

## **Bul-go-gi Jeon-gol (불고기전골)**

### **Ingredients**

400g Beef chuck short ribs

Or vegetarian option: dried Shiitake mushrooms (*soak in cold water for 15-20 mins then squeeze to remove all water*)

Kal-bi sauce(갈비소스) 150ml (*available from Crazy Korean 500ml bottle R100*)

½ cup Water

7.5ml crushed or minced garlic

½ Onion

4 button mushrooms

2-4 Shimeji Mushrooms

4 Spring onion

½ Carrot

1 Baby marrow

½ Yellow, red or pepper

1 handful of glass noodles approximately 50g (*soak in cold water for about an hour before*) – (*available from Crazy Korean R10 per portion*)

### **Method**

1. Cut the onion, spring onion, mushroom, carrot and baby marrow into 6 – 7cm lengths. Arrange around the edge of the cooking dish.
2. Mix the garlic and Kal-bi sauce with thinly sliced beef (or shiitake mushrooms)
3. Put the beef or shitake mushrooms in the centre of the cooking dish and add glass noodles to the side of the dish.
4. Add ½ cup of water and cook for 4-5 minutes over relatively high gas.