

Korean BBQ Marinade For Traditional Galbi, Bulgogi, and Tofu, Vegetables
With low histamine, Pitta Dosha Balancing Modifications
Betty Brown, Ayurvedic Practitioner, RN

This recipe is gluten-free, dairy-free, nut-free

Please read the notes before making the recipe

Marinade Ingredients

- 1/2 Korean Asian pear (or 1 medium apple)
- 1/2 medium sweet red onion, grated
- 1/2 inch chunk of each: fresh ginger and fresh turmeric (or 1 inch chunk of fresh ginger or fresh turmeric)
- 1/2 cup organic tamari sauce
- 1/2 cup water
- 4-6 tablespoons real maple syrup
- 2 Tbsp apple cider vinegar
- 3 tablespoons sesame oil

Instructions for Preparing Marinade

1. Blend all ingredients in a high-speed blender as fine as possible
2. Use the marinade immediately, or refrigerate, and it will last for 3 days

Instructions For Traditional Korean Galbi (Beef Short Ribs)

Ingredients:

- 3 - 4 pounds cross-cut beef short ribs (flaken or LA galbi cut) , about 1/2 - inch thick
Rinse the ribs to wash off bone dust and soak for 20 min.
- Marinade from above

Preparation

- Cover your beef short ribs completely with the marinade made from above
- Let it marinate for 6-8 hours or overnight
- Follow the cooking instructions below
- Enjoy your galbi wrapped in lettuce, Korean perilla leaves or any greens, with rice and Korean side dishes (banchan)

Cooking the ribs

- **Grilling:** Preheat the grill over medium-high heat. Grill the short ribs, turning only once, 2-3 minutes on each side. You can use a charcoal or wood charcoal (soot bul) grill, a gas grill, or a grill pan over the stovetop.



- **Broiling in the oven:** Set the oven to broil and preheat. Lay the meat in a single layer on a broiling pan and place it on the top rack of the oven, usually about 6 inches below the broiler. Cook until the ribs are slightly charred and caramelized, 5 to 6 minutes. Flip them over and cook for an additional 3 – 4 minutes. Watch closely not to burn them.
- **Pan-frying:** Preheat a **cast-iron skillet** (the best option, or a stainless steel pan). on high for 2 minutes. Decrease heat to medium. Lay the short ribs in a single layer, 4 or 5 ribs depending on the size of the pan. Cook for 4 to 5 minutes. When the pan is getting dry, add the marinade through a strainer. Flip them over and cook for another 4 to 5 minutes until all the sauce is gone and the ribs are nicely browned. See note 3.

Notes

- This recipe is modified for pitta dosha, is lower in histamine than traditional recipe.
- If you cannot find Korean pears, use a sweet apple such as a Honeycrisp. You do not need to peel the skin. You may also use organic apple or organic pineapple juice (about 1/4 cup) as a substitute for Korean pear. Pineapple juice maybe high in histamine so avoid if you are on a low histamine diet.
- Substitute coconut aminos for organic tamari if you are on a low histamine diet.
- Substitute leeks for sweet red onions if you can't have onions.
- May add ½ tsp black pepper, 2 cloves of garlic to recipe for vata and kapha dosha or if you are not on a low histamine diet.
- Ribs can easily burn due to the natural sugars from fruit and maple syrup in the marinade.
- When grilling meat, take the excess marinade and boil it in a pan for 3-5 minutes. Strain through a colander and serve the marinade over your dish.
- Marinade is a nice addition to an Asian salad.

Inspired by <https://www.koreanbapsang.com/la-galbi-gui-grilled-la-style-short-ribs/>

