



LAKEWOOD
VINEYARDS

COOK + CORK – Episode #2 - Lemberger

Grilled Bulgogi with a Kale and Rice Noodle Salad and Blueberry Honey Vinaigrette
Bulgogi

Beef, Denver cut, 1 lb., sliced against the grain in skewer-appropriate slices.

Tenderize beef before slicing

Create marinade- mix all ingredients in whatever container you will marinate in

½ c. Soy Sauce

1 tbsp Sesame oil

2 tbsp garlic, or to taste

2 scallions, chopped

¼ cup sugar, I use brown sugar loosely packed

2 tbsp. Lemberger wine

½ tsp pepper

2 tbsp sesame seeds (my favorite, so I use a lot)

Marinate meat for 20 minutes to 24 hours

Skewer beef slices, place on grill, cook for 3-4 minutes on each side. If you like your meat medium-rare, make the slices more compact on the skewer.

Rice Noodles

Boil the noodles for 8 minutes. Drain and cool them. Set aside until ready to plate the salad.

Kale Salad

Remove leaves from stem and chop.

Toss with olive oil and a sprinkle of lime juice.

Add the following ingredients:

1 medium apple- cored, sliced and diced

½ cup blueberries

¼ cup feta

½ cup unsalted cashew, chopped

Sweet peppers, red and yellow, mini, chopped

5 or 6 sweet and spicy pickled beets, sliced

Mix and set aside

Blueberry Honey Vinaigrette

In a blender add:

3 tbsp olive oil

2 tbsp lemon juice

2 tbsp blueberry honey

2 tbsp Balsamic vinegar

2 tbsp water (to thin out the mixture)

Blend until mixed and the consistency you want.

I plated up the kale salad in the middle of the plate, with the skewers of bulgogi on the rim of the plate. The noodles I placed below the salad, with the dressing in a bowl on the plate. This presentation allows the diner to eat the bulgogi as a finger food, keeping the meat apart from the salad. The dressing gets poured on the salad and noodles, and then I mix them together so the texture of the noodles, the vegetables, the fruit and cheese and cashews are in each bite. Heaven!