



Usamgyeopsukjubokkeum

Stir-fried Beef Plate with Mung Bean Sprouts | 우삼겹숙주볶음



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A quick and savory dish featuring rich, tender beef plate and crisp mung bean sprouts stir-fried over high heat in an umami-packed oyster sauce.

 **Total:** 10 mins | **Prep:** 5 mins | **Cook:** 5 mins |  **Difficulty:** Easy | 
Profile: Savory and Rich |  **Focus:** Protein and Fiber Balance

Ingredients (2 servings)

- **Main Ingredients:** 300g beef plate (usamgyeop), 200g mung bean sprouts, 1/2 scallion, 5 cloves garlic (sliced)
- **Seasoning Sauce:** 1.5 tbsp oyster sauce, 0.5 tbsp soy sauce, 0.5 tbsp sugar, a pinch of salt and black pepper, 1 tbsp sesame oil, a pinch of sesame seeds

Allergy Information Contains: Beef, Soy, Wheat (from soy sauce, oyster sauce), Shellfish (from oyster sauce)

Equipment Cutting Board, Knife, Wok or Skillet, Spatula

Cooking Instructions

1. **Ingredient Preparation:** Wash and thoroughly drain the bean sprouts. Thinly slice the scallion and garlic cloves.
2. **Searing Meat:** Add the beef plate and sliced garlic to a heated skillet over high heat. Cook until the beef fat is well rendered. (No extra cooking oil is needed due to the rich fat content of the beef plate.)
3. **Seasoning & Sprouts:** When the beef is 80% cooked, add the oyster sauce, soy sauce, and sugar, stirring quickly. Immediately add the drained bean sprouts and scallion.
4. **High-Heat Rapid Searing:** Stir-fry rapidly over maximum heat for 1–2 minutes to retain the crisp cellular structure of the sprouts. Adjust the seasoning with salt and pepper to taste.
5. **Residual Heat Finishing:** Turn off the heat entirely. Drizzle with sesame oil and sprinkle with sesame seeds, gently tossing using residual warmth.

Professional Culinary Tips

- **Thermodynamic Moisture Control:** Bean sprouts rapidly release water when heated. Stir-frying over maximum heat for a very short duration prevents a watery sauce and preserves their essential crunch.

- **Fat Rendering:** Utilizing the naturally rendered animal fat from the beef to fry the garlic and vegetables exponentially deepens the dish's overall flavor profile.

Nutrition Facts (Estimated)

Total Content : Approx. 250g (1 serving)

Calories : 450 kcal

– Sodium : 680mg

– Total Carbohydrate : 8.0g

– Sugar : 3.0g

– Total Fat : 35.0g

– Saturated Fat : 14.0g

– Cholesterol : 85.0mg

– Protein : 25.0g

– Calcium : 30.0mg

*Daily Values are based on a 2,000 calorie diet and standard Korean nutritional reference values

**Nutritional values are calculated based on original ingredients; substitutions may alter specific macronutrients.

The Harmonious Equilibrium of Rich Brisket Succulence and Crisp Sprout Hydration: A Masterpiece of Everyday Gastronomy

Woosamgyeop Sukju Bokkeum (Stir-fried Beef Brisket and Mung Bean Sprouts) stands as the most harmonious and brilliant masterpiece of modern everyday gastronomy, where thinly sliced beef brisket—rich with savory fats—meets moisture-laden, crisp mung bean sprouts over high, blistering flames. Bridging the gap between the heavy richness of meat and the delicate hydration of fresh vegetables, this dish orchestrates a physical and culinary sublimation under intense heat.

As the beef brisket sizzles on the hot skillet, its rendered fats permeate the porous matrix of the mung bean sprouts to magnify umami, while the sprouts generously release their internal moisture to effortlessly cut through any greasiness. Crowned with the deep maritime umami of oyster sauce and a subtle hint of cracked black pepper, these humble ingredients transcend ordinary stir-frying to form a multi-dimensional cosmos of culinary pleasure.

True gastronomy does not rely on complex artifice; it flourishes in the ancestral wisdom of uniting contrasting textures under intense flame to revitalize depleted vitality and restore internal balance. Savoring a steaming forkful of tender beef and crisp sprouts today is a comforting and flawless ritual—clearing away modern exhaustion and replenishing the spirit with unyielding warmth and

grounded vitality.

Editor's Review

1. A Harmonious Interplay of Rich Brisket Succulence, Explosive Sprout Crunch, and Oyster Sauce Umami

The moment a forkful of hot stir-fried beef and sprouts touches the palate, the rich, buttery umami of the brisket embraces the senses, swiftly balanced by the crisp, refreshing snap of the mung bean sprouts. Crowned by the deep umami of oyster sauce and a subtle whisper of black pepper, this dynamic pairing delivers an endlessly satisfying and perfectly structured sensory thrill.

2. Brisket Maillard Pyrolysis and Flash-Frying Thermodynamics for Sprout Hydration Retention

Woosamgyeop Sukju Bokkeum represents an exacting study in high-heat culinary physics and moisture control. Rapidly searing thin slices of beef brisket induces intense Maillard browning to concentrate savory flavor profiles, while ultra-short flash-frying minimizes thermal degradation of water-soluble vitamin C and asparaginase within the mung bean sprouts, preserving their characteristic crunch. Concurrently, the rendered animal fat coats the sprout exterior to lock in cellular moisture, establishing an optimal thermodynamic equilibrium with the oyster sauce glaze.

3. The Warm Solace of Evening Gatherings and the Grounding Sanctuary of Everyday Vitality

Encountering a steaming platter of stir-fried beef and sprouts beneath the warm lights of an evening dinner table serves as an intimate emotional sanctuary against modern exhaustion. Savoring this harmonious blend of savory meat and refreshing vegetables washes away daily stress, granting a timeless sanctuary of stillness, physical replenishment, and grounded vitality.

