

JENNI MARIE'S TEST KITCHEN

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Korean BBQ Beef

Serves 3-4 People

Equipment Needed:

- Large Non-stick Skillet
- 2 Small Mixing Bowls
- Hamburger Chopper
- Rubber Spatula
- Whisk
- Measuring Cups & Spoons
- Kitchen Scale
- Cutting Board
- 1 quart size zipper bag or piping bag

Directions:

1). Gather all equipment & ingredients. Combine spicy mayo ingredients in a small bowl and mix well. Transfer to a quart zipper bag and set aside.

- **1/4 C. (65g.) Real Mayonnaise**
- **1 T. (15g.) Siracha (more or less, to preferred spice level - I like Tabasco Brand Siracha the best)**
- **2 t. (6g.) Fresh Lemon or Lime Juice**
- **1 t. (3g.) Low FODMAP Garlic Replacer (or 1/4 t. garlic powder)**
- **Pinch of Kosher Salt and White or Black Pepper**

2). Rinse and drain rice. Prepare in a rice cooker by combining 1.5 cups of rice, 1.5 cups of cold water and 1 t. salt. Close the lid and use the white rice setting. This usually takes about 25-30 minutes. If you don't have a rice cooker, follow the cooking directions on rice package.

- **1.5 C. (350g.) Jasmine Rice**
- **1.5 C. (350ml.) Cold Water**
- **1 t. Kosher Salt**

3). Combine all marinade ingredients in a small mixing bowl and whisk to combine. Set aside.

- **2 T. Low FODMAP Garlic Oil (or regular olive oil)**
- **5-6 T. (65g.) Soy Sauce**
- **1 t. (3g.) Low FODMAP Garlic Replacer (sub w/ 1 t. minced garlic or 1/4 t. garlic powder)**
- **1 t. (2g.) Sesame Oil**
- **1/2 t. (4g.) Minced Ginger**
- **2 T. (42g.) Raw Honey**
- **1 t. (8g.) Gochujang Paste (sub w/ gochujang sauce or siracha - more or less, to preferred spice level)**

4). Brown ground beef in a large skillet over medium high heat, using the meat chopper to break it up into small pieces. Drain off excess fat. Reduce heat to medium and add marinade mixture to the pan. Mix well. Let simmer for a few minutes. Add 2 T. of water, stir and simmer for another minute or two to let the liquid reduce.

- **1 lb. Lean Ground Beef**
- **1 T. Thinly Sliced Chives or Green Onions (for garnish)**

Divide Beef & Rice mixture evenly between 3-4 serving bowls. Cut a very small corner of mayo zipper bag, and drizzle about 1-2 t. of the spicy mayo over your beef (more or less, to taste). Garnish with chives. Enjoy!

I like to serve this dish with steamed broccoli. I season my broccoli with refined coconut oil and Saltlicker's Peter Rabbit or Crop Duster seasoning blends. They have a ton of great spice blends, but these two are my top choices while trying to avoid onion & garlic. Check them out!

