



WILD. NATURAL. SUSTAINABLE.

Korean Kangaroo Medallion Bulgogi

• Prep Time: 2 hours 15 minutes • Yields: 2 servings

Ingredients:

1 pkg. Fossil Farms' Kangaroo Medallions, 12 oz
½ small pear, peeled and coarsely grated
¼ cup reduced sodium soy sauce
2 tbsp. brown sugar
2 tbsp. toasted sesame oil
3 cloves garlic, minced
1 tbsp. freshly grated ginger
1 tbsp. gochujang, (Korean red pepper paste)
2 tbsp. vegetable oil, divided
2 green onions, thinly sliced
1 tsp. toasted sesame seeds
Salt & black pepper to taste

Garnish (optional):

1 tsp. green onions
1 tsp. sesame seeds

Equipment:

Stove
Cast iron pan
Medium bowl
Measuring spoons & cups
Ziploc bag
Serving plates
Knife
Fine grater or zester
Cheese grater

Method:

1. Defrost the Kangaroo Medallions and slice across the grain into 1/4-inch thick slices.
2. In a medium bowl, combine pear, soy sauce, brown sugar, sesame oil, garlic, ginger and gochujang.
3. In a gallon size Ziploc bag, combine soy sauce mixture and medallions; marinate in the refrigerator for at least 2 hours to overnight, turning the bag occasionally.
4. Heat 1 tablespoon vegetable oil in a cast iron grill pan over medium-high heat.
5. Add medallions to the grill pan in a single layer and cook, flipping once, until charred and cooked to medium rare, about 2-3 minutes per side.
6. Serve immediately over pre-made rice and, garnished with green onions and sesame seeds, if desired.

