

# Galbijjim (Kalbijjim, 갈비찜)

## Ingredients

### Meat Options (choose one)

- Traditional: 3 lb beef short ribs, cut into 2-inch pieces
- More affordable: 3 lb beef chuck, cut into large chunks
- Lean option: 3 lb beef brisket, cut into cubes
- Pork version: 3 lb pork spare ribs or country-style ribs
- Pressure-cooker friendly: 3 lb boneless chuck or brisket (pressure cooker)

### Vegetables

- 1 large carrot, large chunks
- 1 medium potato, large chunks
- 1 small onion, quartered
- 3–4 shiitake mushrooms
- 8–10 Korean radish cubes (optional)
- 6–8 chestnuts (optional)
- 3 jujubes or dried red dates (optional)

### Aromatics & Sauce

- 1 Korean/Asian pear (apple pear), grated
- 1 small apple, grated (optional; add only if pear is bland)
- 5 garlic cloves, minced
- 1-inch ginger, sliced
- 1/2 cup soy sauce
- 3 tbsp brown sugar
- 2 tbsp honey
- 2 tbsp mirin or cooking wine
- 1 tbsp sesame oil
- 2 cups water, plus more as needed
- Black pepper to taste

### Finishing

- 1 green onion, thinly sliced
- Sesame seeds

## Instructions

1. Soak meat in cold water 30 minutes, then boil for 5 minutes and rinse.
2. In a large pot or Dutch oven, combine soy sauce, sugar, honey, mirin, sesame oil, pear, apple if using, garlic, ginger, water, and pepper. Add meat.
3. Bring to a boil, cover, and simmer on medium-low for 45 minutes.
4. Add carrot, potato, radish, chestnuts, and jujubes. Cover and simmer 30–40 minutes until tender.
5. Uncover and simmer 10–20 minutes to thicken the sauce; add water if it reduces too quickly.
6. Add mushrooms and onions for the final 10 minutes.
7. Garnish with green onion and sesame seeds before serving.

## Note & Storage

- Add apple only when the pear is not sweet enough.
- Sliced ginger is traditional and easy to remove.
- Add water if the sauce becomes too thick.
- Refrigerate up to 3 days.
- Reheat with 1–2 tbsp water.
- Freeze up to 2 months.