



Samgyeopsal

NIBBLEDISH CONTRIBUTOR

Ingredients

- Some "samgyeopsal" (pork belly) sliced into bacon-like pieces, then sliced into pieces.
- Romaine Lettuce.
- A few cloves of garlic, chopped.
- Sesame oil.
- Salt and pepper.
- Cooked rice.
- Your favourite Banchan(s).

Dipping sauce (no measurements, just by taste.):

- 1 clove of garlic, minced.
- Gochuchang (Red pepper paste.)
- Doenjang (Bean paste, Korean. Similar to miso)
- A bit of sesame oil.
- Green onions.

Instructions

This is my method of eating Samgyeopsal! You can use a grill or a frying pan. The grill makes it so you can eat this dish as a "party" with a lot of friends. Usually eaten with

lots of soju, banchan and the like.

I have a recipe also for green onion banchan, which I used in this samgyeopsal recipe. You can find it on my page.

You can substitute Samgyeopsal with bulgogi (marinated) and do method below.

1. In a bowl, drizzle a bit of sesame oil. Add salt and pepper and mix the pork belly in until covered. Set aside.
2. Heat the pan or grill and add a little bit of sesame oil or cooking spray so it won't stick. Fry the meat on there, along with garlic, using tongs.
3. Assemble the sauce, mix it and adjust to your liking.
4. Wash the lettuce and place rice on lettuce. When Samgyeopsal is cooked, add your meat and cooked garlic, dipping/sauce on top and your favourite banchan. I put green onion as mine.
5. Wrap in a little ball or roll, and eat. It's messy, but delicious!