



Chadolbagigui

Grilled Beef Brisket | 차돌박이구이



A beloved, quick-cooking Korean BBQ favorite featuring paper-thin slices of beef brisket (*chadolbagi*) with signature ribbons of rich white fat. Sizzled in seconds on a piping-hot grill, it delivers a crispy, juicy melt-in-your-mouth bite that is traditionally enjoyed dipped in sesame oil salt (*gireum-jang*), wrapped in fresh leafy greens (*ssam*), or paired with freshly dressed seasonal salad (*geotjeori*).

 **Prep: 10 mins** | **Cook: 5 mins** |  **Easy** |  **Quick-Cooking K-BBQ** |  **High Protein**

Ingredients (2-3 servings)

- **Main Ingredients:** 400g thinly sliced beef brisket (*chadolbagi*)
- **Sesame Oil Salt Dip (*Gireum-jang*):** 2 tbsp toasted sesame oil, 1/2 tsp fine sea salt, a pinch of freshly ground black pepper
- **Soy-Ponsu Dipping Sauce (Alternative):** 2 tbsp soy sauce, 1 tbsp water, 1 tbsp vinegar, 1/2 tbsp sugar, 1/2 green chili pepper (sliced), 1/2 stalk green onion (thinly sliced)
- **Fresh Leafy Wraps & Salad:** Red leaf lettuce, perilla leaves (*kkaet-nip*), fresh seasonal vegetable salad (*geotjeori*), sliced raw garlic, *ssamjang*

Allergy Information

- **Contains:** Beef, Sesame (*Dipping sauces may contain Soy, Wheat*)

Equipment

- Grill Pan or Cast-Iron Skillet (or Tabletop Gas Stove), Tongs, Paper Towels, Small Dip Bowls

Cooking Instructions

1. **Prepping Dipping Sauces & Vegetables:** In small bowls, mix the sesame oil salt dip (*gireum-jang*) and optional soy-ponsu sauce. Wash fresh lettuce and perilla leaves, pat dry, and arrange on a platter alongside fresh seasonal vegetable salad (*geotjeori*).
2. **Heating the Pan:** Heat a grill pan or cast-iron skillet over high heat until smoking hot.
3. **Flash-Grilling Brisket Slices:** Place paper-thin slices of *chadolbagi* onto the hot pan. The thin beef will curl and sizzle instantly.
4. **Flipping Immediately:** Flip the meat immediately as soon as the bottom browns (within 3–5 seconds) to prevent overcooking or burning.
5. **Serving:** Once the red pinkness disappears, remove immediately from the

heat and serve piping hot directly from the pan.

Cooking & Pairing Tips

- **Flash-Cook Over High Heat:** Thin *chadolbagi* cooks in 5 to 10 seconds. Sear rapidly over high heat and eat immediately when the red color fades to keep the meat juicy and tender without drying out.
- **Complementary Fresh Salad (*Geotjeori*):** Because brisket fat is rich and flavorful, serving it alongside crisp, tangy seasonal salad (*geotjeori*) or pickled radish cuts through the richness for a perfectly balanced bite.
- **Perfect Food & Beverage Pairing:** Excellent when served alongside soybean paste stew (*Doenjang-jjigae*) or cold buckwheat noodles (*Naengmyeon*). Pairs iconically with chilled soju, draught beer, or traditional rice wine (*Makgeolli*).

Storage Instructions

- Thinly sliced raw beef brisket should be kept frozen or refrigerated and cooked immediately upon thawing. Leftover cooked brisket can be stored in an airtight container in the refrigerator for up to 1–2 days and reheated briefly in a skillet or added to stir-fries/stews like *Chadol-doenjang-jjigae*.

Nutrition Facts (Estimated)

- Total Content : Approx. 400g (2-3 servings total)
- Calories : 1,120 kcal total (approx. 280 kcal per 100g / 373 kcal per 1 serving)
 - Sodium : 420mg (21%)
 - Total Carbohydrate : 2g (1%)
 - Sugar : 0g (0%)
 - Total Fat : 96g (178%)
 - Trans Fat : 0g
 - Saturated Fat : 38g (253%)
 - Cholesterol : 260mg (87%)
 - Protein : 62g (113%)
 - Calcium : 40mg (4%)

Editor's Review

1. A Sensual Fusion of Melting Beef Fats and Lightning-Fast Searing

The moment thinly sliced brisket touches the searing hot griddle, it instantly coils and releases an intensely rich, buttery aroma of rendered beef fat that floods the

senses. Picked up the split-second the red hue fades and dipped lightly into savory sesame-salt oil or paired with crisp, tangy geotjeori salad, the delicate chew of the lean meat and the velvety richness of the fat deliver an endlessly satisfying culinary experience.

2. Culinary Mastery Forged by Instant Searing and Fat Melting Dynamics

Chadolbak-i-gui stands as a triumph of high-speed pan-searing, mastering the instant melting of hard beef fat marbling over intense thermal heat to maximize flavor projection. Flipping the meat just once before it burns the moment the pink color disappears represents fundamental culinary science that safeguards tender protein structure and locks in succulent juices without toughening the delicate cut.

3. Heartwarming Solace Found Around a Sizzling Griddle

Gathered around a sizzling griddle at the end of a long day, watching the meat cook in mere seconds offers a swift and comforting remedy for daily weariness, filling the spirit with unpretentious warmth. Wrapping a freshly grilled, savory slice of brisket in crisp greens acts as a tender ritual of restoration, washing away exhaustion and granting an authentic sanctuary of peace.

