



Songisanjeok

Pine Mushroom Skewers | 송이산적



A prized Korean delicacy combining the piney, earthy aroma of fresh pine mushrooms (*songi-beoseot*) with tender, savory-marinated beef. Threaded alternately on bamboo skewers and gently pan-grilled, this dish highlights the luxurious natural flavors of autumn in traditional Korean royal and noble cuisine.

 **Prep: 15 mins** | **Cook: 10 mins** |  **Easy to Moderate** |  **Gourmet / Traditional** |  **High Protein**

Ingredients (2-3 servings)

- **Main Ingredients:** 150g fresh pine mushrooms (*songi-beoseot*, or king oyster mushrooms as a substitute), 200g beef (tenderloin or rump cut), bamboo skewers
- **Pine Mushroom Seasoning:** 1/2 tsp fine sea salt, 1 tbsp toasted sesame oil
- **Beef Marinade:** 1.5 tbsp soy sauce (*jin-ganjang*), 1/2 tbsp sugar (or honey), 1 tsp minced garlic, 1 tsp sesame oil, a pinch of black pepper
- **Finishing & Pan-Grilling:** 1 tbsp cooking oil, 1 tsp toasted sesame seeds, finely crushed pine nuts (*jat-garu*, optional garnish)

Allergy Information

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

Equipment

- Bamboo Skewers, Frying Pan or Grill Pan, Knife, Paper Towels, Cutting Board, Small Bowls

Cooking Instructions

1. **Prepping Pine Mushrooms:** Gently wipe pine mushrooms clean with a damp paper towel (avoid submerging in water to preserve delicate aroma). Slice vertically into uniform strips about 6–7 cm long and 0.8 cm thick. Toss lightly with sea salt and sesame oil.
2. **Prepping & Marinating Beef:** Cut beef into strips matching the length and thickness of the pine mushrooms. In a bowl, toss beef with soy sauce, sugar, minced garlic, sesame oil, and black pepper. Let marinate for 10 minutes.
3. **Threading Skewers:** Thread the seasoned pine mushrooms and marinated beef strips onto bamboo skewers in alternating order (e.g., mushroom, beef, mushroom, beef, mushroom).
4. **Pan-Grilling:** Heat a pan with 1 tbsp cooking oil over medium heat. Place skewers in the pan and grill for 2–3 minutes per side until the beef is cooked

through and the mushrooms are tender and fragrant.

5. **Garnishing & Serving:** Transfer skewers to a plate and garnish with crushed pine nuts or toasted sesame seeds before serving warm.

Cooking & Pairing Tips

- **Preserving Mushroom Aroma:** Never submerge pine mushrooms in water, as excess moisture dilutes their signature forest fragrance. Gently brush off dirt and wipe with a damp cloth instead.
- **Matching Sizes:** Cutting beef and mushrooms to identical lengths and thicknesses ensures complete contact with the pan for uniform cooking.
- **Perfect Food & Beverage Pairing:** Served traditionally during autumn feasts or holiday banquets. Pairs elegantly with clear traditional rice wines (*Cheongju, Yakju*) or warm roasted tea.

Storage Instructions

- Best enjoyed immediately while warm to fully savor the fresh pine aroma. Store leftovers in an airtight container in the refrigerator for up to 1–2 days. Reheat gently in a lightly oiled skillet over low heat.

Nutrition Facts (Estimated)

- Total Content : Approx. 380g (2-3 servings total)
 - Calories : 460 kcal total (approx. 121 kcal per 100g / 153 kcal per 1 serving)
 - Sodium : 620mg (31%)
 - Total Carbohydrate : 12g (4%)
 - Sugar : 4g (4%)
 - Total Fat : 22g (41%)
 - Trans Fat : 0g
 - Saturated Fat : 4.5g (30%)
 - Cholesterol : 65mg (22%)
 - Protein : 48g (87%)
 - Calcium : 40mg (4%)
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Editor's Review

1. A Sensual Symphony of Pine Forest Aroma and Savory Beef Juices

The moment the smoky, pine-scented fragrance of grilled pine mushrooms hits the palate, it merges seamlessly with the rich, savory juices of tender beef to create an

exquisite gastronomic harmony. Seasoned lightly with salt and sesame oil to elevate the mushroom's natural umami, the alternating alignment on the skewer delivers a continuous, deeply satisfying festival of flavor.

2. Culinary Mastery Forged by Minimalist Seasoning and Grilling Science

Songisanjeok stands as a masterclass in elite skewered cuisine, designed to protect the delicate aromatic compounds of premium pine mushrooms while harmonizing them with lean beef. Applying a gentle wash of salt and sesame oil prevents volatile aromas from escaping, while precise sizing and balanced alternating placement ensure even cooking—a fundamental culinary science that safeguards individual textures and natural moisture.

3. Gracious Solace Found Within the Crisp, Clean Essence of Autumn Forests

Carrying the pristine, crisp breath of autumn woodlands and the meticulous care of traditional skewered dining, this elegant dish offers a dignified ritual of comfort that fills the spirit with profound warmth. Pausing amidst a bustling life to savor the unadorned, natural purity of Songisanjeok reconnects us with the gentle embrace of the earth and an enduring sense of inner peace.

