



#MakeItGAP

RECIPES

GRILLED KOREAN GOCHUJANG BEEF KEBABS ON THE KAMADO JOE®

YIELD: 4 Servings

INGREDIENTS:

1 pound ground beef
1 egg
1/2 cup Korean Gochujang
1/2 cup panko breadcrumbs
1/4 cup carrot
1/4 cup celery
1/4 cup green onion
1/4 cup celery
1 Tbsp. fresh minced garlic
1 tsp. salt
1 tsp. ground black pepper
1 Tbsp. olive oil

PREPARATION:

Prepare the vegetables by dicing them very fine. Sauté the carrots in cooking oil over medium heat for five minutes. Add the remaining veggies, garlic, salt, and pepper. Cook the veggies for an additional five to eight minutes or until they have softened and the onions are translucent. Set aside to cool.

In a large bowl, beat the egg with the Korean Gochujang and then add the ground beef.

Using your hands mix the ground beef with the egg mixture. Make sure to squeeze the egg into the beef ensuring the beef is consistently smooth and not lumpy.

Add two-thirds of the cooled veggie mixture panko breadcrumbs and mix again with your hands to incorporate them into the meat. At this point, the meat should be moist, and not overly damp or dry. If the meat is too dry, add the remaining veggies. If the meat is a little on the loose side add a little more panko to soak up some of the juices.

Allow the meat to rest covered in the refrigerator for a minimum of one hour to cool.
Prepare the Kamado Joe® for direct grilling at 400°F.

Due to the high-fat content of the ground beef, use Grill Grates® to provide a barrier from the coals. You can also set up your grill for indirect cooking with a heat deflector if you do not have Grill Grates®.

Cook the kebabs for 8-10 minutes or until the meat reaches an internal temperature of 140°F. Serve on flatbread with additional Gochujang.

Recipe adapted from grillingmontana.com