



Yukhoe

Beef Tartare | 육회



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Yukhoe is a precision-engineered raw beef dish that relies on strict thermal control to prevent the oxidation of myoglobin. It showcases a masterful biochemical emulsion where the lecithin in a raw egg yolk binds the aqueous meat juices and lipid-rich sesame oil into a velvety glaze. When paired with julienned Asian pear, the dish benefits from the pear's crisp hydration, natural fructose, and mild protease enzymes, providing an essential textural and chemical contrast to the dense, rich beef.

 **Total:** 15 mins | **Prep:** 15 mins | **Cook:** 0 mins (Raw) |  **Difficulty:** High (Requires impeccable freshness and thermal control) |  **Profile:** Sweet, Savory, and Incredibly Velvety |  **Focus:** Lean Protein, Iron, and Emulsion Chemistry

Ingredients (2 servings)

- **Main Ingredients:** 300g ultra-fresh, tartare-grade lean beef (top round or eye of round), 1/2 Asian pear, 1 very fresh raw egg yolk (pasteurized or high-quality), 1 tbsp pine nuts (optional)
- **Soy Seasoning Base:** 2 tbsp soy sauce, 1.5 tbsp sugar (or agave syrup), 1 tbsp minced garlic, 1.5 tbsp sesame oil, 1 tbsp crushed sesame seeds, a pinch of black pepper
- *(Note: Jeolla-do style Yukhoe utilizes 1.5 tbsp of gochujang instead of soy sauce.)*

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

Equipment Highly sharpened Chef's Knife, Sanitized Cutting Board, Chilled Mixing Bowl, Absorbent Food-grade Paper (Haedongji)

Cooking Instructions

1. **Thermal Blockade & Sanitation:** Raw beef is highly susceptible to bacterial bloom and oxidation upon contact with ambient room temperature or human body heat. Ensure your cutting board, knife, and mixing bowl are chilled. Keep the beef refrigerated until the exact moment of preparation.
2. **Capillary Blood Extraction:** Tightly wrap the block of beef in absorbent food-grade paper. Apply gentle pressure to extract residual blood and myoglobin fluids from the surface via capillary action. Residual blood accelerates oxidation (browning) and causes a metallic, fishy off-flavor.
3. **Myofibrillar Slicing:** Place the dried beef on the cutting board. Identify the grain (the direction of the muscle fibers) and slice *against* the grain into fine julienne strips (approx. 0.3–0.5cm thick). This physical severing of the connective tissues guarantees a melt-in-the-mouth texture.

4. **Osmotic & Enzymatic Prep (Pear):** Peel and julienne the Asian pear to a uniform thickness matching the beef. (To prevent enzymatic browning of the pear, you may briefly soak the juliennes in a mild sugar-water solution, then drain completely.)
5. **Osmotic Control & Emulsion (Tossing):** Just before serving, place the beef and seasoning base into a chilled bowl. Toss lightly and rapidly with your fingertips to minimize heat transfer. Arrange the pear on a chilled plate, mound the seasoned beef on top, create a small indentation, and carefully place the egg yolk in the center. Garnish with pine nuts.

💡 Professional Culinary Tips

- **Thermodynamics of Myoglobin Oxidation:** The vibrant crimson color of beef comes from myoglobin. When exposed to oxygen and rising temperatures for too long, it oxidizes into metmyoglobin, turning unappetizingly brown. Rapid preparation under cold constraints (0–4°C) is an absolute scientific requirement for a visually and gastronomically perfect Yukhoe.
- **The Osmotic Tipping Point:** The moment salt (from soy sauce) and sugar touch the raw beef, osmotic pressure begins to extract cellular water from the muscle fibers. If marinated in advance, the beef will sit in a pool of its own purged juices, ruining the texture. You must toss the beef exactly one minute before consumption.
- **Lecithin Emulsion Mechanics:** Mixing the raw egg yolk into the beef before eating is a vital act of molecular gastronomy. The lecithin in the yolk is a powerful natural emulsifier. It binds the water (meat juices/soy sauce) with the lipids (sesame oil), creating a rich, homogenous, velvety emulsion that coats the palate and amplifies the umami profile of the raw protein.

Nutrition Facts (Estimated)

Total Content : Approx. 250g (1 serving, including pear and yolk)

Calories : 310 kcal

– Sodium : 680mg

– Total Carbohydrate : 16.0g

– Sugar : 12.0g

– Total Fat : 14.0g

– Saturated Fat : 3.5g

– Cholesterol : 185.0mg

– Protein : 32.0g

– Iron : 4.5mg

*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 Ruby-Red Velvet of Fine-Cut Tenderloin, Kissed by Fragrant Sesame Oil and Crowned with Sweet Pear: A Lyrical Masterpiece of Yukhoe

Yukhoe (Korean Raw Beef Tartare) stands as the seductive, sophisticated, and deeply cherished pinnacle of Korean meat gastronomy, where pristine, lean beef tenderloin or round is meticulously hand-sliced into delicate ribbons, gently massaged in a balanced blend of aromatic sesame oil, minced garlic, soy sauce, and subtle sweetness, and served atop a bed of crisp, cooling julienned Korean pear. Eschewing heavy cooking in favor of pure, unadulterated freshness, this iconic raw delicacy achieves absolute harmony when crowned with a rich raw egg yolk, offering a velvety, melt-in-the-mouth richness that captivates the senses.

Arranged with pristine precision across a chilled serving plate, the glistening ruby ribbons of beef invite an immediate sensory anticipation. The moment a generous bite—balanced with the crisp crunch of sweet pear and the nutty resonance of sesame oil—touches the palate, a profound wave of clean, savory umami unfolds. The subtle pungency of the garlic cuts gracefully through the richness, while the velvety texture of the meat and yolk creates an unforgettable, multi-dimensional sensory rhythm.

True gastronomy does not rely exclusively on the application of intense heat; it flourishes in the ancestral wisdom of respecting an ingredient's absolute raw purity and elevating its natural vitality through precise seasoning and thoughtful pairing. Savoring a pristine plate of chilled Yukhoe today is an elegant and sacred ritual—clearing away the rush of modern life and filling the spirit with unpretentious warmth, refined vitality, and timeless solace.

Editor's Review

1. An Exhilarating Cadence of Velvet Melt-in-the-Mouth Tenderness, Nutty Sesame Resonance, and Crisp Pear Sweetness

The moment a carefully seasoned ribbon of raw beef—paired with crisp julienned pear—touches the palate, an immediate wave of velvety softness and rich, nutty sesame aroma envelops the senses. This luxurious tenderness is swiftly balanced by the refreshing, watery crunch of the sweet pear and the clean, piquant lift of minced garlic, orchestrating an endlessly refreshing, multi-layered sensory thrill that captivates from the first bite to the last.

2. Lean Myofibrillar Protein Mechanical Tenderization and Lecithin-Driven Yolk Emulsification Kinetics

Yukhoe represents an exacting study in raw food physics and nutritional biochemistry. Hand-slicing lean, low-fat cuts across the grain systematically disrupts myofibrillar protein bundles, guaranteeing an exceptionally tender mouthfeel that dissolves effortlessly across the tongue. Concurrently, the lipid coating of the sesame oil locks in cellular moisture, while phospholipids such as lecithin present in the egg yolk establish a rich emulsion matrix, ensuring a smooth, harmonious flavor profile and optimized nutrient delivery.

3. The Celebratory Feast Centerpiece and the Grounding Sanctuary of Refined Hospitality

Found gracing festive banquets, celebratory tables, and special gatherings across the nation as the ultimate expression of Korean culinary hospitality, a modest plate of seasoned raw beef serves as an enduring emotional haven against daily weariness. Revered for generations as an essential delicacy honoring guests and elevating the dining table, enjoying this honest, pristine dish washes away modern stress, granting a timeless sanctuary of stillness, cultural heritage, and grounded culinary happiness.

