

meat
肉类



Grilled T-Bone Steak



30
mins/preparation
分钟/预备时间



10
mins/cooking
分钟/烹调时间



1
serves/person
人份



- 1 packet Asian Home Gourmet Korean Bulgogi Meat Marinade
- 350g (¾ lb) T-Bone steak or any beef cuts of your choice
- 2 tbsp dry sherry (optional)

1. Marinate steak with Marinade and dry sherry for at least 30 minutes.
2. Preheat griller and grill steak for 10 minutes or until cooked. Turn occasionally.
3. Serve with any vegetables or salad of your choice.

Cooking Variation: You may pan-fry steak instead of grilling.

烤丁骨牛排

- 1包佳厨韩国风味烤肉酱
 - 350克(¾磅)丁骨牛排或按个人喜好选用牛的其他部位
 - 2汤匙干雪丽酒(随意)
1. 用烤肉酱和干雪丽酒腌制牛排至少30分钟。
 2. 预热烤架,将牛排烤10分钟或烤熟为止,其间需不时地翻转。
 3. 按个人喜好搭配任何蔬菜或沙拉食用。

烹调变换:你可用油煎来替代烧烤。

Chef
recommended!!

