

Korean Food for Special Occasions

With Lucy Hyekyung Jee

Basic Korean sauce mix for 200g (7oz) amount: 1TS soy sauce, 1/2TS sugar, 2/3TS minced green onion, 1/3TS minced garlic, 1ts sesame oil, and 1/2ts sesame seed (or roughly ground sesame seed)

*TS: Table spoon. ts: tea spoon

Bulgogi: Korean BBQ

There are many styles of Korean BBQ. This is a basic one.



Ingredients (for two people)

one pack of the shaved beef (around 15oz)
½ onion
3-5 mushrooms
basic Korean sauce mix
pepper
ground pear (optional)

Directions

1. Slice onion and mushroom thinly.
2. Marinate beef with more than two times of basic Korean sauce mix (2TS soy sauce, 1TS sugar, 1 and ½ TS green onion, 2/3TS minced garlic sesame oil and sesame seed) and 1T ground pear, and pepper at least 1 hour. (Marinate time is longer, sauce will seep into beef deeply)
3. Add oil in a heated pan and stir fry beef, onion and mushroom.
4. Serve cooked Bulgogi with washed lettuce.

Japchae: stirred vegetable mix



Ingredients (for five people)

100g of Dangmyun (sweet potato starch noodles)
100g (3.5oz) of beef
1/2 bunch of spinach
Half of medium size carrot
1 medium size onion
4 shitake mushrooms (you can use other kinds of mushrooms instead of shitake)

2 cloves of garlic
3 green onions
Soy sauce, sugar, sesame oil, sesame seeds, and pepper
One Egg (optional)

Directions

1. Soak noodles in water for 20 minutes
2. Mince garlic and green onion
3. Blanch the shitake, rinse it with cold water and drain. Slice the shitake and squeeze them lightly with your hands and mix with Korean basic sauce mix (around quarter amount: 1ts soy sauce, 1/2ts sugar, 2/3ts minced green onion, 1/3ts minced garlic. Little bit sesame oil, and sesame seed (or roughly ground sesame seed) and ground pepper
4. Cut beef into thin strips and marinate sliced beef with basic sauce mix (1/2 amount) and pepper.
5. Blanch spinach in the boiling water (add two pinches of salt), rinse with cold water and drain. Squeeze spinach and mixed them with ½ts salt, ½ ts minced garlic, 1t sesame seed, 1t sesame oil.
6. Cut a carrot into thin matchstick-shaped pieces 5 cm long. Slice onion thinly in vertical direction.
7. Stir mushroom, onion, carrot, and beef with a pinch of salt in order on the heated pan with oil separately. Put them on the plate for cooling down.
8. Add ½ TS oil and 3TS soy sauce in the boiling water (around 3cups) and then boil noodles for 6 minutes until noodle turn into clear. (** Take one sample and taste it to see whether or not it's cooked properly. If it feels soft, it's finished.*)
9. Drain noodles (**Do not rinse with cold water**), cut them several times by using scissors, and put them into heated pan with 1TS sesame oil. Add 1TS soy sauce and 1TS sugar and stir noodles.
10. Mix noodles, vegetables, mushroom, beef and sesame seed. (Depending on your taste, you can add soy source, sugar, or sesame oil)
11. Decorate with julienned egg yolk and whites. (The yolks and white are separated, beaten, and pan-fried like crepe)

Celery muchim: Korean style Celery Salad



Ingredients (for 2-3 people)

One or two sticks celery with leaves
Half of onion

For sauce - 1TS fish sauce, 1T rice vinegar, 1 ½ TS lemon Juice, 1TS chopped red bell pepper, ½ TS sugar, ½ TS fine ground Korean pepper, ½

TS minced green onion, and a pinch of minced garlic.

Directions

1. Cut the celeries in 1.5cm in diagonal
2. Thinly slice the onion
3. Mix the celery and onion with the sauce

Hobak buchimgae: Korean style Zucchini pancake



Ingredients (for four people)

one medium size Zucchini
half of a medium size onion
½ cup of flour
one egg
½ ts salt
4TS water

For dipping sauce: Soy source 1 TS, rice vinegar ½ TS, and a pinch of ground Korean hot pepper.

Directions

1. Cut Zucchini in 1cm slices and then into matchstick shaped and salt them for a while (around 3-5 minutes). Wash and drain them.
2. Slice onion thinly
3. Mix flour, egg, and water and make a little loose batter (The dough should not be too liquidy)
4. Mix drained Zucchini, onion and the batter together in a large bowl.
5. Fry the mixed batter on the heated pan with oil. Use ladle when you pour the batter.
6. Cut fried Hobak buchimgae into one bite size and serve them with the dipping sauce.

Kong guksu: noodles with soybean milk



Ingredients (for one person as a meal)

one bunch of Udon Noodles
2 cups of unsweetened soy milk, one silken tofu
9 pieces of roasted & unsalted cashews (optional)
2/3 ts salt
sesame seed
half of cucumber

Directions

1. Peel the cucumber and slice it finely.
2. Put noodles into boiling water, rinse with cold water, and drain. (Pour a half cup of cold water when the water boils again after you put noodles. Do it two times)
3. Blend cold soy milk, silken tofu, cashews and salt.
4. Put the drained noodle in a bowl, pour mixed soy milk (3), and decorate the top with slice cucumber and sesame seed. (Add more salt to taste)