



Bulgogi (Barbecued Seasoned Beef)

Main Course, Serves 8

Marinade:

400 ml./1 2/3 cups light soy sauce
200 g./1 cup brown sugar
80 ml./1/3 cup sesame oil
80 g./1/2 cup chopped garlic
80 g./1/2 cup chopped scallions
400 g./14 oz. pear, peeled, cored and grated
80 g./3 oz. onion, grated
80 ml./1/3 cup rice wine
30 g./1 oz. black pepper
1 litre/1 qt. beef stock

Beef:

1 2/3 kg./3 1/2 lbs. beef chuck
50 ml./3 tbsp. vegetable oil
160 g./6 oz. green bell pepper, cut into thin strips
160 g./6 oz. red bell pepper, cut into thin strips
180 g./6 oz. onion, thinly sliced
180 g./6 oz. enoki mushrooms
Cilantro for garnish
Sesame seeds
Lettuce leaves
Sliced garlic cloves
Sliced green chiles
Korean chili paste (gochujang) (optional)
Steamed rice

For the Marinade:

- Combine all the marinade ingredients in a large bowl and stir gently.

For the Beef:

- Trim away any excess fat and thinly slice the beef. Cut into pieces about 5 centimetres by 12 centimetres/2 inches by 5 inches.
- Add the beef to the marinade, massaging by hand for about 1 minute. Cover, refrigerate, and marinate for 3 to 4 hours.
- Heat a large skillet over medium-high heat. Working in batches, drain the beef slices and place them in the hot skillet without any oil. Sear for 1 minute on each side and then remove and set aside.
- Heat the oil in the pan and stir-fry the bell peppers, onion and mushrooms over medium heat until cooked but still slightly firm, about 3 minutes. Add the meat and mix well.
- An alternative way of preparing this dish is to heat a barbecue or grill and cook the beef slices over high heat for about 1 minute on each side; prepare the vegetables as above, and mix in the meat when ready.
- Serve the beef garnished with cilantro, sesame seeds, lettuce leaves, sliced raw garlic, sliced green chiles, Korean chili paste (gochujang), and steamed rice on the side.

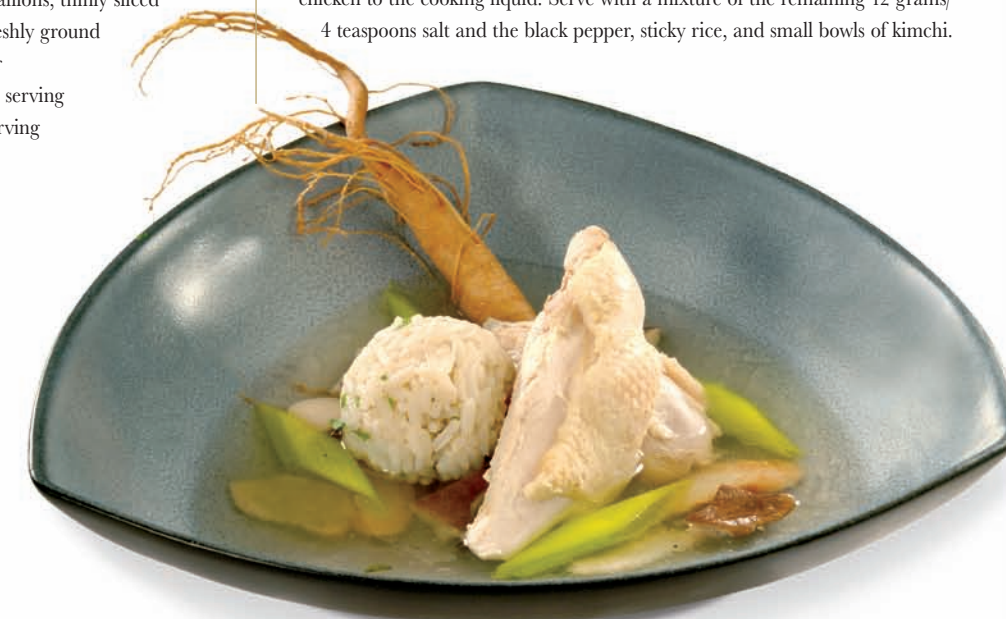
Chef's Note: Koreans enjoy serving their grills with lettuce leaves, sliced raw garlic, and sliced green chiles on the side. Arrange these ingredients and the meat on a leaf, then wrap and dip the package in a spicy chile paste before eating.

Samgyetang (Spring Chicken with Ginseng)

Main Course, Serves 8

8 spring chickens or poussin (or substitute two 1 1/2 kg./3-lb. chickens)
8 pieces ginseng root
16 dates
8 chestnuts
16 g./5 tsp. salt
2 pieces ginger root, peeled and thinly sliced
240 g./8 oz. garlic cloves
160 g./6 oz. scallions, thinly sliced
1.5 g./1 tsp. freshly ground black pepper
Sticky rice, for serving
Kimchi, for serving

- Rinse and dry the chickens inside and out. Divide the ginseng, dates and chestnuts between the chickens, stuffing them in the cavities. Place the chickens in a pot (or 2 pots) just large enough to hold them and add water to cover.
- Add 4 grams/1 teaspoon salt and the ginger, garlic, scallions and pepper to the pot and bring to a boil. Cover, lower the heat and simmer gently for 30 minutes. Turn the chickens and cook until very tender and the flesh is almost falling off the bones, 20 to 30 minutes for the spring chickens, and 30 to 40 minutes for the whole chickens.
- Halve the spring chickens or cut the larger chickens into quarters. Return the chicken to the cooking liquid. Serve with a mixture of the remaining 12 grams/4 teaspoons salt and the black pepper, sticky rice, and small bowls of kimchi.



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Located in the Korea World Trade Centre complex, the Grand InterContinental Seoul offers easy access to the Centre and the COEX Exhibition Centre as well as to shopping and to the city's many cultural attractions, including the restored Gyeongbok Palace and the National Folk Museum. While the adjacent COEX Mall offers a range of dining choices, many of the best are in the hotel itself. Over a drink at Blush bar and lounge or a cocktail in the lobby lounge, guests can consider the tempting options. Marco Polo combines New Asian and Mediterranean cuisine with spectacular views of the city from the 52nd Floor. Closer to the ground, the Grand Kitchen offers outdoor dining and interactive cooking stations. The Australian Grill pairs modern Australian cuisine, prepared with the best imported ingredients, with fine wines from 'Down Under'. In a Zen-influenced space, Hakone features a sushi bar and Teppanyaki tables. Table 34 presents stylish European cuisine and an extensive wine selection against the stunning backdrop of Seoul's skyline. Finally, the Grand Café's open kitchen serves international and Asian specialties, including health-conscious choices and traditional Korean dishes.

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