

Korean Inspired Beef

2 T oil

1 onion, sliced

6 fat garlic cloves, peeled and diced

1 3" chunk of fresh ginger, peeled and diced (or grated)

2 lb beef- I used a top round roast cut in 4 chunks

1/2C tamari or soy sauce

1/2 C water or broth

1/3 C brown sugar

2 T rice vinegar

Gochujang or chile garlic sauce, to taste

Sliced scallions

Toasted sesame seeds

Using the medium sauté function, heat the oil and lightly brown onions. Cancel, add garlic and ginger, and sauté on low heat until softened and fragrant. Cancel, raise sauté heat to medium, and add the beef chunks, browning on all sides.

Meanwhile, whisk together tamari, broth, brown sugar, vinegar, and chile-garlic sauce. Pour over browned beef, cancel, and press meat or manual/high pressure/45 minutes. (I like my beef well done).

During this time you can make rice and/or a simple cucumber salad.

Serve over steamed rice topped with sesame seeds and scallions.

Don't forget the kimchee!