



**By
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MONGOLIAN STYLE BARBEQUE

For The Genghis Khan In You

Originating in China's Shantung Province, Mongolian Barbecue was adopted by Genghis Kahn of Mongolia in the 13th Century. Lore tells us the Kahn's soldiers would place meat and vegetables on top of their metal shields and cook over their campfires.

The aroma would cause their enemies surrender without a fight. Using wood, natural gas or hot coals to heat the cast-iron grill, chefs have been creating delicious meals for centuries. Smell the mouth-watering aroma of freshly grilled meat and vegetables and you will understand how this tasty dish helped Genghis Kahn conquer China.

For your enjoyment and use, 24 of the best Mongolian recipes and side dishes from around the world are listed below. Try them all and let me know what you think. Your comments are always welcome.

Mongolian Beef A La House Of Hong

2 ts soy sauce
1 ts red wine
1/2 lb beef flank steak, sliced thin
4 ts salad oil
3 cloves garlic, chopped
1/2 lb green onions, cut into small pieces
1 ts white vinegar
3 ts brown sugar
1 ts ground black pepper
1 ts sesame oil

Combine the soy sauce and wine. Add the flank steak. Marinate 30minutes. Heat the salad oil in a frying pan until very hot. Add the garlic and then the beef, stir-frying for 5 minutes. Add green onions, vinegar, brown sugar and pepper, continuing to stir-fry until the beef is thoroughly cooked. Add sesame oil. Chef Paul Lee advises that the secret to this dish is to use very high heat and cook quickly... that's what makes the beef juicy and tender.

Mongolian Fried Booz

Here is the recipe for the fried version of booz, the koorshoor. Dough and filling is the same as for booz.

Mix flour and a little water (salting permitted) to make dough. Flatten the dough to a thickness of 2 or 3 mm. In college kitchens, use wine bottles to flatten the dough. (The bottles should be emptied beforehand.) Cut the dough into discs, roughly 10-15 cm in diameter. A cup or glass is useful as a pooza cutter.

Fill the discs with minced lamb (with the fat).

Put the disc of dough in your palm, put the minced meat on it. Fold the dough over it (you get a half-disc).

Pinch the two dough layers together. No holes should be left, otherwise the juice of the meat will disappear.

The koorshhor is flat, about 2 cm thick.

Fry both sides in lamb fat (although Mongolians in Hungary readily use sunflower oil). The color of the fried dough should be light brown. It is crisp at the edges and soft in the middle.

Mongolian Steamed Booz

Apparently cooking and serving boiled lamb without spices is not a deeply rooted Tuvan-Mongolian tradition, and members of the two cultures occasionally part from old habits in favor of paprika, pepper, marjoram, etc. One Tuvan friend liked to cook with dried chili pepper flakes, not always easily found in the market of Kyzyl. Feel free to add salt, paprika, pepper or marjoram to the minced lamb as you desire; the traditional meat is un-spiced.

The pattern of the pinched edges of booz and khorshoor is a matter of competition and pride. Several delicate forms can be made by the fingers, the smaller and thinner is the better for booz. The edges should not be very thin for the khorshoor, because it burns when frying.

Ingredients

Mix flour and a little water (salting permitted) to make dough.

Flatten the dough to a thickness of 2 or 3 mm. In college kitchens, use wine bottles to flatten the dough.

Cut the dough into discs, roughly 10-15 cm in diameter. A cup or glass is useful as a pooza cutter.

Fill the discs with minced lamb (with the fat).

Put the disc of dough in your palm, and form a ball in your hand by pinching the edges of the dough together; leave a little opening on top (important!). Steam for about 20 minutes.

The meat boils in its own juice, keeping all vitamins, minerals, trace elements, etc. You eat it by hand, opening your mouth wide!

You'll need from 5 to 15 balls per person. This is the famous booz (Mongolian name) or pooza (Tuvan name).

Huushuur - Mongolian Fried Meat Pasties

Filling

1 kg minced mutton or beef, with fat included
3 ½ teaspoons salt
1 onion, chopped
2 cloves garlic, crushed
water to mix

Dough

4 ½ cups flour
½ teaspoon salt
water to mix

Mix the dough ingredients together and knead into a dough. Divide into smaller pieces and roll these into cylinders about 3 cm in diameter. Cut the cylinders into 4cm lengths.

To assemble:

Take one length of dough and squash it into a circle. Roll it out until it is 8 to 10cm wide. Roll more at the edges than in the middle, so the dough is slightly thinner around the edges. Put 2 ½ dessertspoons of meat mixture onto one side of your circle, leaving a space around the edge. Fold the other side over, pinching the edge flat. Leave one corner open and squeeze out the air, then seal the corner. Fold the corner over and pinch again, then work around the edge folding and pinching into a twist pattern. Repeat the process with the rest of the filling and dough pieces.

To cook:

Using 2 litres cooking oil, heat the oil in a wok (make sure the oil comes no higher than 5cm below the top). Fry three or four pasties at a time for two minutes each side, until they are brown and the meat is cooked. Eat with tomato ketchup or soy sauce.

Mongolian Hot Pot

3 lb Boneless lean lamb
4 oz Bean thread noodles
1/2 lb Spinach
1/2 lb Chinese cabbage
1 qt Chicken stock
1 ts Finely chopped ginger root
2 tb Finely chopped scallions
1 ts Minced garlic
1 tb Finely chopped cilantro

Dipping Sauce

2 tb Sesame paste=~~OR=~~ peanut butter
1 tb Light soy sauce
1 tb Rice wine or dry sherry
2 ts Chili bean sauce
1 tb Sugar
1 tb Hot water

Using a cleaver or sharp knife, slice the lamb into very thin slices. Soak the noodles in warm water for 5 minutes, then drain them and cut them into 5-inch lengths. Separate the spinach leaves from the stalks and wash them well. Discard the stalks. Cut the Chinese cabbage into 3-inch pieces.

Combine all the ingredients for the dipping sauce in a small bowl and mix them well. Each guest should have his or her own small portion of dipping sauce and a plate containing lamb, spinach and Chinese cabbage. When you are ready to begin, bring the stock to a boil and light the fondue. Ladle the stock into the fondue pot and put the ginger, scallions, garlic and coriander into the stock.

Each person selects a piece of food and cooks it quickly in the pot. When all the meat and vegetables have been eaten, add the noodles to the pot, let them heat through, then ladle the soup into soup bowls.

This dish also works successfully with other foods such as steak, fish balls, oysters, shrimp, squid, mushrooms and lettuce, although it will no longer be a Mongolian Hot Pot, but more like the Cantonese Chrysanthemum Pot.

Mongolian Barbecue with Lamb or Beef

3 lb Boned Lamb Shoulder Chops OR
2 lb Boneless Beef, (Tenderest Cut The Butcher Has), Defatted
2 lg Green Peppers, Seeded And Cut Into 1/4-Inch Strips
3 c Cabbage, Shredded, Rinsed, And Dried
3 lg Carrots, Peeled And Shredded
2 lg Onions, Thinly Sliced
1/4 lb Bean Sprouts, Rinsed And Drained
Salad Or Peanut Oil

Garnishes

Boiled White Rice
Crisp Sesame Seed Buns, warmed
Middle Eastern Pita Breads
Thinly Sliced Crisp French Bread

Sauce

1 1/2 c Dark Soy Sauce
6 c Water
10 Crushed Black Peppercorns
4 Star Anise
4 lg Cloves Garlic, crushed
1 c Rice Wine Or Sherry
1 tb Sugar
2 ts Fresh Ginger Root, grated
3 c Scallions Or Leeks, Chopped and divided
3 c Chinese Parsley Or Cilantro, minced, divided

Thinly slice the meats across the grain, in 2 to 3-Inch strips, and arrange the meat and vegetables on separate platters.

SAUCE: Simmer the soy sauce, water, peppercorns, anise and garlic for a few minutes in a saucepan, then strain and cool. Add the wine, sugar, ginger root, 2 cups of the scallions or leeks and 2 cups of the Chinese Parsley. Refresh the sauce with the remaining scallions or leeks and parsley as cooking progresses. Taste to correct the seasoning, then divide among the guests bowls. (NOTE: Do Not taste the sauce after the raw meat has been dipped in it! Just a precaution.)

TO ASSEMBLE: To assemble the barbecue, place the cooking appliance

in the center of the table, heating and greasing the cooking surface with the salad or peanut oil. (At intervals, scrape off the charred food bits with a spatula and re-oil the cooking surface and resume cooking). Guests put the meat and vegetables on the plates and then place small portions on the cooking surface and spoon some of the sauce over the grilling food, flipping the food over with chopsticks after about 1 minute on the grill. Cook to the desired doneness of each guest.

Yield: 6 servings

Mongolian BBQ Stir Fry

1 lb beef sirloin; thinly sliced
1/2 c scallions; cut into 1-inch-pieces
2 piece of ginger (about 1/2-inch long)
1 ts sugar
1 tb wine
1/4 c soy sauce
2 tb water
3 tb oil

Heat oil and add ginger, onion and beef; stir fry for about 3 minutes. Add the rest of the ingredients and stir fry for another minute.

Mongolian Barbecue Pinoy-style

3 large heads of garlic (or 6 small), peeled and crushed
Ginger, about the size of one large garlic head, peeled and crushed
1/4 to 1/2 kilo ground beef, best quality you can find
1/4 to 1/2 kilo ground pork, best quality you can find
1/4 to 1/2 kilo deboned lamb, cut into strips
1 cup labanos (white radish), cut into thin 3-inch-long sticks
1 cup carrots, cut into thin 3-inch-long sticks
1 cup celery, cut into thin 3-inch-long sticks
2 cups wansoy (coriander leaves), coarsely chopped
3 cups bean sprouts, washed
1 cup leeks, cut into thin 3-inch-long sticks
1 green pepper, sliced into thin strips
1 red pepper, sliced into thin strips
1 cup chicken broth
1/4 cup rice wine (or regular wine, rum, or a bottle of beer)
2 tablespoons patis (fish sauce)
3 tablespoons light soy sauce
1 tablespoon vinegar, preferably black chinese vinegar
1/4 cup extra-virgin coconut oil
1/4 cup sesame oil
1/2 cup kakang gata (thick coconut milk)

Choose the widest kawali you can find. Heat it up until it's almost smoking. Throw in extra-virgin coconut oil with the garlic and ginger. Cook for 1-2 minutes, then add in all meats. Brown slightly.

Add in chicken broth, rice wine, soy sauce, vinegar and patis. Simmer for 20 minutes.

Add in all vegetables, and continue simmering until all liquid is evaporated... leaving you with a thick oil. Stir-fry until all ingredients are well blended.

Add in sesame oil and kakang gata. Continue stir-frying for about 2 minutes.

Mongolian BBQ Beef Lettuce Wraps

Marinade:

1/2 cup soy

1/2 cup brown sugar

2 tsp ginger

2 tbl apple cider vinegar

2 tbl sesame oil

1 tbl ketchup

1/2 tsp red pepper flakes

1 flank steak scored

Combine all ingredients in re-sealable plastic bag and chill for 2 hours or more.

Prep veggies for wraps.

Nappa cabbage leaves or romaine

Bean sprouts

Red peppers julienned

Carrot julienned

Sugar snap or snow peas

Fresh mint and basil

Grill steak 6 to 7 minutes on each side, cook down your marinade until thickened. Make wraps with lettuce leaves, add sliced beef and veggies, drizzle with sauce.

Mongolian Lamb Barbecue

1/3 cup hoisin sauce
2 tablespoons oyster sauce
2 tablespoons soy sauce
2 tablespoons dry sherry
2 tablespoons rice vinegar
2 tablespoons canola oil
1 tablespoon honey
1 tablespoon minced ginger
1 tablespoon minced garlic
1/2 teaspoon crushed red pepper flakes (optional)
1 boneless leg of lamb, about 2 pounds, trimmed of excess fat, cut into 1-1/2-inch cubes
3 red or yellow bell peppers, cut into 1-inch squares

To make the marinade: In a medium bowl, whisk hoisin sauce through red pepper flakes.

Place the lamb in a large, re-sealable plastic bag and pour in the marinade. Press the air out of the bag and seal tightly. Turn the bag to distribute the marinade, place in a bowl, and refrigerate for 1 to 2 hours, turning occasionally. Allow the lamb to stand at room temperature for 20 to 30 minutes before grilling.

Remove the lamb from the bag and discard the marinade. Skewer the lamb alternately with the bell pepper squares. Grill the skewers over Direct Medium heat until cooked to desired doneness, about 8 minutes for medium-rare, turning occasionally. Serve warm.

Mongolian Barbecue Sandwich

2 tablespoon teriyaki sauce
4 slices oven roasted pork
1 Sara Lee Bun, sliced
1/2 cup Mandarin orange slices
1/4 red or yellow bell pepper, thinly sliced
mescalan greens

Heat teriyaki sauce in a small skillet. Add pork and continue heating for 2 minutes, just until sauce starts to bubble. Top bun slices with pork, oranges, peppers, and greens.

Mongolian Beef with Asparagus

1 lb. flank steak, sliced very thin, cut in strips, 2 inches wide
2 tbsp. light soy sauce
3 tbsp. hoisin sauce
1 tbsp. sake or rice wine
1 tbsp. cornstarch
1 tsp. sugar
1 1/2 lb. asparagus or green beans, 2 inches long
4 tbsp. peanut oil
1 clove garlic, minced
1 slice fresh ginger, minced
1/8 tsp. red pepper seed

Marinate flank steak in mixture of soy sauce, hoisin sauce, rice wine, cornstarch, and sugar for about 1 hour.

Blanch asparagus or green beans until just tender, about 5 minutes. Heat 2 tablespoons oil and stirfry the asparagus or green beans for 2 minutes. Remove from pan and add 2 tablespoons more oil.

Add garlic, ginger, and pepper seeds and stir fry a minute or so. Add meat and cook for 3 minutes or until it is cooked on the outside and pink inside.

Mongolian Beef, Sirloin

1 pound lean beef (sirloin steak)
soy sauce
oil
1/2 teaspoon salt
1 tablespoon sweet white wine
5 Chinese red peppers
1 pound of green onions
1 tablespoon sesame oil
3 tablespoons sliced garlic

Slice beef very thin. (Meat will slice easily if partially frozen.) Place in bowl and add 1 tablespoon soy sauce, salt, wine, Chinese red peppers, and 2 tablespoons oil.

Cut green onions lengthwise, then in diagonal strips. Mix 1 tablespoon soy sauce and sesame oil in small bowl. Heat 1/3 cup oil in frying pan or wok until very hot. Add garlic and cook 3 seconds. Add beef and stir-fry over high heat 10 seconds. Add onion and sesame oil mixture and continue to stir-fry until thoroughly heated. Serve immediately.

Mongolian Beef Recipe (Middle Eastern Beef)

1 lb. beef flank steak, sliced thin across the grain
4 c. peanut oil for deep frying

Marinade:

1 tbsp. light soy sauce
1 tbsp. dry sherry or rice wine
1/2 tsp. freshly grated ginger

Chowing Sauce:

1 tbsp. peanut oil
2 cloves garlic, sliced thin
4 green onions, sliced Chinese style
1 tsp. hoisin sauce
1/4 tsp. ground white pepper

Marinate cut meat in marinade for at least 15 min. Drain marinade well and separate meat into individual pieces. In a wok or deep pan, heat deep frying oil to 375v F. Add meat all at once and stir to separate. Remove after 1 min. and allow meat to drain. Heat wok again (after removing oil) and add oil for chowing. Add garlic and green onions and chow for just a moment. Add hoisin sauce, pepper and meat. Chow until all is hot then serve.

DEFINITION OF CHOW: tossing food about in a hot pan with very little oil.

Mongolian BBQ Style Tofu Stir-fry

2 cups brown rice (cooked)
3-4 tablespoons vegetable oil
2 cups chopped baby carrots
1 green pepper (sliced)
3 slices onion
5-6 mushrooms
1/4 cup crushed pineapple
1/2 cup cubed (small) firm/extra firm tofu (optional)
2 tablespoons sugar
1-2 gravy ladles of lime marinade (or other marinade)
2 gravy ladles teriyaki sauce
2 tablespoons sesame seeds
1/2 teaspoon rosemary (optional)
2 teaspoons curry powder
1/2 teaspoon cayenne pepper
sprinkle crushed red pepper

Use a wok, or other big sorta Teflon pan, so the stir-fry won't stick. Place 3-4 tablespoons vegetable oil in the pan and heat. Place cubed tofu in oil and cook on high until tofu is browned on all sides (approx. 10 minutes).

While the tofu is cooking (or do this before), chop all of the vegetables to your liking. Place all the vegetables in a bowl. Pour the marinade, teriyaki sauce, and all of the spices and vegan sugar on top of vegetables. Once tofu is browned, dump everything that's in the bowl in the pan with the tofu. Cook on high until sauces soak in and vegetables are cooked down a little. You still want them to have a little of their crispiness.

When they are done to your liking, turn off burner and place on cooked brown rice.

Corn on the Cob for Mongolian BBQ

6 Ears corn
3 tb Butter
1/2 ts Sugar
1/2 ts Salt or to taste
1 ts Rice wine or dry sherry

In a large pot, bring about 2 quarts water to a boil. Meanwhile, shuck corn. Cook corn in boiling water for 5 minutes if picked that day or for 10 minutes if picked earlier. Drain. Melt butter. Add sugar, salt and rice wine or dry sherry. Spoon over hot corn and serve.

Spicy Mongolian Noodles

10 oz uncooked udon noodles
1/3 c water
1 tb grated fresh ginger
2 ts minced fresh garlic
1 bn green onions; cut into 1/2 pieces
4 oz fresh shiitake mushrooms; stemmed & sliced
4 c vegetable broth
1/4 c soy sauce
1/2 ts sambal oelek; (ground fresh chili paste)
10 1/2 oz extra firm lite silken tofu; cut into cubes
4 c sliced bok choy greens; stalks removed
1/3 c chopped cilantro

Bring a large pot of water to a boil. Add the noodles and cook until tender; 8 to 10 minutes. Drain and set aside.

Meanwhile, place the 1/3 cup water, ginger and garlic in a large soup pot. Cook, stirring, for 2 minutes. Add the onions and mushrooms and cook for 3 minutes. Add the broth, soy sauce, and chili paste. Cover and bring to a boil. Add the tofu and bok choy and cook for 2 minutes. Turn off the heat and add the cooked noodles and cilantro. Stir to mix. Serve at once.

To save time, shred the bok choy in a food processor. If you can't find shiitake mushrooms, use cremini or oyster mushrooms.

Mongolian Scallion Bread

Mix 2 cups of whole wheat flour or barley flour with 1 cup of boiling water until smooth. Let it rest for 20 minutes. Roll the dough into a 1/4"-thick circle. Sprinkle 1/2-cup of chopped scallions over the dough. Roll it into a tight roll and slice the dough into 2" pieces. Flatten the circles into 1" thick disks. Heat a grill until very hot. Oil lightly with a bit of fat (lamb fat appears to be traditional). Drop the dough onto the grill. When the edges look dry and it has begun to puff, turn it over quickly and finish cooking.

Mongolian Chicken Recipe

6 Chicken thighs; boned and skinned
1 tb Hoisin sauce
1 tb Oyster sauce
1 tb Dark sesame oil
1 tb Chinese rice wine or dry sherry
4 Garlic cloves; finely minced
1/2 c Hazelnuts
14 Button mushrooms, medium
6 whole Green onions
12 Dried red chilis, small
1/4 c Cooking oil

WOK SAUCE

1 ts Minced tangerine zest
1/3 c Freshly-squeezed tangerine juice
1/4 c Chinese rice wine or dry sherry
2 tb Oyster sauce
1 tb Hoisin sauce
1 tb Dark sesame oil
1 tb Red wine vinegar
1 tb Cornstarch

Preheat the oven to 325 degrees (to toast nuts). Rinse the chicken with cold water, then pat dry. Cut the meat lengthwise into 1/4-inch-wide strips. Cut the strips in half. In a small bowl, combine the chicken with the hoisin sauce, oyster sauce, sesame oil, rice wine, and garlic. Mix thoroughly to coat chicken. Cover and refrigerate the chicken for at least 15 minutes but not longer than 8 hours.

Place the hazelnuts on a baking sheet and toast in the preheated oven for 15 minutes, or until the nuts become golden. If the papery skins are still on the nuts, wrap them in a kitchen towel and let cool for a few minutes. Rub the towel vigorously between your palms until all skins have been removed. Set the nuts aside. Cut each mushroom through the stem into 4 wedges. Cut the green onions on a sharp diagonal into 1-inch lengths. Combine and set aside the green onions, mushrooms, and the dried chiles.

Set aside the cooking oil. In a small bowl, combine the wok sauce ingredients and set aside.

Place a wok over the highest heat. When the wok is very hot, add half the cooking oil. Roll the oil around to coat the inside, and when the oil gives off

just a wisp of smoke, add the chicken. Stir and toss the chicken until it loses its raw exterior color, about 1 minute. Immediately transfer the chicken to a plate.

Immediately return the wok to the highest heat. Add the remaining cooking oil and, when the oil is hot, add the vegetables and chiles. Stir and toss the vegetables, until the green onions brighten, about 2 minutes.

Stir the wok sauce, and pour into the wok. Return the chicken to the wok, add the nuts, and stir and toss until all the ingredients are glazed with sauce. Taste and adjust the seasoning. Immediately transfer the stir-fry to a heated platter or 4 heated dinner plates and serve. This recipe yields 4 servings.

Red-Cooked Mongolian Lamb

1 boneless lamb shoulder; 2-2.5 pounds; trimmed
4 tb cornstarch; divided use
2 cloves (large) garlic; minced
2 tb vegetable oil
1 cn (14.5-oz) chicken broth
1/4 c naturally brewed soy sauce
1/4 c dry sherry
1 tb brown sugar
1 tb slivered fresh ginger root
1 small; whole, dried red chile
3 md carrots; roll-cut into 1-inch pieces
1 bunch green onions and tops; cut into 1-1/2 inch piece
1/3 c hot water
1 hot cooked rice

Cut lamb into 1-1/2 inch cubes; coat with 2 tablespoons of the cornstarch. Brown lamb and garlic in hot oil in large skillet over medium heat. Pour chicken broth over lamb. Stir in soy sauce, sherry, brown sugar, ginger and chile. Cover; bring to a boil. Reduce heat and simmer 1 hour and 20 minutes; stir occasionally.

Add carrots and white parts of green onions. Cover and simmer 40 minutes.

Meanwhile, blend remaining cornstarch with 1/3 cup water; stir into pan with green onion tops. Cook and stir until mixture boils and thickens, about 1 minute. Serve over rice. Makes 10 servings.

NOTE: To roll-cut a carrot, make a diagonal slice at one end, roll the carrot a quarter turn and make another diagonal cut; continue rolling and cutting to the end.

Mongolian Beef over Rice

1 lb. sirloin steak - trimmed of fat, sliced thin
6 Tbls. soy sauce - divided
2 Tbls. corn starch
2 1/2 Tbls. peanut oil OR sesame oil OR vegetable oil - divided
2 tsp. granulated sugar
1/2 tsp. salt 2 dashes white pepper
4 cloves garlic - minced
2 tsp. peeled and grated fresh ginger root OR 2 tsp. ground ginger
8 oz. can sliced water chestnuts - drained
12 green onions - root ends trimmed, halved, sliced lengthwise

In a sealable plastic bag, knead together meat, 3 Tbls. soy sauce, corn starch, 1 1/2 Tbls. oil, sugar, salt, and pepper; refrigerate for at least 1 hour.

In a 375 degree wok, cook garlic and ginger in 1 Tbls. oil for 3-5 minutes.

Add remaining ingredients, including meat mixture to wok; stir-fry for 5-10 minutes, or until meat is cooked through. Serve over rice.

Mongolian Barbecue Rabbit

2 fryer rabbits
5Tbspns soy sauce
1/2 tspn salt
3 tblspns Hoisinsauce
1/4 cup peanut oil
4 Tblspns lemon juice
1 tspn fresh ground ginger
1/2 tspn pepper
3 Tblspns sesame seeds
1 tspn rice vinegar

Quarter the rabbits. salt & pepper the pieces. In glass or ceramic baking dish, mix the oil, ginger, soy sauce, hoisin sauce, sesame seeds, lemon juice, & rice vinegar. Place the pieces into the mixture to marinate, cover, & refrigerate for 6-8 hours. Be sure to turn at least once during marinating time.* Broil 4-6 inches from the heat source till done, turning as needed. Baste with the marinade as needed.

NOTE -- I prefer cooking these on the outdoor barbeque but they come out well in the oven-broiler.