KOREAN COOKING CLASS
October 15ᵗʰ, 2009

MAIN DISH #1. Hard-boiled Chicken with Soy Sauce
(*Gan-jang Dak Jorim*)

MAIN INGREDIENTS

Chicken parts- Drum sticks, chicken breast/thighs, wings... (Choose whatever part that you like)
Russet potatoes
Carrots
Yellow onions
Spring onions
Hot red peppers
Sweet potato starch noodle (Glass noodles)

SAUCE

Soy sauce - 6 tbsp
Oyster sauce - 2 tbsp
Mirin - 6 tbsp
Ground garlic - 4 tbsp
Ginger Juice - 2 tbsp
Dark sugar - 6 tbsp
Honey - 4 tbsp
Sesame oil - 2 tbsp
Ground black pepper

CHICKEN BROTH INGREDIENTS

Garlic
Black peppercorns
Spring onions
Ginger

INSTRUCTION

(A) Prepare the ingredients
- Chicken parts: Thoroughly wash and get rid of some skin (Don't get rid of all skin for better taste rich texture after the long hour of boiling)
- Potatoes, carrots, onions: Wash and pill the skin. Chop the vegetables in chunks (If you chop it in little pieces you will end up seeing nothing left after the long hour of boiling)
- Spring onion and red peppers: Wash and chop. In case of red peppers, get rid of the inner seeds
- Sweet potato starch noodle: Leave it in warm water for 20~30 minutes

(B) Prepare the sauce: Mix the suggested ingredients of sauce all together

(C) Boil the chicken with whole spring onion, round black peppers, garlic and ginger

(D) When the chicken is cooked save approximately 5 cups of chicken broth

(E) Stir fry potatoes, carrots, red peppers with sesame oil and add the cooked chicken

(F) Add prepared chicken broth and the base sauce and boil with strong heat for about 10~15 minutes with the lid on

(G) Reduce the heat and see if the food has boiled down and add the sweet potato starch noodle, sliced spring onion and chopped onion chunks

(H) Stir the dish and drop a little bit of sesame oil with sprinkle or sesame seeds and serve

Delicious and healthy!!!

MAIN DISH #2. Beef-pork Patty Cake
(*Dong-gurang ddang*)

MAIN INGREDIENTS

Minced pork 250g or ½ lb
Minced beef 100g or ¼ lb
Tofu 100g or ¼ lb
Diced yellow onion – 5 tbsp
Diced carrots – 3 tbsp
Diced green bell pepper - 2 tbsp
Diced red bell pepper – 2 tbsp
Minced spring onion – 3 tbsp

BASE-SEASONING INGREDIENTS

Mirin – 1 tbsp
Diced garlic – 1 tbsp
Salt - ½ tbsp
Sugar - ½ tbsp
Diced ginger (little)
Grounded black pepper (little)

SPICES INGREDIENTS

1 Egg yolk
Soy sauce - ½ tbsp
Sesame oil - ½ tbsp
Salt - ½ tbsp

INSTRUCTION

(A) Get rid of bloody water of minced beef and pork using kitchen towel

(B) Add ingredients for base-seasoning into minced beef and pork and mix thoroughly using had and leave it in the refrigerator for 20~30 minutes

(C) Squeeze the tofu using cheesecloth for getting rid of all the water. Afterwards, mix the squeezed tofu, diced onion, carrots, green pepper, red pepper and spring onion

(D) Bring out the refrigerated meat with all ingredients for spices

(E) Knead the food thoroughly using hand for more than 10 minutes for increasing the stickiness between all the ingredients

(F) Roll the kneaded food using plastic wrap or foil and place it in the freezer for 2 hours (ideally)

(G) Bring out the frozen loaf and slice with about ¼ inch thickness

(H) Roll the sliced loaf in flour and wet it in egg. Cook on the heated pan with olive oil

(I) Serve with soy sauce with white vinegar or ketchup (kids love it! =D)

Yum….yum.. Yummy!!!

Korean Dessert: Sugar Sweet Potatoes
(*Goguma Mat-tang*)

MAIN INGREDIENTS

4 Sweet potatoes
Cooking Oil

SAUCE INGREDIENTS

Olive oil - 2 tbsp
Sugar - 8 tbsp

INSTRUCTION

(A) Get rid of the skin of sweet potatoes and chop it in chunks

(B) Heat the cooking oil up to 180℃ or 350°F and fry the chopped sweet potatoes

(C) On a separate pan make a syrup by adding 8 tbsp of sugar with 2 tbsp of olive oil (Heat it until the syrup turns into yellowish color)

(D) When the sweet potatoes are fried get rid of excessive oil by drying up with kitchen towel and directly mix with the prepared syrup

(E) Serve on the dish but apply bit of oil on the dish so it does not stick.