



JEN'S KOREAN BBQ STEAK MARINADE

THANKS TO JENNIFER BROWN FOR THIS DELICIOUS RECIPE!

- 5 cloves garlic
- 2-3 inches ginger peeled and rough chopped
- 1 small onion peeled and rough chopped
- 1 cups soy sauce low sodium is good
- 1 cups water
- 1/4 cups toasted sesame oil
- 3 tbsp Worcestershire sauce
- 1/2 cups Brown Sugar
- 1/2 cups white sugar
- 1 tbsp rice wine vinegar
- 2-3 flat iron steaks
- thinly julienne carrots, cucumbers, cilantro, mint, chopped cashews (opt. garnish)

- 1** Blend everything in a blender until smooth and ginger is completely pulverized. Reserve about 1 cup or so of marinade and set aside.
- 2** Place the steaks in a zip-lock bag and pour remaining marinade over top. Marinate 24 hours or less in the fridge.
- 3** Take the reserved cup of marinade and reduce it down on the stove top until glossy and thickened, add the zest of a lime, juice, and some honey to taste. Season with salt and pepper.
- 4** Grill 5-7 minute per side over hot heat until medium-med rare. Slice against the grain and drizzle the sauce over top.
- 5** Serve with coconut rice, or lettuce cups. Top with thinly julienne carrots, cucumbers, cilantro, mint, chopped cashews.