



Tteokgalbi

Grilled Short Rib Patties | 떡갈비



A celebrated Korean royal court delicacy (*Gungjung-eumsik*) and famed regional specialty of Damyang and Gwangju, featuring beef short rib meat finely minced, seasoned with a sweet and savory garlic-soy marinade, and vigorously kneaded until springy and cohesive. Shaped into thick patties—traditionally molded around cleaned rib bones or cylinder rice cakes (*garaetteok*)—and grilled over charcoal or pan-seared while basting with glaze, it offers an exceptionally tender, juicy, and subtly chewy (*jjolgiti*) bite.

 **Prep: 30 mins (plus kneading) | Cook: 15 mins |**  **Easy to Moderate |**
 **Royal Court & Damyang Specialty |**  **Juicy & Tender**

Ingredients (2-3 servings)

- **Main Meat:** 400g beef short rib meat (or 300g minced beef ribeye/chuck + 100g minced pork for extra juiciness), 4–6 cleaned short rib bones (or cylinder rice cakes /*garaetteok*, optional)
- **Sweet-Savory Marinade:** 3 tbsp soy sauce, 1.5 tbsp sugar, 1 tbsp honey or rice syrup (*mulyeot*), 3 tbsp grated Korean pear juice (or apple juice), 2 tbsp grated onion, 1.5 tbsp minced garlic, 1/2 tsp minced ginger, 1.5 tbsp toasted sesame oil, 1 tbsp cooking wine (*cheongju* / mirin), 1/4 tsp black pepper
- **Binding & Texture:** 1.5 tbsp glutinous rice flour (*chapssal-garu*) or potato starch
- **Basting Glaze:** 1 tbsp reserved marinade mixed with 1 tsp sesame oil and 1 tsp honey
- **Garnish:** 1 tbsp finely crushed pine nuts (*jat-garu*), 1 stalk finely chopped scallion, toasted sesame seeds

Allergy Information

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

Equipment

- Large Mixing Bowl, Heavy Cast-Iron Skillet or Grill Pan (or Charcoal Grill), Basting Brush, Kitchen Tongs, Spatula, Knife, Cutting Board

Cooking Instructions

1. **Mincing the Meat:** Debone the beef short ribs (reserve bones if using). Finely mince the meat with a sharp knife across and along the grain to retain texture and moisture rather than turning it into pure paste.
2. **Seasoning the Mixture:** In a large mixing bowl, combine the minced meat

with soy sauce, sugar, honey, grated pear juice, grated onion, minced garlic, ginger, cooking wine, sesame oil, black pepper, and glutinous rice flour. Reserve 1 tablespoon of marinade for basting.

3. **Vigorous Kneading (*Chi-dae-gi*):** Knead, fold, and slap the meat mixture firmly against the bowl for 5–10 minutes until the protein strands bond and the meat becomes glossy, tacky, and cohesive.
4. **Shaping the Patties:** Divide the mixture into 4–6 equal portions. Mold each portion into thick, flat rectangular or oval patties (about 1.5–2 cm thick). If using bones or *garaetteok*, press the meat firmly around the center bone/cake so it holds its shape. Lightly press the center with your thumb to ensure even cooking.
5. **Pan-Searing & Glazing:** Heat a lightly oiled skillet over medium heat. Place the patties in the pan and sear for 3–4 minutes per side until deeply browned. Reduce heat to low, cover with a lid for 3–4 minutes to let the steam cook the interior through, then remove the lid and brush both sides with the basting glaze. Cook for 1–2 more minutes until caramelized and glossy.
6. **Garnishing & Serving:** Transfer to a warm sizzling plate or platter over sliced onions. Top with crushed pine nuts and chopped scallions, and serve piping hot.

Cooking & Pairing Tips

- **The Secret of Kneading (*Chi-dae-gi*):** Kneading the minced meat thoroughly activates myosin proteins, giving the patties their signature bouncy, chewy (*tteok*-like) texture and preventing them from crumbling apart during cooking.
- **Why It Is Called "Tteok"-galbi:** The name *tteok* (rice cake) refers to the way the minced meat is kneaded and shaped into flat, chewy cakes, historically created for kings and elderly nobility so they could savor ribs without tearing tough meat off bones.
- **Pork-Beef Blend:** Adding 20–30% ground pork to the beef short rib meat adds natural pork fat that prevents the patties from drying out, yielding an ultra-juicy, melt-in-the-mouth texture.
- **Perfect Food & Beverage Pairing:** Complements warm white rice, bamboo tube rice (*Daetong-bap*), soybean paste stew (*Doenjang-jjigae*), and pickled garlic/perilla leaf banchan. Pairs wonderfully with traditional Korean herbal wines (*Baekseju* or *Yakju*), chilled soju, or a smooth medium-bodied red wine.

Storage Instructions

- Uncooked shaped patties can be layered between parchment paper and stored in an airtight container in the refrigerator for up to 2 days or frozen for up to 1 month. Leftover cooked Tteokgalbi can be stored in the refrigerator for up to 2 days and reheated in a covered skillet with a splash of water over low heat or in an air fryer at 170°C for 4–5 minutes.

Nutrition Facts (Estimated)

- Total Content : Approx. 450g (2-3 servings total)
 - Calories : 860 kcal total (approx. 191 kcal per 100g / 287 kcal per 1 serving)
 - Sodium : 840mg (42%)
 - Total Carbohydrate : 22g (7%)
 - Sugar : 14g (14%)
 - Total Fat : 54g (100%)
 - Trans Fat : 0g
 - Saturated Fat : 20g (133%)
 - Cholesterol : 190mg (63%)
 - Protein : 74g (135%)
 - Calcium : 50mg (5%)
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Editor's Review

1. A Sensual Fusion of Melt-in-Your-Mouth Tenderness, Sweet-Savory Glaze, and Smoky Charcoal Aroma

The moment the finely minced, masterfully kneaded short rib patties—marinated in a rich sweet-and-savory glaze and seared to a golden char over charcoal—hit the palate, an exquisite wave of tender meat melting effortlessly across the tongue and deep umami floods the senses. The harmonious balance of succulent juices and rich smoky depth delivers an endlessly satisfying and refined gastronomic experience.

2. Culinary Mastery Forged by Precision Mincing and Direct-Flame Glaze Caramelization

Tteokgalbi stands as a masterclass in royal heritage grilling, utilizing meticulous mincing and vigorous texturizing of rib meat to build natural elasticity before shaping it thickly around rib bones and applying repeated coats of seasoning under controlled charcoal heat. Managing thermal intensity to lock in internal moisture while caramelizing a glossy exterior represents fundamental culinary science that achieves peak textural harmony.

3. Heartwarming Solace Rooted in the Refined Craft of Heritage Dining

Overflowing with the meticulous care and historical craftsmanship of traditional court cooking, a neatly prepared plate of tteokgalbi acts as a comforting remedy for daily weariness, filling the spirit with unpretentious warmth. Savoring this thick, savory delicacy washes away exhaustion, granting an authentic sanctuary of peace and emotional recovery.

