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Easy and Simple Korean BBQ Ribs



This is a family recipe that's not only simple, but tastes great! Only needs some steamed rice to complete the meal.

By DOUBLEDOWN

Prep: 15 mins

Cook: 15 mins

Additional: 2 hrs

Total: 2 hrs 30 mins

Servings: 4

Yield: 4 servings



Ingredients

- 1 cup soy sauce
- 1 cup white sugar
- 1 teaspoon ground black pepper
- 5 cloves garlic, chopped
- 3 green onions, chopped
- 2 tablespoons Asian (toasted) sesame oil
- 1 teaspoon sesame seeds
- 2 pounds Korean-style short ribs (beef chuck flanken, cut 1/3 to 1/2 inch thick across bones)

Directions

Step 1

Whisk together the soy sauce and sugar in a bowl until the sugar has dissolved, and stir in the black pepper, garlic, green onions, sesame oil, and sesame seeds.

Step 2

Place the ribs in a large bowl, and pour the marinade over the ribs. Stir to coat the ribs with the marinade, and refrigerate for 1 hour. Stir the ribs and marinade again, and refrigerate for 1 more hour.

Step 3

Preheat an outdoor grill for medium-high heat, and lightly oil the grate.

Step 4

Remove the ribs from the marinade, discard the marinade, and grill the ribs until brown and no longer pink in the center, about 5 minutes per side. Have a spray bottle of water handy in case the ribs flare up.

Nutrition Facts

Per Serving: 771 calories; protein 26g; carbohydrates 57.4g; fat 49g; cholesterol 93.1mg; sodium 3660.3mg.

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