*) to prevent sticking. Spread the aged beef thinly and evenly across the grid into a single cohesive sheet, pressing gently with the top grid to hold the meat firmly in place.
5. **High-Heat Direct Flame Grilling:** Hold the wire grid directly over glowing hot charcoal or an open gas burner. Grill over medium-high heat, flipping every 15–20 seconds so the meat juices sizzle and vaporize into smoke without burning the edges. Cook for 6–8 minutes until the exterior turns deep golden-brown, charred along the edges, and crisp (*bassak*).
6. **Garnishing & Serving:** Transfer the sizzling bulgogi sheet to a warm plate. Top with chopped scallions, toasted sesame seeds, and crushed pine nuts. Serve immediately.

Cooking & Pairing Tips

- **Why Use a Double Wire Grid (*Seoksoe*)?** Cooking between double wire grids directly over charcoal allows excess fat and moisture to drip away while flames kiss the surface, preventing the beef from boiling in its own broth and producing that signature crispy, smoky exterior.
- **The Importance of 2-Day Aging:** Aging allows the meat to fully absorb and hold the marinade into its protein structures, preventing water from pooling during grilling so the meat browns and crisps rapidly.
- **Pan Method Alternative:** If grilling over an open flame is unavailable, heat a cast-iron skillet over high heat with minimal oil. Spread the beef thinly, press firmly down with a heavy spatula, and sear undisturbed over high heat until all juices evaporate and the bottom forms a crispy, browned crust before flipping.
- **Perfect Food & Beverage Pairing:** Served traditionally with warm white rice, soybean paste stew (*Doenjang-jjigae*), and perilla leaf wraps. Pairs exceptionally well with cold buckwheat noodles (*Naengmyeon*), crisp lager beer, or traditional Korean rice wine (*Makgeolli*).

Storage Instructions

- Marinated raw beef can be aged in the refrigerator for up to 2–3 days or frozen in portions for up to 1 month. Leftover cooked Bassak-bulgogi can be stored in an airtight container in the refrigerator for up to 1–2 days and reheated in a hot, dry skillet over medium-high heat for 1–2 minutes to restore crispness.

Nutrition Facts (Estimated)

- Total Content : Approx. 450g (2-3 servings total)
- Calories : 780 kcal total (approx. 173 kcal per 100g / 260 kcal per 1 serving)
– Sodium : 820mg (41%)

- Total Carbohydrate : 18g (6%)
 - Sugar : 12g (12%)
 - Total Fat : 44g (81%)
 - Trans Fat : 0g
 - Saturated Fat : 15g (100%)
 - Cholesterol : 180mg (60%)
 - Protein : 78g (142%)
 - Calcium : 50mg (5%)
-

Editor's Review

1. A Sensual Fusion of 48-Hour Deep Marinade, Crisp Char, and Locked-In Juices

The moment the thinly sliced, two-day-aged beef—spread wide between wire racks and seared to a crisp, smoky char over open flame—hits the palate, a rich wave of deep soy umami combined with a brilliantly crisp exterior and a succulent, juicy interior floods the senses. The harmonious balance of complex sweet-and-savory seasoning and deep smoky depth delivers an endlessly satisfying and dynamic gastronomic experience.

2. Culinary Mastery Forged by 48-Hour Aging Science and Wire-Rack Direct Searing

Bassaek Bulgogi stands as a masterclass in traditional Korean meat craft, utilizing a meticulous 48-hour aging process to allow marinade flavors to saturate the beef fibers before flattening the meat wide between wire racks to flash-sear over open flames without losing internal juices. Managing thermal intensity to form a delicate, crispy surface caramelization while safeguarding inner succulence represents fundamental culinary science that achieves peak textural harmony.

3. Heartwarming Solace Rooted in the Patient Craft of Traditional Heritage

Overflowing with the patient care and meticulous craftsmanship of long-matured culinary traditions, a neatly arranged plate of crispy grilled bulgogi acts as a comforting remedy for daily weariness, filling the spirit with unpretentious warmth. Savoring this heritage delicacy washes away exhaustion, granting an authentic sanctuary of peace and emotional recovery.

