

Bulgogi, Marinated Meat: Prevent Cancer

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According to a recent news article, marinated meat, when cooked, inhibits the formation of cholesterol oxidation products (COPs). Dr. Bing-Huei Chen and his colleagues at Fu Jen University in Taipei carried out the research, and their findings were published in the Journal of Agricultural and Food Chemistry (June 28, 2006). Dr. Chen's experiments were performed on eggs and pork, because these are very commonly eaten in China. If we apply the result of his research to a Korean dish, Bulgogi, we can see what a wonderful and healthy food Bulgogi is. Americans usually like to grill their beef, which produces the cholesterol oxidation products that cause heart disease or cancer as it is cooked. For Bulgogi, however, unrefined brown sugar and soy sauce are used as a marinade. Using the unrefined brown sugar instead of the refined white sugar is better for one's health.



In addition, the Asian pear extract makes the meat tender. By decomposing protein and fat enzymes, it makes the meat taste better, and also easier to digest. And of course, it is good for your health as well. On the other hand, using kiwi and/or pineapple does not achieve the same result as using the Asian pear extract. When we marinate and ferment the meat for 12 hours with pineapple or kiwi extract, the meat loses cohesiveness because kiwi and pineapple make the meat overly tender. Only those who do not understand the fermentation process of marinade will recommend using kiwi or pineapple for Bulgogi.