



Gwangyangbulgogi

Gwangyang Bulgogi | 광양불고기



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A celebrated regional specialty from Gwangyang, Jeollanam-do, featuring paper-thin slices of beef seasoned immediately before grilling over oak charcoal (*chamtsut*). Cooked over a high-thermal-conductivity copper wire grid (*guri-seoksoe*), the intense heat sears the meat instantly, sealing in rich, natural meat juices (*yuk-jeop*) for an incomparably tender, smoky bite.

 **Prep: 10 mins** | **Cook: 5 mins** |  **Easy** |  **Oak Charcoal K-BBQ** |  **High Protein**

Ingredients (2-3 servings)

- **Main Ingredients:** 400g thinly sliced beef ribeye, tenderloin, or chuck roll
- **Instant Light Seasoning (Applied Right Before Grilling):** 2 tbsp soy sauce, 1 tbsp sugar, 1 tbsp sesame oil, 1 tbsp minced garlic, 1 tbsp finely chopped green onion, 1/2 tbsp mirin (or plum syrup), a pinch of black pepper, 1 tsp toasted sesame seeds
- **Serving & Accompaniments:** Fresh red leaf lettuce, perilla leaves (*kkaet-nip*), sliced raw garlic, *ssamjang*, toasted sesame oil salt dip (*gireum-jang*)

Allergy Information

- **Contains:** Beef, Soy (Soy sauce), Wheat (Soy sauce), Sesame

Equipment

- Charcoal Grill with Copper Wire Grid (or Cast-Iron Grill Pan), Tongs, Knife, Cutting Board, Mixing Bowl

Cooking Instructions

1. **Prepping the Beef:** Slice high-quality beef ribeye or tenderloin paper-thin across the grain (or use pre-sliced K-BBQ beef).
2. **Mixing the Light Seasoning:** In a bowl, combine soy sauce, sugar, minced garlic, chopped green onion, mirin, sesame oil, black pepper, and toasted sesame seeds.
3. **Instant Seasoning (*Just Before Cooking*):** Right before putting the beef on the grill, gently toss the thin beef slices in the seasoning mixture. Do not marinate in advance, as long exposure to salt draws out juices and alters the meat's texture.
4. **Preheating Charcoal & Copper Grid:** Heat oak charcoal until glowing hot and place a copper wire grid over the coals to get thoroughly hot.
5. **Flash-Grilling:** Spread the seasoned beef slices loosely across the hot copper grid. Flip immediately after 3–5 seconds as soon as the underside browns.

Remove from heat as soon as the red pinkness disappears, preserving the luscious juices inside. Serve sizzling hot.

Cooking & Pairing Tips

- **Season Right Before Cooking:** Unlike traditional wet Seoul-style bulgogi that marinates for hours, Gwangyang-style relies on light, last-second seasoning (*jeok-si-jo-mi*) so you taste the rich quality of the beef rather than a heavy sauce.
- **The Magic of the Copper Grid:** Copper transfers thermal energy rapidly, locking in surface moisture instantly before the interior turns dry or tough.
- **Perfect Food & Beverage Pairing:** Served traditionally with fresh leafy greens (*ssam*), raw garlic, and soybean paste stew (*Doenjang-jjigae*) or cold buckwheat noodles (*Naengmyeon*). Pairs exceptionally well with chilled soju, crisp lager, or a light red wine.

Storage Instructions

- Best enjoyed piping hot straight off the charcoal grill. Uncooked prepped beef can be kept refrigerated for up to 1 day. Leftover cooked beef can be stored in an airtight container for 1–2 days and reheated briefly in a hot, dry pan for a few seconds.

Nutrition Facts (Estimated)

- Total Content : Approx. 400g (2-3 servings total)
 - Calories : 720 kcal total (approx. 180 kcal per 100g / 240 kcal per 1 serving)
 - Sodium : 780mg (39%)
 - Total Carbohydrate : 14g (4%)
 - Sugar : 10g (10%)
 - Total Fat : 36g (67%)
 - Trans Fat : 0g
 - Saturated Fat : 14g (93%)
 - Cholesterol : 180mg (60%)
 - Protein : 82g (149%)
 - Calcium : 40mg (4%)
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Editor's Review

1. A Sensual Fusion of Tender Thinly Sliced Beef and Subtle White Charcoal Smoke

The moment thinly sliced beef—freshly seasoned right before hitting the blazing white charcoal griddle—sears in a matter of seconds, a delicate smoky aroma merges with meat that melts effortlessly across the palate, delivering an exquisite sensory thrill. The light, balanced seasoning seeps seamlessly between the fine cuts, letting the pure, savory depth of the meat shine in an endlessly satisfying gastronomic experience.

2. Culinary Mastery Forged by Copper Grid Conduction and Instant Seasoning Dynamics

Gwangyang Bulgogi stands as a masterclass in southern regional grilling, bypassing long pre-marinades to lightly toss meat in seasoning right before searing it rapidly over high white charcoal heat using a highly conductive copper wire grill. Managing thermal intensity to lock in internal juices instantly and safeguard ultra-tender textures represents fundamental culinary science that achieves peak textural harmony.

3. Southern Warmth and Refined Solace Recharging Body and Soul

Carrying the generous hospitality and meticulous craft of Gwangyang in South Jeolla Province, a neatly prepared plate of Gwangyang Bulgogi acts as a dignified ritual of restoration that fills a weary spirit with unpretentious warmth. Savoring this sizzling, charcoal-kissed delicacy washes away daily exhaustion, granting an authentic sanctuary of recovery and enduring peace.

