

2015



*Beef Bulgogi*



### **Minkyu Kevin Back**

Class of 2015.

Department director (EVP) for  
innovation, corporate scouting  
at Presto Tech Investment,  
Vienna

*LISA will always be a huge part  
of my childhood. Without the  
professors' passion and their  
help, I would not have developed  
myself so far. The friends  
will remain life long and the  
memories will make you laugh in  
the later days.*

## **Ingredients**

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- 500 g beef sirloin (3 cups)
- 120 g chopped onion (1 cup)
- 5–6 pieces sliced Champignons
- 30 g (1/3 cup) chopped green onion
- 10 g sliced Chili red (about 1 whole chili)
- 30 g honey (1 spoon)
- 20 g minced onion (2 spoons)
- 18 g minced garlic (1 spoon)
- 60 g soy sauce – ideally sempio gin soy sauce (6 spoons)
- 1 g pepper (1/2 teaspoon)
- 30 g sesame oil (3 spoons)
- 30 g sugar (2 1/2 spoons)

## **Preparation**

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1. Wash your hands.
2. Slice the beef sirloin into multiple thin single layers (in case you haven't done it at the butcher).
3. Put the beef into a large bowl and add the measured sugar, honey, minced onion.
4. Toss it (massage it) with your hand and marinate it for 10 minutes.
5. After 10 min., add the minced garlic, pepper, sesame oil and the soy-sauce.
6. Once again toss it around or massage it with passion.
7. Afterwards add the rest of the veggies into the bowl (green onion, chopped onion, red chili) and then finally massage all together.
8. Place it in a heated pan and roast them altogether until it gets a nice color and add champignons to finalize for the last 5-7 min. grill process.

**Tip:** As a side dish, enjoy the meal with a bowl of rice and a pack of kimchi!