



Deungsimgui

Grilled Sirloin | 등심구이



The undisputed king of Korean beef BBQ (*Hanwoo-gui*), featuring richly marbled beef sirloin or ribeye (*deungsim*). Cooked over high heat on a cast-iron plate or charcoal grill until seared on the outside and tender medium-rare inside, it yields a rush of savory meat juices (*yuk-jeop*). Best enjoyed simply with a fragrant toasted sesame oil and salt dip (*gireum-jang*), coarse sea salt, or wrapped in fresh crisp lettuce (*ssam*) with garlic and *ssamjang*.

 **Prep: 10 mins** | **Cook: 6–8 mins** |  **Easy** |  **Premium K-BBQ** | 
Rich Marbling & Juiciness

Ingredients (2-3 servings)

- **Main Ingredients:** 400g beef sirloin or ribeye (*deungsim*, 1.5–2 cm thick cut), 1 king oyster mushroom (*saesong-i*, sliced lengthwise), 1/2 onion (sliced into rings), 6–8 whole garlic cloves
- **Sesame Oil Salt Dip (*Gireum-jang*):** 2 tbsp toasted sesame oil, 1/2 tsp fine sea salt (or roasted salt), a pinch of black pepper
- **Dipping & Accompaniments:** Flaky sea salt (or bamboo salt), freshly grated wasabi, *ssamjang* (Korean seasoned soybean paste)
- **Fresh Table Wraps (*Ssam*):** Red leaf lettuce, perilla leaves (*kkaet-nip*), sliced green chili peppers

Allergy Information

- **Contains:** Beef, Sesame (*Accompaniments like Ssamjang contain Soy, Wheat*)

Equipment

- Heavy Cast-Iron Skillet or Charcoal Grill Pan, Kitchen Tongs, Sharp Kitchen Shears, Paper Towels, Small Dip Bowls

Cooking Instructions

1. **Tempering & Drying Meat:** Take the beef sirloin out of the refrigerator 20–30 minutes before cooking to bring it to room temperature. Pat the surface thoroughly dry with paper towels. Lightly season both sides with coarse sea salt and cracked black pepper right before placing it on the heat.
2. **Preheating the Pan:** Heat a heavy cast-iron skillet or grill pan over high heat until lightly smoking hot. Grease the surface lightly with a rendered piece of beef fat or a drop of cooking oil.
3. **High-Heat Searing:** Place the seasoned sirloin steak onto the scorching hot pan. Sear undisturbed for 1.5–2 minutes until a deep golden-brown, caramelized crust (*Maillard reaction*) develops on the bottom.

4. **Flipping & Adding Aromatics:** Flip the steak to sear the opposite side for another 1.5–2 minutes. Add whole garlic cloves, onion slices, and king oyster mushrooms around the sides to cook in the rendered beef juices.
5. **Resting, Slicing & Serving:** Remove the steak from the pan and let it rest on a warm board for 2–3 minutes to allow the juices to redistribute evenly. Slice across the grain into bite-sized strips using sharp kitchen shears or a knife. Serve immediately with sesame oil salt dip, flaky salt, wasabi, and fresh lettuce wraps.

Cooking & Pairing Tips

- **Bring Meat to Room Temperature:** Grilling chilled meat directly out of the fridge lowers pan temperature drastically, causing juices to leak out and steaming the meat instead of creating a crisp, caramelized sear.
- **Do Not Overcook:** Quality marbled sirloin (*deungsim*) is at its juiciest and most tender when cooked to medium-rare or medium. Overcooking hardens the fat and protein fibers.
- **Pair with Salt & Wasabi First:** To appreciate the rich, buttery umami of high-grade beef (*Hanwoo*), take the first bite dipped only in flaky sea salt or topped with a dab of wasabi before moving on to leafy wraps (*ssam*).
- **Perfect Food & Beverage Pairing:** Complements soybean paste stew with beef brisket (*Chadol-doenjang-jjigae*), spicy shredded scallion salad (*pa-jeori*), and cold buckwheat noodles (*Naengmyeon*). Pairs sublimely with a bold dry red wine, crisp Korean lager, or chilled premium soju.

Storage Instructions

- Fresh raw beef should be stored wrapped tightly in the refrigerator for up to 2–3 days. Leftover cooked beef is best consumed immediately, but can be kept in an airtight container in the refrigerator for up to 1 day and briefly re-seared in a hot, dry skillet for 30–45 seconds.

Nutrition Facts (Estimated)

- Total Content : Approx. 400g (2-3 servings total)
- Calories : 880 kcal total (approx. 220 kcal per 100g / 293 kcal per 1 serving)
 - Sodium : 580mg (29%)
 - Total Carbohydrate : 2g (1%)
 - Sugar : 0g (0%)
 - Total Fat : 62g (115%)
 - Trans Fat : 0g
 - Saturated Fat : 24g (160%)
 - Cholesterol : 220mg (73%)
 - Protein : 82g (149%)
 - Calcium : 40mg (4%)

Editor's Review

1. A Sensual Fusion of Melt-in-Your-Mouth Marbling and Rich, Juicy Depth

The moment the well-marbled sirloin hits the hot grill, releasing a rich wave of melted fat, tender meat juices, and a deeply savory aroma across the palate, an exquisite sensory thrill takes over. Paired simply with a touch of salt, sesame oil, or fresh ssam vegetables, the melt-in-your-mouth tenderness delivers an endlessly satisfying and refined gastronomic experience.

2. Culinary Mastery Forged by High-Heat Searing and Fat Rendering Science

Deosim-gui stands as a masterclass in beef searing, utilizing intense heat to rapidly caramelize the surface and lock internal juices within the rich marbling fibers. Managing thermal intensity to render intermuscular fats without overcooking represents fundamental culinary science that achieves peak textural harmony and succulence.

3. Heartwarming Solace Shared Around a Warm Table of Cherished Company

Whether shared during a special weekend dinner or gathered around a warm table with cherished loved ones, a plate of perfectly grilled sirloin acts as a comforting remedy for daily weariness, filling the spirit with unpretentious warmth. Savoring this luxurious delicacy grants an authentic sanctuary of peace and emotional recovery.

