


TRAINING MANUAL

Korean Style Beef Gua Bao 3pc



Product Name	Korean Style Beef Gua Bao 3pc			
	Category	Training Manual	Issue Date	6/5/24
	Prep Time Standard Time	14:50 Min + 1 day 1:36 Minutes	Revision	New
	Net Weight	8.1oz	Container	AFC-30
	Allergens	Soy, Sesame, Wheat	Shelf Life	5 Days

Recipe

	Ingredient	Amount
	Folded Buns	3pcs
	Kalbi Style Beef	2.4oz
	Pickled Red Onion	0.9oz
	Green Onion	0.3oz
	Sesame Seeds	0.05oz
	Kalbi Sauce	0.6oz
Condiments	Kalbi Sauce	1oz cup

Instructions

Prep

1

5 sec



Remove thawed kalbi style beef from package and drain

2

1 min



Cut into **1/4inch (0.8oz)** thick pieces

3

30 sec



Cut red onion into **1/4inch** thick pieces

4

5 sec



Make vinegar for pickling
(**Water 1 : Sushi vinegar 2**)

5

5 sec



Marinate with pickling sushi vinegar for **24 hours**

6

3 min



Julienne cut the green onion
(As shown in the picture)

7

10 min



Soak green onions in the ice water for 10 minutes

8

5 sec



Drain and gently squeeze out the water

Start

1

3 sec



Take out thawed 3 bao buns (Overnight thawing in NSF® container)

2

10 sec



Place sliced beef between a bao bun

3

10 sec



Pour kalbi sauce (0.2oz each) over sides of the sliced beef

4

10 sec



Arrange bao in AFC-30 container as shown in the picture

5

10 sec



Place 1oz kalbi sauce cup as shown in the picture

6

15 sec



Using chopsticks, place pickled red onions (0.3oz each) in the sauced side

* Chopsticks are single use only

7

10 sec



Using chopsticks, add green onion (0.1oz each) on top of the sliced beef and between a bao bun

8

5 sec



Add sesame seeds on the top

9

3 sec



Cover the lid

10

20 sec



Place label, new sticker, and microwave sticker as shown in photo

Finish

