

Cooking Korean Food with Maangchi Book 2

More Korean
recipes from
YouTube including:

Galbijjim
Bulgogi
Dakgangjeong
Mandu
Sujeonggwa
Gyeongdan
Gyeranjjim
Naengmyeon
Soondubu jjigae



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Introduction

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

These are all the recipes that I posted on YouTube since the first book, plus a few more from my website.

I've had so much feedback from viewers on YouTube and from readers of my site, it seems like Korean food is becoming more and more popular all the time. It's very rewarding.

And since I started posting on YouTube, there are more people uploading Korean video recipes there, which is really cool.

As I mentioned in the first book, I try to put myself into the position of the viewer who has never cooked Korean food before, and who might not be familiar with the ingredients. And some viewers might know the food, but have no idea how to make it.

Interestingly, I have recieved many emails from people who have lost a lot of weight by switching to a Korean diet after watching my videos. Korean food in general is pretty healthy.

I try to show real Korean everyday food, as Koreans eat and prepare it in their homes. In this book there are no fusion recipes, or what you might buy in an expensive Korean restaurant in America. I want to show people how Koreans live and give you insight into our culture.

The purpose of this book is to have something you can easily keep in the kitchen, or bring to the store so you can buy the exact ingredients you need. But my website has more information: more photos, videos, and translations. There are also a lot of discussions going on from people around the world. And I am there every day, interacting with people and answering questions.

So if you have a question, or just want to talk about Korean food, I'll see you there!

Take care,

Maangchi

November, 2008

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Beef short ribs (Galbijjim)

Galbijjim is one of the most popular Korean dishes. It's made with beef short ribs and is often prepared for special occasions.

Ingredients:

2 lbs (about 1 kg) of beef short ribs, water, cooking wine, soy sauce, black pepper, brown sugar, garlic, green onion, onion, sesame oil, carrots, radish, shiitake mushrooms, and *mulyeot* (corn syrup).



- 1) Soak 5 shiitake mushrooms in warm water for about 4-6 hours.
- 2) Soak short ribs in a large bowl of cold water for at least 30 minutes. Change the water a few times.
- 3) Boil water in a large pot. Add the short ribs and boil for 5 to 10 minutes.

- 4) Take the ribs out of the boiling water. Wash them in cold water to remove any extra fat or foam.
- 5) Throw away the boiling water and clean the pot. Put the cleaned beef short ribs back in.
- 6) In a bowl mix 2 cups of water, 4 tbs soy sauce, 8 cloves of minced garlic, ½ sliced onion, 1 tbs rice wine, and 1 tbs brown sugar. Mix it together and add it to the pot of short ribs.
- 7) Boil over medium heat for 20 minutes.
- 8) While it boils, cut a carrot and radish into 5 cm cubes. Round the edges to make several balls the size of ping pong balls, and cut the soaked shiitake mushrooms into bite sized pieces.
**tip: You can add several skinned chestnuts and ginkgo nuts for more flavor*
- 9) Add the carrot, radish, and shiitake mushrooms to the pot. Let it simmer for about 1 hour over low heat. Stir with a wooden spoon from time to time and bring liquid from the bottom of the pot and pour it over top of the meat.
- 10) After an hour, check if the meat is fully cooked by poking it with a chopstick. If the chopstick goes through the meat smoothly, the meat is tender enough and it's done cooking.
- 11) Add 2 tbs of mulyeot (corn syrup), 1 tbs sesame oil, and ½ ts black pepper to the pot. Heat it up over high heat and mix well until all the liquid evaporates.
- 12) Transfer the *galbijjim* to a platter before serving.

Barbecued beef (Bulgogi)

Ingredients:

Beef, soy sauce, sugar, garlic, honey, green onions, black pepper, roasted sesame seeds, sesame oil

- 1) Slice 1 pound of beef thinly.
- 2) Make marinade by mixing:
2 tbs of soy sauce, 3 tbs of water, 1 tbs of brown sugar, 1 tbs of honey, 1 tbs of sesame oil, 1 tbs of toasted sesame seeds, 2 chopped green onions, 3 cloves of minced garlic, and 1 ts of black pepper.
- 3) Add the beef and marinate for at least 2 hours in the refrigerator.
- 4) Cook it on a pan or a grill.
- 5) Transfer to a plate or a cast iron plate to serve.
Sprinkle chopped green onion and toasted sesame seeds over top to garnish.



Kimchi fried rice (Kimchi bokkeumbap)

Ingredients:

Kimchi, cooked rice, hot pepper paste, laver

- 1) Put 1 cup of chopped *kimchi* and 2-3 tbs of *kimchi* juice on a heated pan. Stir it up and cook for about 3 minutes.
- 2) Add 1 tbs of hot pepper paste and 2 bowls of rice. Stir with a spoon.
- 3) Add sesame oil and transfer it to a plate. Sprinkle sliced laver (kim) and sesame seeds on top as a garnish.



see <http://www.maangchi.com/recipe/kimchi-bokkeumbap>
for more

Sweet and crispy chicken (Dakgangjeong)

Dakgangjeong is another very popular Korean traditional dish. It's usually made with chunks of chicken from a whole chicken, but in this recipe I'm using chicken wings.

Each chicken wing is coated with a sweet and crispy sauce. The thinly sliced ginger turns into something like candy, which gives this dish a unique chewy texture and influences the entire taste of the chicken. Added peanuts turn it into an amazingly crispy snack!



Ingredients:

40 chicken wings, salt, flour, starch powder, eggs, ground pepper, vegetable oil, ginger, soy sauce, brown sugar, vinegar, peanuts, sesame seeds, dried and crushed red hot chili peppers.

Bread and deep fry:

- 1) Rinse 40 chicken wings (or chunks of chicken) in cold water and drain.
- 2) Transfer to a big bowl and add 2 ts of salt, 1 ts of ground pepper, 2 eggs, and a mixture of $\frac{1}{2}$ cup of flour and $\frac{1}{2}$ cup of starch powder. Mix by hand.
- 3) Deep fry the chicken wings in vegetable oil 2 times at about 350-380°F.



Sauce for coating:

- 1) Heat up 1 cup of water in a wok or a large pan.
- 2) Wash and skin 1 cup of ginger and add it into the wok.
- 3) Add 2 tbs of soy sauce, 1 cup of brown sugar, and $\frac{1}{4}$ cup of vinegar. Boil over medium heat.
- 4) After 5 minutes add 1 cup of corn syrup. Keep boiling over low-medium heat for about 30 minutes.

- 5) Test if the sauce is done by raising a spoonful of it above the wok. Turn the spoon over and if the sauce stops halfway down on its way back to the wok, it's thick enough. Turn off the stove.



Mix it up:

- 1) Reheat the sauce.
- 2) Add the deep fried chicken, 1 cup of peanuts (or any kind of nuts), ½ tbs of dried red hot chili pepper, and ½ cup of toasted sesame seeds to the sizzling sauce. Mix it with a spatula. The sauce will decrease as you stir. Then turn off the heat and you are done!

**tip: Before the chicken cools down, you may have to separate each piece of chicken to prevent them from sticking to each other.*

For spicy food lovers:

Increase the amount of dried and crushed red chili peppers you use to 2 tbs.



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

Dumplings (Mandu)

Ingredients:

Ground pork, ground beef, chopped Asian chives (*buchu*), soaked Shiitake mushrooms, onion, tofu, minced garlic, salt, sugar, sesame oil, vegetable oil, fish sauce, egg, green onion, and *mandu* skins (60 discs).



Make filling:

- 1) Place 1 cup of ground pork and 2 cups of ground beef into a big bowl.
- 2) Add 1 ts of salt, 1 tbs of sesame oil, ½ ts of ground pepper and mix by hand. Push it to the side of the bowl.
- 3) Wash some Asian chives (*buchu*), and dry well with a paper towel or cotton cloth. Chop them into 2 cups' worth of chives. Add 1 tbs of oil and mix it up. Place it in the big bowl next to the ground meat.

**tip: the oil coats the vegetables so they retain their moisture.*

- 4) Chop 4-5 soaked shiitake mushrooms and half an onion. Put them into a small bowl.
- 5) Add 1 ts of soy sauce, 1 ts of sugar, and 2 ts of sesame oil to the small bowl. Mix it by hand and then put it into the big bowl.
- 6) Squeeze a half package of tofu with a cotton cloth or paper towel and put it into a small bowl. Add a pinch of salt and 1 ts of sesame oil. Mix it by hand and then put it next to chopped chives.
- 7) In the big bowl, add 3 cloves of minced garlic and mix up all the ingredients by hand. This is your *mandu* filling.





Now we're ready to make mandu. For fried mandu:

- 1) Put some of the filling mixture into the center of a *mandu* skin.
- 2) Use your fingertips to apply a little cold water to one edge of the skin. This will act as a sealant when you fold it over.
- 3) Fold the skin in half over the filling and press the edges together to make a ripple shape.
- 4) Place some vegetable oil on heated pan and add the *mandu* you made.
- 5) Lower the heat to low-medium and put the lid on the pan to cook.
- 6) Turn over each *mandu* a few minutes later. Add 2-3 tbs of water and put the lid back on the pan. Cook a few minutes more over low heat.
- 7) When the *mandu* is golden brown, transfer it to a plate.
- 8) Serve hot with a dipping sauce made of equal parts vinegar and soy sauce.



For *mandu* soup:

- 1) In a pot, place 6 cups of water, 8 dried anchovies, the leftover shiitake mushroom stems, and the leftover onion. Boil it over medium heat for 20-30 minutes. If too much water evaporates, add more.
- 2) When the stock is done, remove the anchovies and onion.
- 3) Add 1 ts of fish sauce, 2 cloves of minced garlic, and some of your *mandu*. Keep the lid on the pot. You can add some more salt if you want.
- 4) When the *mandu* has cooked, it will float to the top.
- 5) Add 1 beaten egg and 2 sliced green onions.
- 6) Serve hot with a bowl of kimchi. Add some ground pepper to taste.



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

Butternut squash porridge (Hobakjuk)

Ingredients:

Butternut squash, water, salt, sugar, sweet rice flour.

Prepare butternut squash:

- 1) Wash 2 or 3 small butternut squash in cold water.
- 2) Cut them in half lengthwise and remove the seeds and guts with a spoon.
- 3) Place them in a large pot with 3 cups of water. Bring to a boil over medium high heat for 30 minutes until they become soft.
- 4) Turn off the heat and let them cool down.
- 5) When they've cooled, scrape the cooked insides out with a spoon.
- 6) Place 3 cups of the cooked squash insides into a large pot. Add 4 or 5 cups of water and boil.

Make rice cake balls:

- 1) Boil some water.
- 2) Make rice cake dough by mixing 2 cups of sweet rice flour, $\frac{1}{4}$ ts salt, and $\frac{3}{4}$ cup of hot water. After it cools down a bit, knead it by hand for a few minutes.
- 3) Wrap the dough in plastic wrap and set it aside for about 20-30 minutes.
- 4) Put about 3 tbs of sweet rice flour into a large bowl. We'll use this to prevent the rice cake balls from sticking to each other.
- 5) Take a bit of dough in your hand and roll a rice cake ball a little larger than soy bean. Put it into the bowl with the sweet rice flour.

**tip: to prevent the dough from getting dried out, always keep it in the plastic wrap while you're making the rice cake balls.*

Make porridge:

- 1) When the mixture of squash and water starts boiling, add the rice cake balls to the pot. Stir and cook for a few more minutes.
- 2) When it's cooked, all the rice cake balls will float to the surface. Turn off the heat and add 1 ts salt and $\frac{1}{4}$ cup of sugar. Stir for a few seconds before serving.



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

Sweet red bean porridge (Danpatjuk)

Ingredients:

Red beans, brown sugar, salt, cinnamon powder, sweet rice flour, boiling water, sugar, pine nuts. Make red bean paste:

- 1) In a pot, place 1 cup of washed red beans and 4 cups of water and heat it over high heat for 10 minutes.
- 2) Lower the heat to low medium and simmer for 50 minutes.
- 3) Check if the beans are cooked fully. Remove extra water from the beans and crush them with a wooden spoon, or use your food processor to grind.
- 4) Add 1 cup of brown sugar, 1 ts of salt, 1 ts of cinnamon powder into the red bean paste and set it aside.

Make *danpatjuk*:

- 1) Put the red bean paste in a pot. Add 4 to 5 cups of water and 1 cup of sugar (depending on your taste) and boil.
- 2) In another bowl mix 1 cup of sweet rice powder, a pinch of salt and 1 tbs of sugar.
- 3) Add ½ to 1 cup of hot water to this bowl and mix it with a spoon until it thickens, then fold it by hand to make dough. The amount of hot water you'll need to make dough depends on the dryness of sweet rice powder you use. Start with ½ cup of hot water and add more if you need it.
- 4) Make small rice balls with the dough, about 0.5cm in diameter.
- 5) When the red bean porridge boils, add the rice balls and cook them.



- 6) Keep stirring the soup until it thickens.
- 7) To serve, ladle the soup into a bowl and add a few pine nuts on top. Sprinkle some cinnamon powder just before serving.



Dessert punch with persimmon, cinnamon, and ginger (Sujeonggwa)

Ingredients:

Dried persimmons, cinnamon sticks, ginger, sugar, pine nuts, and water.



1. Wash, peel, and slice ½ cup's worth of ginger. Put it into a pot or kettle.
2. Rinse 5 to 6 cinnamon sticks and put them into the pot.
3. Add 7 to 7½ cups of water and boil for 20 minutes over high heat.
4. Lower the heat to medium and boil it for another 25 minutes. If it boils over, take off the lid.
5. Turn off the heat. Add 1 cup of sugar. Stir and let it cool down.

6. Remove the stem of 4-5 dried persimmons and wash thoroughly.
7. Remove the cinnamon sticks and sliced ginger from the tea with a colander.
8. Pour the tea into a glass jar or glass bowl and add the persimmons.
9. Put the lid on and keep it in the refrigerator for at least 12 hours. It will keep in the fridge for more than 1 week.
10. Serve cold with ice cubes. Use a ladle to give each person a small bowl of punch. Each serving should have one persimmon in it with a few pine nuts sprinkled over top.



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

Fried squid (Ojingeo twigim) and fried sweet potato

Ingredients:

Dried squid, sweet potato, egg, starch powder, flour, salt, and water.

- 1) Cut a dried squid into bite sized pieces. Soak in cold water for 1 hour.
- 2) Beat 1 egg white until it foams. Add $\frac{1}{2}$ cup of starch powder, $\frac{1}{2}$ cup of flour, $\frac{1}{2}$ ts of salt, and $\frac{1}{2}$ cup of cold water. Mix it into a batter.
- 3) Drain the squid and dry with a paper towel. Add 2 tbs of starch powder and mix it up.
- 4) Add some vegetable oil to a heated pan. Dip each piece of squid into the batter and fry it twice.

Serve with dipping sauce made of 1 tbs of soy sauce and 1 tbs of vinegar.

Fried sweet potato:

- 1) Slice a sweet potato diagonally into pieces about $\frac{1}{2}$ inch thick.
- 2) Dip each piece into the batter and fry it.



see <http://www.maangchi.com/recipe/fried-squid>
for more

Rice cake (Gyeongdan)

Ingredients:

Sweet rice flour (Mochiko powder), water, salt, sugar, brown sugar, red beans, cinnamon powder, black sesame seeds powder, mugwort powder, toasted yellow soy bean powder, and flour.

Make the red bean paste.

- 1) In a pot, place 1 cup of washed red beans and 4 cups of water. Heat it over high heat for 10 minutes.
- 2) Lower the heat to low medium and simmer for 50 minutes.
- 3) Check if the beans are fully cooked. Drain extra water from the beans and crush them with a wooden spoon.
- 4) Add 1 cup of brown sugar, 1 ts of salt, and 1 ts of cinnamon powder to the red bean paste and set it aside.

Prepare 3 bowls for the 3 different kinds of powder to be used for the rice cake balls.

- 1) For the black sesame seeds powder:
 - i) Rinse $\frac{1}{2}$ cup of black sesame seeds under running water in a strainer.
 - ii) Heat a pan over medium heat and pour in the sesame seeds. Cook and stir with a spoon.
 - iii) When the sesame seeds start to pop, lower the heat and keep stirring for another 5-10 minutes until they're crispy.
 - iv) When the sesame seeds cool down, grind them with a coffee grinder.
 - v) Transfer the sesame seeds powder to a bowl. Add 2 tbs sugar and a pinch of salt and mix it.

- 2) For the soybean powder: put ½ cup of toasted soybean powder (*konggaru*) in a bowl. Add 2 tbs of sugar and a pinch of salt and mix it.
- 3) For the green powder: put ½ cup of mugwort powder (*ssookgaaru*) in a bowl. Add 2 tbs of sugar and a pinch of salt and mix it

Make rice cake dough.

- 1) Put 2 cups of sweet rice powder, 2 tbs of sugar, and 1 ts of salt in a bowl.
- 2) Mix the dough with a spoon and pour in 2/3 of a cup of hot water little by little.
- 3) Mix the dough by hand.
**tip: if you feel the dough is too wet, add a little plain flour.*
- 4) Put the rice cake dough into a plastic bag and set it aside



Let's make rice cake!

- 1) Boil a large pot of water.
- 1) Take the rice cake dough out from the plastic bag and place it on the cutting board.
**tip: to prevent the dough from sticking to your cutting board, sprinkle some plain flour on it first.*
- 2) Divide the dough into 2 pieces and roll each one into a cylinder. Cut into 18-20 pieces.
- 3) Roll each piece of rice dough into a ball with your hands. Make a hole in the middle of the ball with your thumb and turn the ball into a cup.
- 4) Put the bean paste into the middle of the cup.
- 5) Close it tightly and place it on a plate.
**tip: While you're making rice balls, cover the rest of the dough with a wet cloth or paper towel so it doesn't fry out.*





- 6) Carefully put all the rice cake balls into the boiling water. It will take about 3-5 minutes for them to cook, and they'll be floating when they're done. In the meantime, get a big bowl of cold water ready.
- 7) Then the rice balls are cooked, put them into the cold water and drain.
- 8) Roll the cooked rice balls in the 3 different powders. Transfer to a plate or box and serve.



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

Rice cake (Songpyeon)

Ingredients:

Frozen rice flour, salt, water, sesame seeds, sesame oil, dried and skinned mung beans, brown sugar, white sugar, pine needles, mugwort powder (*ssookgaru*), and strawberry Jell-o powder.



Make the dough:

- 1) Thaw out a 2 lbs package of rice powder. You can buy one at a Korean grocery store, and they are sold frozen. Thaw it out to room temperature.
- 2) Sift the rice powder finely.
**tip: If your rice powder is already very fine, you can skip the sifting. If your rice powder is coarse, you may have to grind it with a food processor or coffee grinder before you start to sift.*
- 3) Put 1 cup of finely sifted rice powder each of 3 bowls.

- 4) Boil 2 cups of water for your rice dough.
- 5) The first bowl will be for white *songpyeon*. Add a pinch of salt and 3 tbs of boiling water to the powder in it. Mix with a wooden spoon, as it'll be too hot at first to use your hands. Knead the rice dough for about 5 minutes and then put it into a plastic bag. Set aside.
- 6) The second bowl will be for pink *songpyeon*. Add a pinch of salt, a pinch of strawberry Jell-o powder, and 3 tbs of boiling water to the powder in it. Mix with a wooden spoon. Knead the rice dough for about 5 minutes and then put it into a plastic bag. Set aside.
- 7) The third bowl will be for green *songpyeon*. Add a pinch of salt, 1 ts of mugwort power (*ssookgaru*) and 3½ tbs of boiling water (the extra ½ tbs of water is to accomodate the mugwort powder). Knead the rice dough for about 5 minutes and then put it into a plastic bag. Set aside.



Now let's make the fillings.

Roasted sesame seed powder filling:

- 1) Grind $\frac{1}{4}$ cup of roasted sesame seeds in a coffee grinder for 15-20 seconds.
**tip: don't grind too long or the powder will become sticky from the oil in the seeds.*
- 2) In a small bowl, mix with $\frac{1}{4}$ cup of brown sugar and a pinch of salt.

Mung bean powder filling:

- 1) Wash and drain $\frac{1}{4}$ cup of dried and skinned mung beans. Put them in a pot with a thick bottom.
- 2) Add $\frac{1}{4}$ cup of water and a pinch of salt to the pot. Simmer it for 30 minutes.
**tip: simmer over the lowest heat so as not to burn it.*
- 3) Open the pot and crush the beans into fine powder with a wooden spoon.
**tip: if you make more than $\frac{1}{4}$ cup of mung bean powder, you may have to use a grinder or food processor.*
- 4) Put the crushed mung bean powder into a small bowl or container and let it cool down.
- 5) Add $\frac{1}{4}$ cup of white sugar and mix it up.

Make *songpyeon*:

- 1) Break off a 1 inch piece of the rice dough and roll it between your palms to make a ball. Then press your thumb in the center of the ball to shape it like a cup.
- 2) With a small spoon, fill the cup with either sesame filling or mung bean filling. Seal it using your thumb and index finger.
- 3) Place all the raw rice cakes (*songpyeon*) on a plate.
- 4) Wash your pine needles thoroughly with a little dish soap. Towel dry them.

- 5) Put some water (4 cups) into a steamer and put it over high heat. When the water starts to boil, place a damp cotton cloth on the bottom of the steamer tray.
- 6) Make a bed of pine needles on the wet cloth and put the *songpyeon* on top. Put more pine needles on top of the *songpyeon*. The pine needles will stop the *songpyeon* from sticking together and give them a good flavor.
- 7) Steam it for 25 minutes over medium high heat.
- 8) Prepare some cold water in a large bowl, and drop in a little sesame oil.
- 9) Dump your steamed *songpyeon* into the cold water and quickly remove the pine needles. Take out the *songpyeon* and put them on a plate to serve.

Enjoy your *songpyeon*!



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



Egg side dish (Gyeranmari)

Ingredients:

3 large eggs, ½ ts salt, a pinch of sugar, ½ chopped medium size onion, ground pepper, and vegetable oil.

- 1) Crack 3 large eggs into a bowl.
- 2) Add ½ ts salt, a pinch of sugar, ½ a chopped medium sized onion, some ground pepper and beat.
- 3) Spread a little vegetable oil over a heated non-stick frying pan.
- 4) Pour about 1/3 of the egg mixture on the pan. Tilt the pan a bit so it spreads thinly.
- 5) After it cooks, lift the right edge of the omelette and roll it over with a spatula from right to left.
- 6) Keep adding batter to the left side of the omlette as you roll up the right, until you use all your batter. To make a nice yellow rolled omelette, keep the heat low and cook slowly.
- 7) Make a long rectangle box shape by cooking the omlette on 4 sides.
- 8) When the omelette cools down, cut it into bite sized pieces and serve it with rice.



Egg side dish (Gyeranjjim)

Ingredients:

Eggs, water, salted shrimp sauce (*saewoojeot*), and green onions.

- 1) In a microwavable bowl, put 3 cracked eggs, $\frac{1}{2}$ cup of water, 3 ts of salted shrimp sauce, and 2 chopped green onions. Stir with a fork.
**tip: If you don't have salted shrimp sauce, you can use 3 ts of fish sauce.*
- 2) Put it into the microwave oven cook for 5 minutes.
Serve it with rice.

If you don't have a microwave, you can steam it. In a large pot, pour about 3-4 cups of water and place the bowl with the egg mixture in the center of the pot. Close the lid and cook over low-medium heat for about 15 minutes.



Spicy egg side dish (Maeun gyeranjjim)

Ingredients:

Eggs, water, soy sauce, hot pepper flakes, toasted sesame seeds powder, chopped green onions (or chopped Asian chives) and sesame oil.

- 1) In a microwavable bowl, add 3 cracked eggs, $\frac{1}{2}$ cup of water, $1\frac{1}{2}$ tbs soy sauce, 2 ts hot pepper flakes, 2 chopped green onions, and $\frac{1}{2}$ tbs of toasted sesame seeds powder. Mix well.
- 2) Cook for 4 to 5 minutes in a microwave.
- 3) Drizzle some sesame oil on top and serve.



see <http://www.maangchi.com/recipe/egg-side-dishes>
for video, comments, and help

Eggplant side dish (Gaji namul)

Ingredients:

Asian eggplant, soy sauce, chopped green onion, garlic, roasted sesame seeds, sesame oil, and hot pepper flakes.

- 1) Cut 3 medium sized Asian eggplants into 2 or 3 pieces. Cut each piece in half lengthwise.
- 2) Pour 2 cups of water into a steamer. Place the pieces of eggplant inside and bring to a boil for 15 minutes over high heat.
- 3) Turn the heat off and move the cooked eggplant to a bowl. Set aside to cool down.
- 4) After the eggplant has cooled, drain the liquid from the bottom of the bowl.
- 5) Tear each piece of eggplant lengthwise with your fingers, and put the strips into a large bowl.
- 6) Add 2 cloves of minced garlic, 1 ts of hot pepper flakes, 1 chopped green onion, ½ tbs of roasted sesame seeds, 2½ tbs soy sauce, and ½ tbs sesame oil to the bowl.
- 7) Mix it all together with your hand.
- 8) Serve with rice as a side dish.



Cold cucumber soup (Oi naengguk)

Ingredients:

Cucumber, garlic, green chili pepper, red hot chili pepper, green onion, vinegar, salt, fish sauce, sugar, sesame seeds, purified or boiled water, and ice cubes.

- 1) Get a bowl ready, one that can hold more than 2 cups.
- 2) Cut 6 oz of cucumber into matchsticks and add it to the bowl.
- 3) Mince one clove of garlic, chop up a green onion, and a green chili pepper. Add them to the cucumber strips in the bowl.
- 4) Add 1 ts of salt, 1 ts of fish sauce, 1½ tbs of vinegar, and 2 ts of sugar to the bowl. Mix well.
- 5) Pour 1½ cup of cold water (purified or boiled and cooled down) into the bowl and mix well.
- 6) Add 6 or 7 ice cubes.
- 7) Chop some red hot chili pepper for a garnish and sprinkle over top of the soup with sesame seeds.
- 8) Serve with rice.

You can also make *naengguk* by using *miyuk* (sea plant) or eggplant instead of cucumber. Or you can make it with *miyuk* and cucumber. Try some different combinations to see what you like best.



Potato side dish (Gamja jorim)

Ingredients:

Potatoes, onion, garlic, soy sauce, corn syrup, water.

- 1) Peel, wash, and cube 2 to 3 medium sized potatoes, about 2½ cups' worth.
- 2) Put the potato into a colander under running water to remove the starch.
- 3) Cut ½ cup's worth of onion into bite sized chunks.
- 4) Add 1 tbs olive oil to a heated pan. Put the potato into the pan.
- 5) Add 2 cloves of minced garlic and sauté until the potato becomes translucent. Add the onion and keep stirring.
- 6) Add a half cup of water to the pan, 2 tbs of soy sauce, and 1 tbs of corn syrup (or sugar). Mix and simmer over medium heat for about 10 minutes until the liquid is evaporated.
- 7) Keep stirring so it doesn't burn. Add more water if it looks like it needs some.
- 8) When the potato is cooked, turn off the stove and add 1 tbs of sesame oil. Sprinkle a pinch of sesame seeds over top and serve with rice.



Potato side dish (Gamjachae bokkeum)

Ingredients:

Potato, garlic, white oyster mushrooms, onion, salt, olive oil, sesame oil, and water.

- 1) Peel, wash and julienne 1 medium sized potato.
- 2) Put the potato in a colander and wash away the starch.
- 3) Julienne 2 white oyster mushrooms.
- 4) Slice half an onion and mince 2 cloves of garlic.
- 5) In a heated pan, add 1-2 tbs of olive oil and the julienned potato strips. Stir with a wooden spoon for 1 minute.
- 6) Add 4-5 tbs water and lower the heat. Cook and stir.
**tip: if you want to skip the mushrooms, use 2 medium sized potatoes and ½ cup of water instead.*
- 7) Cover and simmer for a few minutes.
- 8) Open the lid and add the garlic and the mushroom strips. Sauté until the potato strips are fully cooked.
- 9) Add ½ to 1 ts of salt (to taste), and 1 tbs of sesame oil. Turn off the heat.
- 10) Garnish with chopped red pepper and green onion before serving.



Soybean side dish (Kongjang, kongjorim)

Ingredients:

Soy beans, soy sauce, vegetable oil, minced garlic, sugar, and sesame seeds.

- 1) In a skillet put 1 cup of washed and drained soy beans.
- 2) Add 2 cups of water and soak the beans for 8 hours.
- 3) Boil the beans over medium-high heat for 10 minutes.
**tip: it may boil over after 5 minutes. If so, leave the lid off and turn down the heat to medium. Cook another 5 minutes.*
- 4) Add ½ cup of soy sauce, 1 ts of vegetable oil, 2 cloves of minced garlic, and 1/3 cup of sugar. Cover and boil over medium heat for 30 minutes.
- 5) Uncover and turn up the heat to high. Stir the beans occasionally with a spoon until they're shiny. They will be submerged in a shiny, sticky, seasoned sauce.
- 6) Turn off the heat and add ½ or 1 tbs of toasted sesame seeds. Let it cool down.
- 7) Transfer to a container and keep in the refrigerator until ready to serve.



Stir fried dried anchovy side dish (Myeolchibokkeum)

Ingredients:

Dried anchovy (*myeolchi*), olive oil, brown sugar, garlic, hot pepper paste, water, sesame oil, sesame seeds.

For mild *myeolchi bokkeum*:

- 1) Stir 1 cup of small dried anchovy in a heated pan for 1 minute.
- 2) Add 1 tbs olive oil and stir for another minute.
- 3) Push the cooked *myeolchi* to the edge of the pan away from the heat.
- 4) Make sauce by adding 1 tbs sugar, 1 clove of minced garlic, and 1 tbs water to the cleared spot on the pan.
- 5) Tip the pan so only the sauce is over the heat. Simmer it until the sauce looks shiny.
- 6) Mix the cooked anchovy in with the sauce and turn the heat off.



- 7) Add ½ tbs sesame seeds and 1 ts of sesame oil.

For spicy *myeolchi bokkeum*:

- 1) Stir 1 cup of small *myeolchi* in a heated pan for 1 minute.
- 2) Add 1 tbs olive oil and stir it for another minute.
- 3) Push the cooked *myeolchi* to the edge of the pan away from the heat.
- 4) Make sauce by adding 1 tbs hot pepper paste, 1 tbs sugar, 1 clove of minced garlic, and 1 tbs water to the cleared spot on the pan.
- 5) Tip the pan so only the sauce is over the heat and simmer until the sauce looks shiny.
- 6) Mix the cooked anchovy with the sauce and then turn the heat off.
- 7) Add ½ tbs sesame seeds and 1 ts of sesame oil.

It will keep in the refrigerator for up to 2 weeks. When you eat it, put it at room temperature for a while beforehand so it gets soft. If you don't like sticky *myeolchi bokkeum*, use less sugar.



young
summer
radish



Young summer radish water kimchi (Yeolmu mulkimchi)

Ingredients:

Young summer radish (*yeolmu*), salt, flour, fish sauce, sugar, garlic, ginger, onion, green chili pepper, red chili pepper, and water.

Prepare the young summer radish (*yeolmu*):

- 1) Peel 4 pounds of radish and remove any dead leaves.
- 2) Cut into pieces about 2 inches long and put them into a big bowl. Soak in cold water and drain.
- 3) Add ½ cup of salt and mix by hand. Let it sit for 30 minutes.
- 4) 30 minutes later, turn it over to salt evenly and let it sit another 30 minutes (total salting takes 1 hour).
- 5) Rinse and drain the salted yeolmu thoroughly until all the grit and dirt are removed. Drain in a colander and set aside.

Make porridge:

- 1) In a small pot, mix 1 tbs flour and 1 cup of water and heat it over medium heat until cooked.
- 2) Occasionally stir the mixture until the liquid thickens.
- 3) Add 1 tbs sugar.
- 4) Remove from the heat and let it cool down.

Make *yeolmu kimchi*:

- 1) Slice 1 cup's worth onion thinly, mince ½ tbs of ginger, chop 2-3 red chili peppers, 2-3 green chili peppers, mince 4 cloves of garlic, and put them into a large bowl.
- 2) Add 2 tbs of hot pepper flakes, the porridge, and ¼ cup of fish sauce. Mix well.

**tip: You can replace fish sauce with 2-3 tbs of salt*

- 3) Add the yeolmu and mix by hand.
- 4) Transfer to a container or glass jar.



Add water (*mul*) to make yeolmu mulkimchi:

- 1) Mix 8 cups of purified water and 2-3 tbs salt in a bowl. Pour into the jar of yeolmu kimchi and mix well.

**tip: You can use boiled but cooled down water*

You can eat it right away, but if you prefer it fermented keep the jar at room temperature for a couple of days. Normally, it should be stored in the refrigerator.

see <http://www.maangchi.com/recipe/yeolmu-mulkimchi>
for video, comments, and help

Cold noodles (Naengmyeon)

Ingredients:

A package of buckwheat noodles (4 servings), onion, garlic, green onions, ginger, cucumber, egg, pear, hot pepper flakes, hot pepper paste, sesame seeds, vinegar, sesame oil, corn syrup, salt, soy sauce, sugar, and mustard powder.



Make stock:

- 1) Boil 8 cups of water with 3-4 shiitake mushrooms, a 4 inch piece of dried kelp, and 8-10 dried anchovies with the heads and the intestines removed for 20 minutes over high heat.
- 2) Lower the heat to low and cook another 20 minutes. Cool it down and keep it in the refrigerator.

Make *naengmyeon* toppings:

- 1) Mustard paste (optional):
Mix 2 tbs of mustard powder and 1 tbs water. Put it in a warm place to ferment it for 5 minutes. Set aside.

2) Cucumber:

Slice 1 cup's worth of cucumber into thin strips. Add a pinch of salt, 1 ts of sugar, and 1 ts of vinegar. Mix it up and set it aside.

3) Pear:

Slice 1 cup's worth into thin strips. You can use either Korean pear or bosc pear. Soak it in water and add 1 ts sugar so it doesn't change color. Set it aside.

4) Egg:

Hardboil an egg, cut it in half, and set it aside.

Make hot and spicy sauce for *bibimnaengmyeon* (skip this if you only want to make *mulnaengmyon*)

- 1) Blend 1 cup's worth of peeled pear, about $\frac{1}{4}$ cups' worth of onion, 1 ts garlic, 1 ts ginger, $\frac{1}{3}$ cup of corn or rice syrup, $\frac{1}{4}$ cup hot pepper flakes, 2 tbs hot pepper paste, 1 tbs sesame seeds, 3 green onions, 2 ts of salt, and 1 tbs soy sauce. Keep in the refrigerator.

Make broth:

- 1) Mix 1 cup of *yeolmu kimchi* juice and 2 cups of stock. Add some vinegar or salt and sugar if you want.
- 2) Keep it in the fridge to cool it down. Add shaved ice or ice cubes to make it even colder.

Make the noodles:

- 1) Put a package of buckwheat noodles into a big pot of boiling water. Stir them with a wooden spoon so that the noodles don't stick to each other. Keep boiling for about 3-5 minutes until cooked.
- 2) When the noodles are cooked, move the pot to the sink and pour cold water over them. Drain some of the water out and pour more cold water over them again. This will help the noodles get chewier.



- 3) Rinse and drain the noodles a couple of times until not slippery. Put the noodles into a basket or colander.

To make nonspicy *mulnaengmyeon*:

- 1) For each serving you need to make, mix 2 cups of stock in a bowl with 2 ts vinegar, 1 ts salt, and 2 ts sugar. Add more vinegar to taste. Add 5-7 ice cubes to make it even colder.



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

- 2) Place noodles in a bowl and add the cold broth, cucumber, pear, mustard paste, and egg on top. Serve cold. If you have kimchi juice or young summer radish kimchi, add some to the noodle soup. It will taste even better!



To make spicy *bibimnaengmyeon*:

- 1) Put some noodles into a serving bowl.
- 2) Add some hot and spicy sauce, pear, cucumber, mustard paste, and half a hardboiled egg on top.
- 3) Drizzle about 1 ts of sesame oil over top, add some ice cubes to the bowl, and serve cold.

Spicy fish soup (Maeuntang)

Ingredients:

Red snapper, clams, shrimp, Korean radish, shiitake mushrooms, water, kelp, fish sauce, salt, water dropwort (*minari*), enoki mushroom, edible chrysanthemum (*ssukgat*), green onions, green chili pepper, red chili pepper, onion, cooking wine, ginger.



Make stock:

- 1) Soak 2 shiitake mushrooms in warm water for 3-4 hours. Cut them into bite sized pieces.
- 2) Soak 4-5 clams in cold salty water (made of 2 cups of cold water and 1 tbs salt) for at least 3-4 hours. Wash and set aside.
- 3) Cut radish into thin pieces about 3cm by 4cm and, 0.2 to 0.3 cm thick.
- 4) Place about 1 cup of sliced radish, the sliced mushroom, and some kelp into a pot.

- 5) Pour 6-7 cups of water into the pot and boil it over high heat for 20 minutes.

Make spicy *maeuntang* sauce:

- 1) Put 7 cloves of garlic, ½ a medium size onion, ½ tbs ginger, 2 tbs cooking wine (or *soju*), 2 tbs hot pepper flakes, 1 tbs hot pepper paste, 2 tbs fish sauce in a food processor and grind for about 1 minute.
- 2) Set aside.

Prepare the seafood:

- 1) Remove the guts, scales and fins of a red snapper. Wash it in cold water, cut it into chunks, and set it aside.
**tip: to save time, you can ask your fishmonger to do this for you.*
- 2) Prepare 4 large shrimp: remove the heads and intestines, wash them, and set aside.

Prepare the vegetables:

- 1) Clean the *ssukgat* (edible chrysanthemum) and cut it into 7 cm long pieces.
- 2) Clean the *minari* (water dropwort) and cut it into 7 cm long pieces.
- 3) Cut off the bottoms of the enoki mushrooms. Wash and split them.
- 4) Slice some green onions, 1 green chili pepper, and 1 red chili pepper.

Make *maeuntang*:

- 1) After boiling the stock for 20 minutes, take the lid off and take out the kelp.
- 2) Place the chunks of fish, the shrimp, and the clams into the boiling stock.

- 3) Add the spicy *maeuntang* sauce and boil over medium heat for 30 minutes.
**tip: It might boil over from time to time. Open the lid, remove the floating foam from the top, and close the lid halfway.*
- 4) Add ½ ts of salt, enoki mushrooms, *minari*, *ssukgat*, green chili pepper, and red chili pepper. Boil a few more minutes before serving.

To serve:

Put some *maeuntang* into a bowl for each person. Set out a bowl for each to collect fish bones. Serve with rice and other side dishes.

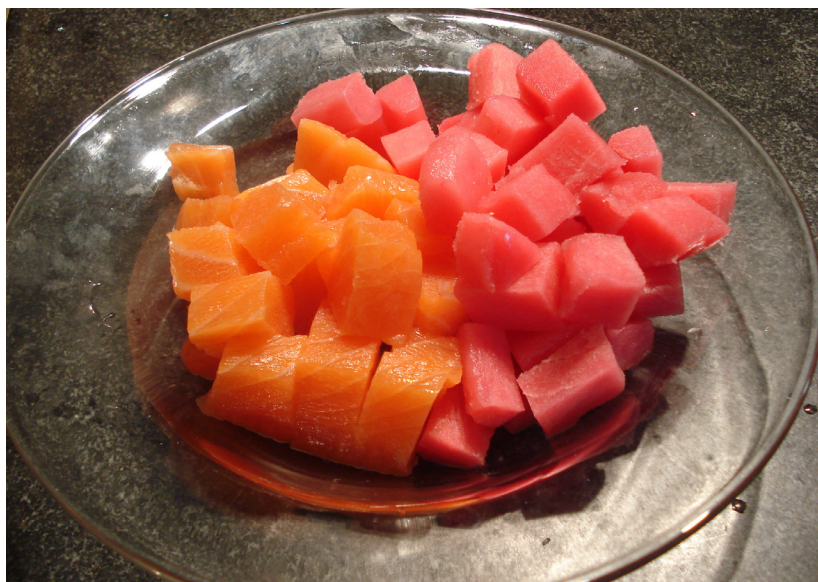


see <http://www.maangchi.com/recipe/maeuntang>
for video, comments, and help

Raw fish with rice and vegetables (Hoedeopbap)

Ingredients:

Fresh raw salmon, tuna and orange flying fish roe, carrot, lettuce, cucumber, perilla leaves, green onions, garlic, ginger, tofu, bean paste, dried anchovies, laver (*kim*), sesame oil, sesame seeds, soy sauce, sugar, hot pepper paste, and vinegar.



- 1) Make rice.

Make soup:

- 1) In a pot, put 5 cups of water and 8-10 dried anchovies with the heads and intestines removed. Boil for about 10 minutes.
- 2) Remove the anchovies from the pot and add 1½ tbs bean paste. Lower the heat.
- 3) Dice ½ package of tofu (about 1 cup) into 0.5 to 1cm cubes and add them to the pot. Boil a few more minutes and turn the heat off.

- 4) Chop up 1 green onion.
- 5) Sprinkle the chopped green onion over the soup just before serving with *hoedeopbap*.

Prepare a platter for the vegetables for *hoedeopbap*:

- 1) Julienne a medium size carrot and put it into a small bowl.
- 2) Sprinkle a few pinches of sugar and salt over the carrot strips. Mix and set aside.
- 3) Slice 2-3 cups of lettuce thinly and add to the platter.
- 4) Slice ½ cucumber thinly (about 1 cup's worth) and put it next to the lettuce on the platter.
- 5) Put the carrot on the platter after lightly squeezing to remove any extra liquid.
- 6) Thinly slice 5-7 perilla leaves and add to the platter.

Make *cho jang* (hot spicy sauce):

- 1) Mix 3 tbs hot pepper paste, 1 tbs soy sauce, 2 tbs vinegar, and 1 tbs sugar in a bowl.
- 2) Add 1 chopped green onion, 3 cloves garlic, and 2 ts juice from minced ginger. Mix well.

Make *hoedeopbap*:

- 1) Dice raw fish into 0.5 to 1 cm cubes.
**tip: raw fish should be kept in the fridge just until you are ready to serve it.*
- 2) In a large serving bowl, put 1-2 cups of warm rice.
- 3) In this order, add the sliced lettuce, cucumber, carrot, raw fish, and fish roe to the rice.
- 4) Drizzle sesame oil generously over top with and add some strips of roasted kim. Sprinkle some sesame seeds over top, too.

Serve it with the soup.

**tip: How to cut kim thinly:*

Roast a sheet of kim over your stove element. Flip it over quickly so both sides get toasted. Cut it into thin strips with scissors.



For vegetarians:

You can replace raw fish with fried tofu.

To make the tofu:

- 1) Heat up a pan and add a little vegetable oil.
- 2) Dice tofu into 1½ cm cubes and put them into the pan. Cook until golden brown.
- 3) Turn the heat off. Add 1 ts of soy sauce and 1 ts of sugar. Stir it to coat.

**tip: Tofu is fragile, so instead of using a spoon I usually shake my pan carefully when I mix in the sugar and soy sauce.*

Soft tofu stew (Soondubu jjigae)

Ingredients:

Dried anchovies, kelp, onion, garlic, shiitake mushrooms, beef, mixed seafood, shrimp, green onions, green chili pepper, hot pepper flakes, olive oil, sesame oil, soft tofu, fish sauce, and eggs.



Make stock:

- 1) Pour 5 cups of water into a pot. Add 12 dried anchovies with the intestines removed.
- 2) Add half an onion, about 1/3 cup of dried kelp, 3 dried shiitake mushrooms, and 5 cloves of garlic. Boil over high heat.
- 3) About 10 minutes later, lower the heat to low medium and boil for another 20 minutes.



Make soondubu jjigae:

- 4) Chop 3 shiitake mushrooms into small pieces.
- 5) Heat up an earthenware (or ceramic) pot on the stove and add 2 ts of olive oil.
- 6) Chop 100 grams of beef and add it into the pot. Stir it up.
- 7) Add the chopped shiitake mushrooms to the pot and stir it up.
- 8) Add 2 to 5 tbs ($\frac{1}{4}$ cup) of hot pepper flakes to the pot. Keep stirring for one minute.

**tip: how much hot pepper flakes should you use?*

2 tbs — mild

3 tbs — medium

4 tbs — hot

5 tbs — suicidal hot!

- 9) Pour 2 cups of your stock into the pot. It will sizzle loudly, so be ready!
- 10) Add 1 cup of mixed seafood and 3 shrimp.
- 11) Add 2 tbs of fish sauce.
- 12) Open the 2 tubes of soft tofu (*soondubu*) by cutting them in half. Squeeze out each half into the pot. Break it up with a spoon while it boils..
- 13) Add 2 chopped green onions and 1 green chili pepper as it boils.
- 14) Crack 2 eggs and drizzle some sesame oil over top before serving.



see <http://www.maangchi.com/recipe/soondubu-jjigae>
for video, comments, and help

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Hi everyone!

Welcome to my second cookbook! This book starts where my last book left off. It has 24 recipes of Korean favourites, plus a lot of photos from the store so you can see exactly which ingredients you need to buy. Have fun!

~Maangchi

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