



Korean Beef Short-Rib Buns

From Mat Blak, Group Executive Chef of Caravan Restaurants

Serves: 4

Prepare: 15 Minutes

Cook: 3 Hours

Difficulty: medium

Ingredients

- 3 [coombe farm organic beef short ribs](#)
- 3 tablespoons soy sauce
- 2 tablespoons light brown sugar
- 3 garlic cloves
- 1 tablespoon peeled and sliced ginger
- 1 tablespoon gochugaru
- 1 tablespoon rice wine vinegar
- 6 coriander stalks or roots

INGREDIENTS FOR BUNS

- 450g strong white flour
- 50g butter melted (or coconut oil)
- 200g warm water (body temperature)
- 100g Oatly barista milk
- 100g unseasoned mashed potato
- 1 tablespoon sugar
- 1 tablespoon sea salt
- 15g fresh yeast (or 7g of dry)
- pinch sesame seeds
- 1 teaspoon honey

Method

1. Place into a mortar and pestle or blender, the coriander, ginger and garlic and pound until a paste
2. Add the soy sauce, brown sugar and rice wine vinegar. Mix well
3. Place the short ribs into a bowl. Rub the marinade into the ribs then leave overnight
4. Next morning place into the smoker or oven at 150C and cook for 3 hours (or until the meat is tender). Wrap in foil and leave until next day
5. The next day, pull the meat and roughly chop. Add a touch of sweet chilli and soy sauce to bind

For The Buns

1. Melt butter and oats together (do not boil). Keep on the side until cool, then add mashed potato and sugar and whisk out any chunks
2. Whisk the water and yeast together and start adding to the flour
3. Now add the oat milk/butter mix, and season with the salt
4. Knead for 15 minutes
5. Place into a clean bowl and let prove for 35 minutes
6. Knockback (knock the air out off the bread dough) and cut into 50g pieces
7. Roll flat into a circle, place 50g of cooked meat on the middle then start pinching dough into the middle. Squeeze into balls and prove for another 45 minutes or until doubled in size
8. Brush with egg yolk then bake at 200°C for 15 - 20 minutes
9. Once cooked glaze with honey and sesame
10. Serve with lime and Siracha