



Neobiani

Marinated Grilled Beef Slices | 너비아니



<https://koreancuisine.net>

A noble Korean royal court dish (*Gungjung-eumsik*) considered the direct predecessor to modern *bulgogi*. Tender beef sirloin or tenderloin is sliced into wide, rectangular sheets (*neobut-neobut*), gently scored and tenderized, marinated in a sweet and savory soy-garlic glaze, and grilled over charcoal or pan-seared before being finished with a delicate dusting of crushed pine nuts (*jat-garu*).

 **Prep: 20 mins** | **Cook: 10 mins** |  **Easy to Moderate** |  **Royal Court Cuisine** |  **High Protein**

Ingredients (2-3 servings)

- **Main Ingredients:** 400g beef sirloin (*deungsim*) or tenderloin (*ansim*), 1 tbsp cooking oil (for pan searing)
- **Royal Soy Marinade:** 3 tbsp soy sauce, 1.5 tbsp sugar, 1 tbsp honey or rice syrup, 2 tbsp grated Korean pear juice (or apple juice), 1.5 tbsp minced garlic, 1 tbsp finely chopped green onion, 1 tbsp toasted sesame oil, 1 tbsp mirin or cooking wine (*cheongju*), a pinch of black pepper
- **Garnish:** 1 tbsp finely crushed pine nuts (*jat-garu*), finely chopped scallions or red pepper threads (*sil-gocheu*)

Allergy Information

- **Contains:** Beef, Soy (Soy sauce), Wheat (Soy sauce), Tree Nuts (Pine nuts), Sesame

Equipment

- Frying Pan or Cast-Iron Skillet (or Charcoal Grill), Meat Tenderizer Mallet / Back of Knife, Cutting Board, Mixing Bowl, Paper Towels

Cooking Instructions

1. **Slicing & Tenderizing:** Slice the beef across the grain into wide, thin rectangular pieces (about 0.5 cm thick and 5×7 cm wide). Lightly score both sides in a fine crosshatch pattern and pound gently with a mallet or the back of a knife to loosen fibers and ensure tenderness.
2. **Prepping the Marinade:** In a mixing bowl, combine soy sauce, sugar, honey, grated pear juice, minced garlic, chopped green onion, sesame oil, mirin, and black pepper. Whisk until sugar dissolves smoothly.
3. **Marinating:** Coat each slice of beef thoroughly in the marinade. Let sit at room temperature for 15–20 minutes (or refrigerate for up to 1 hour) so the natural fruit enzymes tenderize the meat.
4. **Grilling / Pan-Searing:** Heat a skillet or grill pan over medium-high heat

with a light brush of oil. Lay the beef slices flat in a single layer and cook for 2–3 minutes per side until the edges glaze and caramelize into a deep reddish-brown color.

5. **Garnishing & Serving:** Transfer the grilled beef slices to a serving dish. Sprinkle generously with finely crushed pine nuts (*jat-garu*) and chopped green onions. Serve hot.

Cooking & Pairing Tips

- **The Etymology of "Neobiani":** The name comes from the Korean word *neobut-neobut*, describing meat sliced widely and broadly into flat sheets rather than thin shredded strips.
- **Pine Nut Powder (*Jat-Garu*):** Crushing pine nuts between paper towels absorbs excess oil and creates a soft, nutty powder that adds a luxurious, aristocratic aroma and cuts through the richness of beef.
- **Perfect Food & Beverage Pairing:** Complements warm white rice, royal court wild vegetable side dishes, and lotus root stew (*Yeongeun-jorim*). Pairs elegantly with refined traditional Korean rice wines (*Cheongju* or *Yakju*).

Storage Instructions

- Marinated raw beef can be kept covered in the refrigerator for up to 1 day. Leftovers of cooked Neobiani can be stored in an airtight container for up to 1–2 days and reheated gently in a skillet over medium-low heat with a small splash of water or mirin.

Nutrition Facts (Estimated)

- Total Content : Approx. 450g (2-3 servings total)
 - Calories : 760 kcal total (approx. 169 kcal per 100g / 253 kcal per 1 serving)
 - Sodium : 840mg (42%)
 - Total Carbohydrate : 18g (6%)
 - Sugar : 12g (12%)
 - Total Fat : 42g (78%)
 - Trans Fat : 0g
 - Saturated Fat : 14g (93%)
 - Cholesterol : 170mg (57%)
 - Protein : 78g (142%)
 - Calcium : 50mg (5%)
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Editor's Review

1. A Sensual Fusion of Melt-in-Your-Mouth Tenderness, Sweet-Savory Glaze, and Pine Nut Fragrance

The moment thinly sliced, perfectly tenderized sirloin or tenderloin—marinated deeply in a rich, savory-sweet soy glaze and kissed by the charcoal smoke of the wire rack—touches the palate, a harmonious wave of deep umami and the delicate, nutty aroma of pine nut powder floods the senses. The exquisite balance of melt-in-your-mouth tenderness and complex savory depth delivers an endlessly satisfying and refined gastronomic experience.

2. Culinary Mastery Forged by Fine Scoring Science and Wire-Rack Caramelization

Neobiani stands as a masterclass in royal court grilling, utilizing meticulous slicing and precise surface scoring to ensure marinades permeate the meat fibers before applying controlled high heat over an open rack. Managing thermal intensity to lock in internal juices while achieving a clean, uncharred caramelization represents fundamental culinary science that achieves peak textural harmony.

3. Gracious Solace Recharged Through the Refined Warmth of Heritage

Overflowing with the meticulous care of royal culinary traditions and historic craftsmanship, a neatly arranged plate of pine-nut-dusted Neobiani acts as a comforting remedy for daily weariness, filling the spirit with dignified warmth. Savoring this heritage delicacy reconnects the heart to deep-rooted cultural affection and an enduring sense of inner peace.

