

Roasted Sesame Oil:

Korea is the renowned for the best quality sesame oil. Here on Maui we can find the Japanese brand "Kadoya", which is very good.



Shop: Almost any grocery stores.

Store: After open, room temperature for 1 month.

Use: As a sauce and cooking oil.

Add drops on your dish to give flavor (ex: Miso Soup, Ramen, Salad, Tofu, Sautéed Dishes, etc...)



Korean BBQ for 4~5 persons

Beef Bottom Sirloin 2 lbs

Marinade Sauce:

Green Apple	1
Roasted Sesame Seeds	1/2 cup
Roasted Sesame Oil	1/8 cup
Sake	1/4 cup
Soy Sauce	1/2 cup
Cabernet Wine	1/2 cup
Garlic	4~5 cloves
Sugar	1 Tbsp
Potato Starch	1 Tbsp
Red Pepper	

Slice beef in bite size pieces.

Make marinade sauce:

Grind the apple and squeeze the juice in a cloth.

Grind the sesame seeds half way. Crush the garlic.

Add all other ingredients above and mix well.

Marinate the beef at least half a day.

Eat with Sesame oil and a little sea salt and a splash of lemon juice or with Sesame Oil and Ko Choo Jang (Korean Chili Sauce).