Main dishes / South Korea

Galbi (Korean Short Ribs)

Flanken-cut beef short ribs marinated in a caramelizing blend of Asian pear, soy, sesame, garlic, and ginger — the fruit enzymes tenderizing the meat while the sugars char to a bittersweet crust over roaring charcoal.

Time 240 min **Servings** 4

What you'll need.

- ☐ 1000 g Beef short ribs, flanken-cut (1 cm thick across bones)
- ☐ 100 ml Soy sauce
- ☐ 80 g Asian pear, grated (or kiwi, half piece)
- ☐ 30 ml Toasted sesame oil
- ☐ 6 cloves Garlic cloves, minced or grated
- ☐ 20 g Fresh ginger, grated
- ☐ 4 whole Scallions, thinly sliced
- ☐ 40 g Dark brown sugar
- ☐ 30 ml Mirin or dry sake
- ☐ 1 tsp Freshly ground black pepper
- ☐ 1 tbsp Sesame seeds, lightly toasted

Let's make it.

01 Whisk together soy sauce, grated pear, sesame oil, garlic, ginger, scallions, brown sugar, mirin, and black pepper until the sugar dissolves. The grated Asian pear contains proteolytic enzymes — bromelain relatives — that tenderize tough beef proteins. Score the meat between each bone with a knife, 2-3 shallow cuts to help the marinade penetrate. Submerge the ribs in the marinade in a zip-lock bag, pressing out the air, and refrigerate. Two hours minimum; four hours ideal. Do not exceed overnight: the pear enzymes will eventually break the texture down too far, making the surface mealy.

02 Prepare the grill for direct high heat — a roaring charcoal fire or gas burner on maximum. Remove the ribs from the marinade, letting excess drip off but keeping a good coating. Reserve the marinade in a small pot, bring to a boil for 2 minutes, and use it for basting. Grill the thin flanken-cut ribs over direct, intense heat: 2-3 minutes per side. The thin cut means these cook fast — the goal is maximum char on the exterior while the center remains just cooked through.

03 Remove from the grill and rest on a warm plate for 3-5 minutes. The thin cut means this is a short rest, but it allows the internal juices — particularly the melted intramuscular fat of short ribs — to redistribute rather than pool on the cutting surface. Use kitchen shears to cut between the bones into individual segments for serving.

04 Arrange the bone-in segments on a warm platter or directly on the grill plate. Scatter toasted sesame seeds liberally over the top and add fresh sliced scallion greens. Serve alongside steamed short-grain rice, kimchi, and classic Korean banchan — the sesame seeds and scallion are not decoration; they provide fresh contrast to the intense caramelized char.

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Servings are an estimate; check quantities in the source recipe.
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