

# Cooking Korean Food with Maangchi

22 Korean recipes  
including:

Ddeokbokkie  
Jjajangmyeon  
Kimchi  
Bibimbap  
Doenjangjjigae  
Bulgogi  
Kimbap  
Kimchijjigae  
Japchae  
...and more



# Cooking Korean Food with Maangchi

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# Introduction

Hi everyone! I want to welcome you all to my cookbook.

Since I was young I've been interested in food from different cultures. Making good food and sharing it with others is one of my favorite things, but I discovered that there was little information about Korean recipes on the internet or in bookstores. So some of my friends and my son inspired me to post my recipes on YouTube. My son thinks I'm the best cook in the world!

So when I started my cooking show on YouTube, I approached it as if my viewers knew nothing about Korean food. Just like when I wanted to learn the cooking of another culture and knew nothing about how to do it.

So I measured with cups and tablespoons and illustrated things as clearly as I could. And I explained Korean ingredients that people maybe never saw before.

I also put all of this on my website, as well as answering questions people had there. Some of my readers suggested I make a cookbook that they could bring into the kitchen, or give as a gift. So I gathered all my recipes together and went to the Korean grocery store and took pictures of all the stuff I buy on my shopping trips.

So when you read this book, it should be like we're in the kitchen together. Bring this book to the Korean grocery store or Chinatown, and it should be like we're shopping together. Hold the pictures up to the shelf and compare. Is that what you need? If you're not sure, ask some Korean in the store. They will help you and maybe even laugh at this book.

Most of all, enjoy yourself and have fun! I hope you get a lot of good meals out of this cookbook.

Maangchi

March, 2008

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# Breaded cod filets (Daegujeon)

## Ingredients:

Cod filets, flour, olive oil, garlic, salt, ground black pepper, eggs, red chili pepper, soy sauce, and vinegar.

- 1) Prepare 400 grams of cod filets. If they are frozen, thaw them out in the refrigerator before starting.
- 2) Rinse the filets in cold water and gently dry them using a paper towel or cotton cloth.
- 3) Slice thinly and put it in a bowl.
- 4) Sprinkle 1 ts of salt, 2 cloves of minced garlic, and 1 pinch of black pepper into the bowl. Gently mix by hand.
- 5) Add 1 cup of flour to the bowl. Mix quickly and gently with your hand to lightly bread the cod.
- 6) Beat 2 eggs in another bowl. Add a pinch of salt.
- 7) Add 1 chopped green onion and red chili pepper to the eggs.
- 8) Heat a pan on the stove over high heat and add 1 tbs of olive oil or vegetable oil.
- 9) Piece by piece, dip your breaded cod into the beaten eggs, and then place the cod onto the heated pan.
- 10) Lower the heat to medium and cook it.
- 11) Turn it over using a spatula or spoon. Add more oil if needed.
- 12) Plate the cod on a lettuce leaf on a large plate. Now it's *jeon!*
- 13) Serve it with a dipping sauce made of a mixture of 2 tbs soy sauce and 1 or 2 tbs vinegar.



<http://www.maangchi.com/recipe/daegu-jeon>  
for video, comments, and help



# Spicy rice cake (Ddeokbokkie)

## Ingredients:

Tube shaped rice cake (1 package, or about 300 grams' worth), hot pepper paste (*gochujang*), sugar, water, dried anchovies, and green onions.

- 1) Separate the tubes of rice cake into individual pieces.
- 2) Remove the heads and intestines of 7 large dried anchovies. Add them to a pan with 4 cups of water.
- 3) Boil the water for 10 minutes over medium heat, then remove the anchovies. Add the rice cakes, 4-6 tbs of hot pepper paste, 1 tbs sugar, and 1 tbs of hot pepper flakes (optional). Stir constantly.
- 4) Cut 7 green onions into 5 cm long pieces, and add them to the pot.
- 5) Keep stirring until the sauce is thick and the rice cake is shiny.
- 6) Transfer to a plate and optionally add fish cake, peeled hardboiled eggs, and noodles before serving.





tubes of rice cake



hot pepper paste  
("gochujang")

<http://www.maangchi.com/recipe/ddukbokkie>  
for video, comments, and help

# Black bean noodles (Jjajangmyeon)

## Ingredients (for 4 servings):

Noodles (special noodles, or “*myeon*” for *jjajangmyeon*), black bean paste (*chunjang*), pork belly, sugar, olive oil, potato starch powder, sesame oil, Korean radish (*muwu*), potato, zucchini, onion, and cucumber.



- 1) Cut ½ pound of pork belly into ½ inch (about 1cm) cubes. Leave the skin on.
- 2) Add ½ tbs of olive oil to a heated wok. When it's hot, add the pork and stir fry until it looks crispy.
- 3) When the pork is well cooked and golden brown, drain off the hot fat and set the wok aside.
- 4) Preheat a small skillet over medium heat with 1 tbs of vegetable oil. When it's hot add 6 or 7 tbs of black bean paste and stir fry for 1 minute.
- 5) Remove the extra oil and set the black bean paste aside.



- 6) Prepare the vegetables by cutting 1 cup's worth of radish, 1 cup's worth of potato, 1 cup's worth of zucchini, and 2 cups' worth of onion into ½ inch cubes and place them on a big plate or tray.



- 7) Over high heat, reheat the crispy pork that you set aside in your wok. Add 1 tbs of olive oil.
- 8) Add radish and potato and sauté them for 2 minutes. Then add zucchini and onion and sauté them for another 2 minutes.
- 9) Add 3 cups of water, or enough until all the ingredients are submerged. Close the lid and boil it for 15-20 minutes.
- 10) Open the lid and skim off any foam from the surface. Add the fried black bean paste from the small skillet and stir it all up.  
*\*tip: to check if ingredients are cooked or not, try a sample potato chunk. It should be cooked, not raw.*
- 11) Mix 1-2 tbs potato starch powder (or corn starch) and 1 tbs water and add it into the boiling soup. Stir until you have a sticky sauce. This is called *jjajang* sauce.



Now let's cook the noodles (the *myeon* part of *jjajangmyeon*). For 2 servings, you'll need one bunch of noodles from the package.

- 1) Boil water in a big pot, add the noodles and close the lid. Cook for a few minutes, according to the directions on the package (usually around 3 minutes).
- 2) Try one sample noodle to see if they're done. The sample should be soft and chewy in your mouth, and not stiff at all. If it's cooked, drain the noodles and place them on a large plate or bowl.
- 3) Reheat the *jjajang* sauce and pour it over the noodles.



Garnish with cucumber strips and serve it with *kimchi* or yellow pickled radish (*danmuji*). It should always be served hot, never cold.

# Napa cabbage kimchi and radish kimchi (Kkakdugi)

*Kimchi* is a staple of Korean life and many Koreans include it in their meals three times a day. You can eat it by itself, with rice, or use it in many different Korean recipes. When Koreans make *kimchi*, it's always done with care and reflects local and seasonal variations.

This recipe is for traditional *kimchi* with oysters. It also shows you how to make radish *kimchi* (*kkakdugi*) at the same time, which will save time because you only need to make the *kimchi* paste once. Many people think you have to wait for *kimchi* to be fermented before eating it, but I like to eat it as soon as it's made. As time goes on, *kimchi* ferments and changes, so I like to make stew out of older *kimchi*, which I explain how to do in my *kimchijjigae* recipe (pg 39).

If you don't like oysters, you can leave them out. And if you just want to make *kimchi* or just want to make *kkakdugi*, leave out the steps you don't need.

## Ingredients:

Napa cabbage, salt, sweet rice flour, sugar, water, hot pepper flakes, fish sauce, white onion, fresh garlic, ginger, green onions, Asian chives (*buchu*), Korean radishes (*muwu*), and fresh oysters (optional).





# Napa cabbages

Prepare the cabbages and radish:

- 1) Cut 8 pounds' worth of Napa cabbages in half. Slit each half through the core, keeping the leaves intact.
- 2) Soak each piece in cold water and sprinkle with  $2\frac{1}{2}$  cups of salt. The stems should get a little more salt than the leaves. Set aside for 2 hours.
- 3) Skin 2 radishes and cut them into 1 inch cubes. The quickest way to do this is to cut the radish into disks, then cut the disks into strips, and then cut the strips vertically. Put the cubes into a big bowl and sprinkle them with  $\frac{1}{2}$  cup of salt. Set aside for 2 hours.
- 4) After 2 hours, turn the radish and cabbage over so everything gets salted evenly.
- 5) After another 2 hours, the salting should be finished. The cabbage should have shrunk considerably, and it should look and feel softer. Rinse the salted cabbage and radish in cold water 3 times.





# Asian chives (“buchu”)

Now we need to make *kimchi* paste:

- 1) Put  $\frac{1}{2}$  cup of sweet rice flour (you can replace this with plain flour) and 3 cups of water into a skillet and mix them up. Cook over medium-high heat, stirring constantly.
- 2) When you see some bubbles, pour  $\frac{1}{4}$  cup of sugar into the porridge and stir one more minute. Then cool it down.
- 3) Place the cold porridge into a big bowl. Add 1 cup of fish sauce, 4-6 cups of hot pepper flakes (depending on how hot you like it), 1 cup of crushed garlic, 1 tbs of minced ginger, and 1 medium size minced onion.  
*\*tip: mincing and crushing ingredients is faster in a food processor.*
- 4) Add 7 diagonally-sliced green onions, 2 cups of Asian chives (cut into 2 inches in length), and 2 cups of shredded Korean radish.
- 5) Optionally, you can add 2 cups of oysters. I've found lots of people can't eat them.
- 6) Mix all the ingredients well. Your *kimchi* paste is done.



Korean radish







<http://www.maangchi.com/recipe/kimchi-kaktugi>  
for video, comments, and help

Are you ready to spread the paste over the leaves and make *kimchi*? I recommend you wear rubber gloves so you don't irritate your skin.

- 1) Spread the *kimchi* paste onto each leaf of the cabbage. Press them with both hands to make a nice shape.
- 2) Put each leaf of *kimchi* into an air-tight sealed plastic container or glass jar.
- 3) Mix your leftover paste with your radish cubes to make *kkakdugi*.



You can eat your *kimchi* and *kkakdugi* fresh right after making it, or wait until it's fermented. Put the *kimchi* container at room temperature for 1 or 2 days and then keep it in the refrigerator.

*How do you know if it's fermented or not?*

One or 2 days after, making it open the lid of the *kimchi* container. If you see some bubbles with lots of liquids, and maybe strong, sour smells, it means your *kimchi* is being fermented.



# Spicy beef with vegetable soup (Yukgaejang)

## Ingredients:

beef brisket, onion, water, green onion, bean sprouts, soaked fernbrake (*gosari*), celery, garlic, hot pepper flakes, sesame oil, vegetable oil, salt, soy sauce, and black pepper.

- 1) Bring 11-12 cups of water to a boil. In the meantime soak 1lb of beef brisket in cold water.
- 1) When the water boils, add the beef and half an onion. Boil for 1 hour over high heat.
- 2) Meanwhile cut 12 green onions, 1 stalk of celery, and 1 cup of soaked fernbrake into pieces 1 inch long. Mince 7 cloves of garlic and put it all into a big bowl with 2 cups of washed mungbean sprouts.
- 3) Make hot pepper oil sauce by mixing 3 tbs hot pepper powder, 1 tbs sesame oil, 1 tbs vegetable oil, 1 tbs soy sauce, 4 ts salt, and 1 ts black pepper into a small bowl.
- 4) Put the hot pepper oil sauce into the bowl of vegetables and mix it all up.
- 5) When the beef is well cooked, take it out and set it aside to cool down.
- 6) Add the mixture of vegetables and hot pepper oil sauce into the boiling beef stock. Boil it for 20 or 30 minutes.
- 7) Slice the beef thinly and add it into the boiling soup. Cook it about 5 or 10 minutes more.



fernbrake  
("gosari")



<http://www.maangchi.com/recipe/yukgaejang>  
for video, comments, and help

# Spinach side dish (Sigeumchi namul)

## Ingredients:

Spinach, soy sauce, garlic, green onion, sesame oil, and sesame seeds.

- 1) Remove the dead leaves and the roots from 1 bunch of spinach. Blanch for 30 seconds in boiling water with 1ts of salt.  
*\*tip: scissors are a fast and easy way to clean your spinach*
- 2) Drain the cooked spinach and rinse in cold water 3 times. Squeeze it gently to get the water out.
- 3) Cut the spinach a few times and set it aside.
- 4) Place 2 cloves of minced garlic, 1 chopped green onion, 1 tbs of soy sauce and ½ tbs sesame oil in a large bowl and mix it all up with a spoon.
- 5) Place the spinach into the sauce and mix by hand.
- 6) Transfer the spinach onto a serving plate and sprinkle ½ tbs of toasted sesame seeds over top.



<http://www.maangchi.com/recipe/sigumchi-namul>  
for video, comments, and help

# Mixed rice with vegetables (Bibimbap)

## Ingredients (for 4- 6 servings):

Rice, bean sprouts, spinach, zucchini, Shiitake mushrooms, cooked fernbrake (gosari), ground beef (about half a pound), carrot, eggs, soy sauce, hot pepper paste, garlic, sesame seeds, sesame oil, and vegetable oil.

- 1) Make a big bowl of rice in a rice cooker or a pot. Use around 2 cups of dried rice.
- 2) Prepare a large platter for all your ingredients. Rinse 1 package of bean sprouts 3 times and put them in a pot with a cup of water. Add 1 ts of salt and cook for 20 minutes. Drain the water and mix with 1 clove of minced garlic, sesame oil and a pinch of salt. Put them on the platter.
- 3) Put 1 bunch of spinach in a pot of boiling water and stir for a minute. Drain, rinse in cold water, and then lightly squeeze the water out. Mix with a pinch of salt, 1 ts of soy sauce, 1 clove of minced garlic and a little sesame oil. Put it on the platter.
- 4) Cut 2 small zucchinis into thin strips. Sprinkle a pinch of salt over top and gently mix together. A few minutes later, sauté them in a pan over high heat. When they're cooked, they will look a little translucent. Put them on the platter.
- 5) Cut 2 or 3 cups of cooked fernbrake (*gosari*) into pieces 5-7 cm long and sauté in a heated pan with 1 ts of vegetable oil. Add 1-2 tbs of soy sauce and ½ tbs of sugar and cook them for a few minutes. Add sesame oil. Put them on the platter.





## Shiitake mushrooms

- 6) Slice 5-7 shiitake mushrooms thinly and sauté them with 1 ts of vegetable oil. Add 2 ts of soy sauce and 1-2 ts of sugar and stir them for 2 minutes. Add some sesame oil and put them on the platter.
- 7) Put 200 grams of ground beef on a pan with some oil and stir. Add 4 cloves of minced garlic, 1 tbs of soy sauce, ½ tbs of sugar, a little ground black pepper, and some sesame oil. Put it on the platter.
- 8) Cut 1 small carrot into strips, sauté for 30 seconds and put it on the platter.
- 9) Make a sunny side up egg for each serving.
- 10) Create a serving in a large bowl by putting some rice in the bowl and attractively laying out some vegetables and meat around the rice. Place a sunny side up egg in the center.
- 11) Serve with sesame oil and hot pepper paste on the side. Add the oil and paste to taste, mix up all the ingredients in your bowl, and eat.

For a nonspicy version, substitute the hot pepper paste for this green onion sauce:

In a small bowl add 4 chopped green onions, ½ cup of soy sauce, 1 tbs of sesame seeds, 2 ts of sugar, and 1 tbs of sesame oil. Mix it up and serve on the side with *bibimbap*.



### Egg soup

- 1) In a small pot add a can of chicken broth and 2 cans of water as measured by the chicken broth can. Bring to a boil.
- 2) Beat 2 eggs with a fork. Slowly stir the boiling stock and pour in the eggs. Salt to taste.
- 3) Chop 2 green onions.
- 4) Serve the soup in a small bowl with your *bibimbap*, *on the side*. Sprinkle some chopped green onions over the top.

<http://www.maangchi.com/recipe/bibimbap>  
for video, comments, and help

# Bean paste vegetable stew (Doenjangjjigae)

Korean tofu stew, made with vegetables, tofu, and bean paste, and is an everyday staple of most Koreans' diet. We serve it as part of a complete meal, with side dishes and rice. In the southern part of Korea, we eat this stew with barley rice, vegetable salad, and hot pepper paste all mixed together.

## Ingredients:

Potato, zucchini (or squash), onion, garlic, green chili pepper, dried anchovies, green onion, tofu, soybean paste (*doenjang*), and shrimp.



- 1) In a medium-sized ceramic pot, add 1 medium sized potato, peeled and cut into 2 cups' worth of cubes .
- 2) Cut a zucchini (or squash) into 2 cups' worth of cubes. Add them to the pot.

<http://www.maangchi.com/recipe/tofu-stew-doenjang-chigae>  
for video, comments, and help

- 3) Add 1 medium-sized onion cut into chunks to the pot.
- 4) Slice 1 green chili pepper and put it into the pot.
- 5) Removing the heads and intestines of 7 large dried anchovies. Chop them up and put them into the pot.
- 6) Chop up 4 shrimp and put them into the pot.
- 7) Mince 5 cloves of garlic and put them into the pot.
- 8) Your pot should now be about two-thirds full with your ingredients.
- 9) Add just enough water to cover everything and cook over high heat.
- 10) When it starts boiling, add 4-6 tbs of bean paste. Stir it in and keep cooking.
- 11) When the stew is sizzling and all ingredients are cooked, add 100 -150 grams of tofu cut into cubes and 1 chopped green onion.
- 12) Occasionally stir the boiling stew with a spoon. Taste a piece of potato to see if it's cooked. It shouldn't be raw, it should be soft and well-done.
- 13) Serve with a bowl of rice and other side dishes.







### **Korean Southern-style mixed green salad (*geotjeori*)**

Ingredients: mixed greens (or lettuce), cucumber, 1 green onion, 1 clove of garlic, soy sauce, sugar, sesame oil, and sesame seeds.

- 1) Wash and drain 5-6 cups of mixed greens. If you're using lettuce, tear it up into bite sized pieces.
- 2) Cut 1 cucumber in half lengthwise and then slice it diagonally. Add it into the bowl.
- 3) Chop 1 onion and add it to the bowl.
- 4) Make the sauce by mixing 1½ tbs soy sauce, 1 tbs hot pepper flakes, 1-2 ts sugar, ½ tbs of sesame seeds and 1 tbs of sesame oil.
- 5) Mix the vegetables with the sauce.
- 6) Transfer the salad to a glass bowl or a big plate and serve it.

### **Serving it all together:**

Place some rice into a big bowl, then add a scoop of doenjang jjigae and some vegetable salad over top.

Add hot pepper paste and sesame oil to taste.



# Beef and vegetable stew (Bulgogi jeongol)

*Bulgogi* is a popular Korean dish which for many people is simply “Korean barbecue.” But *bulgogi* is more than just barbecued meat, there should be a lot of delicious vegetables in this dish.

I’m going to show you two recipes: one for *bulgogi*, and one for bulgogi stew (*jeongol*). If you just want a *bulgogi* barbecue, stop after making *bulgogi*. If you want to make the stew, first make *bulgogi*, don’t cook it, and then continue on to the second recipe.

## Ingredients:

Tenderloin beef, soy sauce, sugar, honey, garlic, pear, onion, sesame oil and seeds, 1 can of beef broth, mushrooms, carrot, green onions, tofu, onion, and green chili pepper.



## Making Bulgogi:

- 1) Mix the following to make a marinade:  $\frac{1}{2}$  cup of soy sauce,  $\frac{1}{4}$  cup of sugar, 12 cloves of minced garlic, 1 crushed medium size onion, 1 crushed small Asian pear,  $\frac{1}{2}$  cup of water (can be replaced with cooking wine), and 1 tbs of honey. Use a food processor if you have one.
- 2) Pour the marinade sauce into a large bowl and set aside.
- 3) Slice 2 pounds of tenderloin beef thinly, against the grain, to make it tender.  
*\*tip: the beef will be easier to cut if you keep it in the freezer for a few hours beforehand*
- 4) Place the sliced beef into the marinade and add 1-2 tbs of sesame oil and some toasted sesame seeds. Mix it by hand and keep it in the refrigerator for at least 3 hours.
- 5) After 3 hours, you can grill the meat on charcoal bbq, broil it in an oven, or grill it on pan.



## Making Bulgogi stew (*jeongol*)

### Ingredients (for 4-6 servings):

Marinated bulgogi (the recipe from the last page), mushrooms, green onions, tofu (or noodles), green chilli pepper.

- 1) Place mushrooms, carrot, tofu, and green onions cut into bite-size pieces around the outside of a big shallow skillet. Place the *bulgogi* in the center.
- 2) Cut up a green chili pepper and place it on top of the *bulgogi*.
- 3) Add 1 can of beef broth and 1-2 cans of water to the skillet.
- 4) Close the lid and cook for about 5 -10 minutes. Open the lid and stir and spread the *bulgogi* around. Cook for another 5-10 minutes over high heat.
- 5) Serve by filling individual bowls with one serving of the stew.



<http://www.maangchi.com/recipe/bulgogi-and-bulgogi-stew>  
for video, comments, and help

# Stuffed cucumber kimchi (Oisobagi)

Cucumber *kimchi* is made by turning a cucumber into a pocket and stuffing it with vegetables and *kimchi* paste. It's delicious, and goes well with radish soup.

## Ingredients:

Cucumbers, salt, carrot, onion green onions, Asian chives, garlic, fish sauce, hot pepper flakes, and sugar.

- 1) Wash 6 cucumbers (or 10-12 kirby cucumbers) and cut them in half (if you use kirby cucumbers, you don't need to cut them in half). Carefully make pockets out of the cucumbers by cutting slits into the sides, and put them into a big bowl.
- 2) Sprinkle a half cup of salt onto the cucumber pieces, mix them, and wait for 30 minutes.
- 3) Create seasoning paste by adding  $\frac{1}{4}$  cup of fish sauce,  $\frac{1}{2}$  cup of hot pepper flakes, 2 cloves of minced garlic and 1 tbs sugar into a large bowl and mix it up.
- 4) To the seasoning paste add 2 cups' worth of Asian chives chopped into 1 inch long pieces, 3 green onions cut diagonally into 1 inch long pieces, a  $\frac{1}{4}$  cup's worth of shredded carrot, and  $\frac{1}{4}$  cup of onion sliced into thin pieces. Mix it up.
- 5) Wash the cucumbers once and drain them. Stuff the seasoning paste into the cucumber's pocket slits. You can wear rubber gloves to protect your hands if you want to. Put each cucumber into an airtight container.
- 6) You can eat it right after making it, but keep any left-over *kimchi* in the refrigerator.



# Radish soup with beef (Muguk)

## **Ingredients (for 2-3 servings):**

beef brisket, Korean radish, green onions, garlic, fish sauce, and 6 cups of water.

- 1) Pour 6 cups of water into a pot.
- 2) Cut 2½ cups of sliced Korean radish diagonally into thin strips (about 2½ cups worth) and put it into the pot.
- 3) Cook it over medium-high heat.
- 4) Chop 150 grams of beef brisket into small chunks and mince 3 or 4 cloves of garlic
- 5) When the soup starts boiling about 10 minutes later, add the beef and garlic. Boil for about 15 minutes more over medium heat.
- 6) Skim any bubbles or foam from the surface. Add fish sauce to taste and 3 chopped green onions. Cook it for 5 or 10 minutes more over medium heat.

# Ginseng chicken soup (Samgyetang)

## Ingredients:

1 small chicken (or Cornish hen), sweet rice, garlic, green onions, jujubes, and ginseng roots.

1. Wash and rinse your chicken in cold running water.
2. Soak 2 tbs of sweet rice for 1 hour.
3. Stuff the chicken with the sweet rice, 1 or 2 small ginseng roots, a few jujubes, and 12 cloves of garlic. Put it in a pot.
4. Pour water into the pot and boil it over high heat for 20 minutes.
5. When it starts to boil, skim off any foam and fat that rises to the surface. Then pour in more water and boil over medium heat for 40 minutes.
6. If it's cooked properly, the chicken will be easily pulled apart by chopsticks. Serve with salt and pepper and *kim-chi* or *kkakdugi*.



# Grilled beef (Soegogi gui)

## Ingredients:

Beef (tenderloin or sirloin), lettuce, green onions, garlic, salt, black pepper, sugar, sesame oil, toasted sesame seeds, soy sauce, hot pepper flakes, hot pepper paste (*gochujang*), and bean paste (*doenjang*).

- 1) Cut 1 pound of beef into ½ inch thick bite-sized pieces and put them in a bowl. Add 1 ts of salt, a pinch of ground black pepper, and 1 tbs of sesame oil and mix it by hand. Set it aside when you're done.
- 2) Make dipping sauce (*ssamjang*) by mixing the following ingredients:  
1 tbs of hot pepper paste, 2 tbs of bean paste, ½ tbs of sugar, 1 clove of minced garlic, 1 tbs of chopped green onion, 1 tbs of sesame oil, and ½ tbs of toasted sesame seeds.  
You made a very nice dipping sauce!
- 3) Make seasoned green onion (*pajuhri*) this way:
  - 1) Shred 8 green onions into thin strips 5 cm long.
  - 2) Rinse the sliced green onion in running water. Drain it and set aside.
  - 3) Make a sauce by mixing 2 tbs of soy sauce, 1 tbs of hot pepper flakes, ½ tbs of sugar, 1 tbs of sesame seeds, and 1 tbs of sesame oil into a bowl.
  - 4) Add the green onions to the sauce, and mix it up with a spoon.

## Are you ready to cook?

- 1) Slice a dozen cloves of garlic and place them in a small bowl.
- 2) Cut carrots and cucumbers into bite-sized sticks for dipping.
- 3) Drizzle some sesame oil on a heated grill or pan for flavor and to keep the meat from sticking to the grill.
- 4) Use tongs to add chunks of meat and sliced garlic to the grill. Cook them thoroughly.
- 5) Wrap a piece of cooked beef and garlic in a lettuce leaf. Add some dipping sauce and pop it into your mouth in one bite.



*\*tip: the beef in this recipe can be replaced with thinly sliced pork belly to make “samgyeopsal gui.”*



# Tuna roll (Kimbap)

## Ingredients (for 2-3 servings):

Rice, laver (*kim*), yellow radish pickle (*danmuji*), avocado, crab meat, a can of tuna, soy sauce, garlic, sesame oil and seeds, and a green onion.

- 1) Put 5-6 cups of cooked rice (made from 3 cups of uncooked rice) in a large bowl
- 2) Make seasoning sauce by mixing  $\frac{1}{2}$  tbs of sugar, 1 ts salt, and 1 tbs vinegar until it looks fluid and clear.
- 3) Mix rice with the mixing sauce and stir it evenly. Set it aside for now.

Prepare a large plate to arrange all the *kimbap* ingredients on.

- 1) Start with making seasoned tuna flakes:
  - Open a can of tuna and remove the oil or water. Put on a heated pan and drizzle some sesame oil over top. Toss, then cook for 2 minutes.
  - Add 1 tbs of soy sauce,  $\frac{1}{2}$  tbs sugar, 1 clove of minced garlic, and 1 ts ground black pepper.
  - Keep stirring for another 3 minutes.
  - Turn off the heat and add 1 chopped green onion, 2 ts of sesame oil and 1 tbs toasted sesame seeds.
- 2) Place 3 yellow radish pickles on the plate.
- 3) Place 3 pieces of crab meat on the plate.
- 4) Slice an avocado and place it on the plate.



## Let's roll kimbap!

- 1) Place a sheet of laver (*kim*) on a bamboo mat. In the center of the laver spread a layer of rice.
- 2) Place 2-3 spoons of seasoned tuna flakes on top of the layer of rice. Add a yellow radish pickle strip, avocado, and a red crab meat strip.
- 3) Roll it up gently using the bamboo mat.
- 4) Remove the bamboo mat and cut the roll into pieces about 2 cm thick. Place them on a plate.



*\*tip: keep a wet cloth or paper towel on hand to wipe the knife while cutting. It will keep the knife from sticking to the laver.*

### Fillings for *kimchi* kimbap

If you want to make *kimchi kimbap* instead of tuna *kimbap*, mix the following ingredients and use them as a filling instead of tuna:

½ cup of chopped *kimchi*, ½ tbs of hot pepper paste, 1 ts sugar, ½ tbs sesame oil, ½ tbs sesame seeds, and 1 chopped green onion.

# Kimchi stew (Kimchijjigae)

## Ingredients:

Pork belly (or tuna), *kimchi*, sugar, hot pepper flakes, hot pepper paste, onion, green onions, tofu, sesame oil, and water.

- 1) In a shallow pot, put 5 cups of chopped *kimchi* and some juice from the *kimchi* container.
- 2) Add 1 medium sized sliced onion, 1 tbs of hot pepper paste, 1 ts of hot pepper flakes, 1 tbs of sugar, 3 green onions cut into pieces 5 cm long, and 200 grams (about ½ pound) of pork belly (or a can of tuna).
- 3) Pour water into the pot until all the ingredients are submerged.
- 4) Close the lid of the pot and boil for 10 minutes at high heat, then 15-20 minutes at medium.



*\*tip: Add more water if the stew seems too thick*

- 5) Add some tofu and boil 5 minutes more. Add some sesame oil to the pot right before serving.



# Vegetable pancake with Asian chives (Buchujeon)

## Ingredients:

flour, water, salt, egg, green onions, Asian chives, zucchini, green chili peppers, scallops, shrimp (or squid), and vegetable oil.



- 1) Create pancake batter by mixing  $\frac{1}{2}$  cup of flour, 1 ts salt, and  $\frac{2}{3}$  cup of water in a big bowl.
- 2) Chop  $\frac{1}{2}$  cup's worth of green onions, 3 cups of Asian chives, and shred  $\frac{1}{2}$  cup of zucchini.
- 3) Put the chopped vegetables into the batter and mix it up.
- 4) Chop some shrimp, scallop, or squid (about  $\frac{2}{3}$  cup).
- 5) Spread the pancake batter thinly over an oiled and heated non-stick pan. Lower the heat to medium.
- 6) Place the chopped seafood over top of the pancake and press it down with a spoon or spatula.
- 7) When the pancake is about 70% cooked, beat 1 egg and spread it in the center of the pancake. Cook a few minutes over low heat.
- 8) Turn the pancake over with a spatula.



- 9) Add more oil if needed, and serve hot with dipping sauce of 1 tbs soy sauce and  $\frac{1}{2}$  tbs of vinegar.



*\*tip: Be more generous with the oil to make it crispier. Lift up the edge of the pancake with your spatula so that the oil can get to the center. Lightly press down on the center to cook it.*

<http://www.maangchi.com/recipe/ya-chae-jeon>  
for video, comments, and help

# Hot and spicy stir fried squid (Ojinguh bokkeum)

## Ingredients (for 2 servings):

Squid, soy sauce, sugar, hot pepper flakes, green chilli pepper, garlic, onion, green onions, and a carrot.



- 1) Remove the intestines from a large (about 1 pound) squid.
- 2) Wash and drain the squid. Cut into strips and place them in a bowl.
- 3) Prepare a big plate for your vegetables. Cut  $\frac{1}{2}$  cup's worth of carrot thinly and diagonally and place it on the plate.

- 4) Cut 12 green onions into pieces 5-7 cm in length and place them on the plate.
- 5) Slice 1 medium size onion and place it on the plate.
- 6) Slice 1 green chili pepper and place it on the plate.
- 7) Make hot paste by mixing 5 cloves of minced garlic, 2½ tbs of soy sauce, 2 tbs of hot pepper flakes, and 1 tbs of sugar in a bowl.
- 8) Heat a pan or wok over high heat. Add 1 tbs olive oil.
- 9) Stir fry the vegetables starting with the carrot, then add the green onion, then the chili pepper. Stir fry for about 2 minutes.
- 10) Add the strips of squid and the hot paste and continue to stir fry for a few minutes.
- 11) Sprinkle some sesame oil and transfer to a serving dish and serve with rice.





# Sea plant soup (Miyeokguk)

## Ingredients (for 4 servings):

Sea plant (*miyeok*), water, fish sauce, beef brisket, garlic, and sesame oil.

- 1) Soak 1 cup of dried *miyeok* in a big bowl for at least 30 minutes.
- 2) The sea plant will grow to about 4 cups' worth. Drain the water and cut the sea plant into bite sized pieces.
- 3) Place the sea plant in a big pot and add 16 cups of water. Boil it over high heat for 20 minutes. Add more water if the soup becomes too thick.
- 4) Cut 200 grams of beef brisket into bite size pieces. Add to the pot with 1 tbs of minced garlic. Boil for another 20 or 25 minutes over medium heat.
- 5) Add 4-5 tbs of fish sauce to taste and drizzle a few drops of sesame oil over the soup before serving.







sea plant  
("miyeok")



<http://www.maangchi.com/recipe/miyuk-guk>  
for video, comments, and help

# Sea plant salad (Miyeok muchim)

## Ingredients:

Sea plant (*miyeok*), soy sauce, sugar, garlic, green onion, vinegar, and sesame seeds.

- 1) Soak 2 cups of dried sea plant (*miyeok*) in a bowl for at least for 30 minutes, until the plant expands to 7 cups. Drain.
- 2) Add the sea plant to a pot of boiling water. Stir with a spoon for 30 seconds.
- 3) Take out the sea plant and rinse in cold water. Gently squeeze the sea plant to remove any remaining water.
- 4) In a big bowl, put the sea plant and 5-6 tbs of soy sauce, 4-5 tbs of vinegar, 1 tbs of minced garlic, 1 tbs of sugar, and 1 chopped green onion. Mix it up by hand.
- 5) Sprinkle some sesame seeds over the top and serve cold.



# Stir fried noodles with vegetables (Japchae)

## Ingredients (for 4 servings):

Starch noodles (*dangmyeon*), beef, spinach, carrot, onion, mushrooms (shiitake or white mushrooms), garlic, green onions, soy sauce, sesame oil, sugar, pepper, and sesame seeds.

Prepare the vegetables:

- 1) Soak 5 dried shiitake mushrooms in warm water for hours until they become soft. Squeeze the water out of them and slice thinly.
- 2) Slice 2 cups' worth of white mushrooms.
- 3) Cut a carrot into thin matchstick-shaped pieces 5 cm long.
- 4) Cut 7-8 green onions into 7 cm long pieces.
- 5) Slice 1 medium-sized onion thinly.
- 6) Slice 150 grams of beef into thin strips.

Now let's start!

- 1) Boil 2 bunches of *dangmyeon* noodles in a big pot for about 3 minutes. When the noodles become soft, take them out and put in a large bowl.
- 2) Cut the noodles several times with scissors. Add 1 tbs of soy sauce and 1 tbs of sesame oil. Mix it up and set aside.  
*\*tip: Taste a sample to see if it's cooked or not. If it feels soft, it's finished.*
- 3) In boiling water (you can reuse the water you used to boil the noodles), add one bunch of spinach and stir gently for 1 minute.

- 4) Take out the spinach and rinse it in cold water 3 times to remove any grit or dead leaves. Squeeze gently to get any water out, then cut into 5 cm pieces.
- 5) On a heated pan, put a few drops of olive oil and the carrot strips. Stir it with a spatula for 30 seconds, then put it into the large bowl with the noodles.
- 6) Place a few drops of olive oil on the pan and add the sliced onion. Stir it until the onion looks translucent, then put it into the large bowl with the noodles.
- 7) Place a few drops of olive oil on the pan and add the sliced white mushrooms. Stir it for a bit and then put it in the large bowl with the noodles.
- 8) Place a few drops of olive oil on the pan and add your green onions. Stir for 1 minute and put it into the large bowl with the noodles.
- 9) Place a few drops of olive oil on the pan and add your beef strips and your sliced shiitake mushrooms. Stir it until it's cooked well, and then add 3 cloves of minced garlic,  $\frac{1}{2}$  tbs soy sauce and  $\frac{1}{2}$  tbs of sugar. Stir for another 30 seconds and then put it into the large bowl with the noodles.
- 10) Add 2 tbs of soy sauce, 3 tbs of sugar, 2 tbs of sesame oil, and 1 ts of ground pepper to the large bowl with the noodles. Mix all ingredients and sprinkle 1 tbs of toasted sesame seeds over the top.
- 11) Serve with rice and *kimchi*, or as a side dish.

# Starch noodles ("dangmyeon")





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Hi everyone!

Welcome to my cookbook! Ever since I started posting Korean cooking videos to YouTube, it's been wonderful to see the warm reaction around the world. This book is the recipes from my first 18 videos and is more than 20 dishes, plus a lot of photos from the store so you can see exactly which ingredients you need to buy.

Have fun!

~Maangchi

[www.maangchi.com](http://www.maangchi.com)

