Korean BBQ Steak

Description

This is still salty sweet, supple, and a sensation, though in its own (darn enticing) right. It's also a cinch of a weeknight dinner. Just 10 minutes in the a.m. to toss together the marinade and plop in the steak and dinner is almost done by the time you kick off your heels, er, shoes when you come home.

Summary

Yield: 2
Prep Time: 30 minutes
Category: Meats
Cuisine: American

Ingredients

- 1 cup soy sauce
- 1 cup regular coke
- 1/4 cup toasted sesame oil
- 1/4 cup Hoisin Sauce
- 4 clove garlic chopped
- 2 scallions minced
- 2 Rib eye or sirloin steak

Instructions

To make the Korean barbecue recipe,

in a small bowl whisk together the soy sauce, Coke, sesame oil, and hoisin sauce.

Add the garlic and scallions and whisk again.

2. To get the marinade on the steak, do whichever of these ?oats your boat:

Place the steaks in a large deep dish, pour the marinade over them, and cover the dish tightly with tin foil or pour the marinade into a large resealable plastic bag, add the steaks, seal the bag, and shake them around till they're coated in the marinade.

Either way, the steaks should marinate in the fridge for up to 12 hours but no longer than that.

3. Pull the steaks out of the marinade, pile them on a plate, and let them rest at room temperature for 20 to 30 minutes. Discard the marinade.

4. If you're using the grill, ?re it up. Lay the meat right on the rack so it gets a nice char, and let it grill for 4 to 6 minutes a side, depending on the thickness of the meat. You just want to get a nice char going, you don't want to cook it through. Transfer it to a cooler portion of the grill until the desired doneness, about 4 minutes for medium-rare, depending on the thickness. It's done when the meat springs back to the touch (if you have a meat thermometer, the internal temperature should be 115°F). You could instead bring the meat back inside and ?nish it on a rack in a roasting pan in an oven preheated to 400°F for 6 minutes, turning it over once so it cooks more evenly…but why turn on the oven if there's no need?

If you're using a cast-iron skillet or grill pan, heat it over medium-high heat until hot but not smoking.

Sear the steak on each side for about 4 minutes, then transfer the steak and skillet to an oven preheated to 400°F for about 6 minutes for medium-rare, depending on the thickness, turning it over once so it cooks more evenly.

It's done when the meat springs back to the touch (if you have a meat thermometer, the internal temperature should be 115°F).

No matter how you're cooking the steak, transfer the meat to a cutting board and let it rest for 5 minutes before thinly slicing it.