

Braised Korean Shredded Beef



Sirve:

6 - 8 servings

Pieza:

Saladmaster Food Processor
5 Qt./4.7 L Roaster with Cover

Valora: ★★☆☆☆

Contribuido por:

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Descripción de la Receta:

Gochujang, a fermented Korean chili paste gives this dish a spicy kick. If you can't find Korean chili paste, substitute for jalapeño peppers, chili garlic sauce or crushed red pepper flakes.

3 pounds
chuck roast, bottom round or beef shoulder, trimmed of excess fat
(1.4
kg)
1/2 teaspoon
salt
(3
g)
1/2 teaspoon
fresh ground pepper
(1
g)
1 cup
onions, strung, use Cone #2
(160
g)
8 cloves garlic, peeled and crushed with side of knife
1/3 cup
natural soy sauce or tamari, wheat-free
(80
mL)
1 tablespoon
fresh ginger root, shredded, use Cone #1
(6
g)
2 tablespoons
seasoned rice vinegar
(30
mL)
1 tablespoon
toasted sesame oil

(15
mL)
1 tablespoon
Gochujang sauce
(16
g)
1 tablespoon
sesame seeds, toasted
(8
g)

Preparación :

1. Season chuck roast with salt and fresh ground pepper on all sides.
2. Preheat roaster over medium heat. When several drops of water sprinkled on roaster skitter and dissipate, add beef pressing down on meat slightly. Place cover on roaster slightly ajar and cook for 3 - 4 minutes on each side until brown.
3. When beef is browned, add onions, garlic, soy sauce, ginger, rice vinegar, toasted sesame oil and gochujang sauce. Cover.
4. When Vapo-Valve™ clicks steadily, reduce heat to low and cook for 3 - 3½ hours or until beef is very tender and falling apart.
5. Remove beef from roaster and transfer to a plate. Shred with two forks, pulling it apart.
6. Skim any excess fat off of the top of sauce in roaster.
7. Place shredded beef back in roaster with sauce.
8. Garnish shredded beef with sesame seeds and serve as is or on top of corn tortillas, flour tortillas or white rice.

Consejos:

- Serve shredded beef topped with kimchi or shredded cabbage.
- Garnish Korean-style shredded beef taco with wedge of lime, scallions and chopped cilantro.

Información nutricional por ración

Based on 8 servings

Calorías: 287

Grasa Total: 11g

Grasa 3g

Saturada:

Colesterol: 75mg

Sodio: 986mg

Carbohidratos: 5g

Fibra 1g

Dietética:

Azúcar: 2g

Proteína: 40g