

EASY KIMCHI & KOREAN NOODLE SOUP

KIMCHI

INGREDIENTS

Napa Cabbage and Korean radish

Onions

Green onion or chives, cut into 1-3 cm pieces

Fish sauce (Korean one or "Viet Huong")

Minced garlic

Minced ginger (optional)

Sugar

Chili powder

Cayenne pepper (optional)

Sriracha sauce (optional, My favorite brand is Huy Fong Foods with rooster on the logo)

Flour (can be replaced w/ cooked rice)

DIRECTIONS

1. Cut the root part of Napa cabbage and rinse it.
2. Soak the leaves into salted water until the white stem part is elastic.
3. Rinse and drain salted Napa cabbage.
4. Put roughly chopped onion, minced garlic and ginger (optional) in a blender with fish sauce and blend it.
5. Add plum syrup or sugar and blend it until it has a smoothie consistency.
6. Transfer the mixture into a glass or stainless steel bowl (if you use a plastic or silicone one, it would be dyed red when you put in chili powder). Add chili powder and stir it until you can see a clear red paste. Leave it for at least 10 minutes until chili powder is fully absorbed.
7. Boil 10 tablespoons of water in a pot and turn the heat off when it is about to start to boil and put 1 tablespoon of flour and stir it thoroughly until you cannot see raw flour anymore and let it cool for 10 minutes and mix it with the chili paste.
8. Mix the chili sauce mixture with the cabbage thoroughly until the cabbage is dyed red. If you are using green onion or chives, mix them with the cabbage before adding the chili sauce.
9. Put kimchi in a container and let it sit in room temperature for one day then put it in the refrigerator.

KALGUKSU (KOREAN NOODLE SOUP)

INGREDIENTS

Flour, salt, Beef stock, soy sauce, salt, potato, zucchini, carrot, eggs, onions

DIRECTIONS

Noodle (can be replaced with pre-made noodles)

1. In a bowl, combine 1 cup of flour, 1 teaspoon of salt, and 5 teaspoon of water and mix until a soft dough is formed.
2. Turn the dough out onto a lightly floured surface and knead until smooth and firm.
3. Once the dough ball is ready, put it in a plastic bag and let it rest for at least 30 mins.
4. Roll the dough out w/ a rolling pin
5. Sprinkle some flour on the dough and flip it and cut it into strips about ¼ inch wide.

Stock

1. Bring beef stock (or chicken/vegetable stock) to a boil.
2. Add sliced onion, potato, soy sauce and salt. Reduce heat to simmer and cover the pot.

Garnish

1. Thinly slice zucchini, carrots, and onions
2. Sautee each vegetable separately in a pan with a little bit of oil.
3. Beat eggs in a bowl.
4. Pour the egg mixture into a pan (or griddle) and tilt the pan in a circular motion as if you're making a crepe.
5. Cook the eggs for about 1-2 minutes on low heat and rest it for 5-10 minutes. Then thinly slice it into strips.

BOSSAM (KOREAN PORK WRAPS)

INGREDIENTS

Korean radish, Salted Napa cabbage, Kimchi sauce, Instant coffee, onions, cloves of garlic, Soybean paste, Pork belly (or Picnic shoulder)

DIRECTIONS

Pork

1. To parboil the pork, bring water to a boil, add the pork, and cook it until the outside of the pork turns gray.
2. Remove the pork and rinse it in running cool or cold water.
3. Put onions, garlic, instant coffee, soybean paste and pork into the pot and add enough water to cover the pork. Boil everything for 30 -60 mins. Then remove the pork and let it cool down.
4. Slice the pork into quarter inch thick.