Cooking Korean Food with Maangchi

Book 2

More Korean recipes from YouTube including:

Galbijjim
Bulgogi
Dakkangjung
Mandu
Sujunggwa
Gyungdan
Gyeranjjim
Naengmyeon
Soondubu jjigae



Cooking Korean Food with Maangchi

book 2

By Emily Kim

For Hwanhee

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,

Emily Kim
www.maangchi.com

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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 cold water in a large bowl for at least 30 minutes and change the water a few times.
3) Boil water in a large pot. Put in the short ribs. Boil for 5-10 minutes.

4) Take out the ribs from the boiling water and wash them with cold water to remove unnecessary fat or floating bubbles.
5) Throw away the boiling water and clean the pot.
6) Place the clean beef short ribs in the pot.
7) Prepare a bowl to make seasoned water by mixing 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. Add it to the short ribs in the pot.
8) Boil it over medium heat for 20 minutes.
9) While it boils, cut carrot and radish into 5 cm cubes and round the edges to make several balls (the size of the balls should be like ping pong balls), and cut the soaked shiitake mushrooms into bite size.
**tip: You can add several skinned chestnuts and gingko nuts*
10) Open the lid of the pot and add all ingredients (carrot, radish, shiitake mushrooms) to the pot. Let it simmer for about 1 hour over low heat.
**tip: Stir the ribs and other ingredients with a wooden spoon from time to time. Pour the liquid from the bottom of the pot over top of the meat.*
11) Open the lid and check if the meat is cooked fully. Use your chopstick to poke the meat. When it is smoothly going through the meat, the meat is tender enough.
12) Add 2 tbs of mulyeot (corn syrup), 1 tbs sesame oil, ½ ts black pepper, and heat it up over high heat. Mix it well until liquid evaporates
13) Transfer galbijjim to a platter before serving.

see http://www.maangchi.com/recipes/galbijjim
for video, comments, and help

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) Mix these ingredients to make marinade sauce:
   3 tbs of soy sauce, 3 tbs of water, 2 tbs of sugar, 1 tbs of honey, 1 tbs of sesame oil, 1 tbs of toasted sesame seeds, 2 chopped green onions, 3 cloves minced garlic, 1 ts of black pepper
3) Marinate the beef for at least 2 hours in the refrigerator.
4) Cook it on a pan or a grill, and transfer to a plate or a cast iron plate to serve.
5) Sprinkle chopped green onion and toasted sesame seeds overtop as a garnish.



Kimchi fried rice (kimchi bokkeumbap)

Ingredients:
Kimchi, cooked rice, hot pepper paste, laver

1) On a heated pan, put chopped kimchi (1 cup) and 2-3 tbs of kimchi juice and stir it and cook about 3 minutes.
2) Add 1 tbs of hot pepper paste in the kimchi in the pan and 2 bowls of rice and stir it 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/recipes/kimchi-bokkeumbap for more

Sweet and crispy chicken (dakkangjung)

Dakkangjung is another popular Korean traditional dish and is usually made with chunks of chicken from a whole chicken. I am using chicken wings for the same recipe.

Each chicken wing is coated with sweet and crispy sauce. Of the ingredients, thinly sliced ginger will turn into something like candy which has not only its own special chewy taste but also influences the whole flavor of chicken. Peanuts turn it into an amazingly crispy snack!



Ingredients:
40 pieces of 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 pepper.

Bread and deep fry:

1) Prepare 40 chicken wings or chunks of chicken, rinse them off in cold water and drain them.
2) Transfer the chicken into a big bowl.
3) Add 2 ts of salt, 1 ts of ground pepper, 2 eggs, and the mixture of ½ cup of flour and ½ cup of starch powder. Mix it by hand.
4) Deep fry the chicken wings in vegetable oil 2 times at about 350-380 degrees (F).



Sauce for coating:

1) Prepare a big wok or pan.
2) Place 1 cup of water in the wok and heat it up.
3) Slice 1 cup of ginger thinly after peeling the skin off and washing, and add it into the boiling water.
4) Add 2 tbs of soy sauce, 1 cup of brown sugar, ¼ cup of vinegar and boil it over medium heat.
5) 5 minutes after, add 1 cup of corn syrup and keep boiling over low medium heat about 30 minutes.
6) Raise a spoon of the sizzling sauce above the wok in the air and drop it until the sauce is thick enough to stop halfway. Then 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), 1/2 tbs dried red hot chili pepper, and ½ cup of toasted sesame seeds into the sizzling sauce and mix it with a spatula. The amount of sticky sauce will decrease while you are stirring. Then turn off the heat and you are done!

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

For spicy food lover:
You can sprinkle 2 tbs of dried and crushed red chili pepper instead of 1/2 tbs.



see http://www.maangchi.com/recipes/dakkangjung
for video, comments, and help

Mandu (dumplings)

Ingredients:
1 cup of ground pork, 2 cups of ground beef, 2 cups of chopped *boo chu* (Asian chives), 4-5 soaked Shiitake mushrooms, half onion, half package of tofu, 3 cloves of minced garlic, salt, sugar, sesame oil, vegetable oil, fish sauce, egg, green onion, 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 it by hand and push the mixture of meat on the side of the bowl.
3) Wash Asian chives (buchu), dry well with paper towel or cotton cloth and then chop them to make 2 cups. Add 1 tbs of oil and mix it up. Place it in the big bowl next to the ground meat.

**tip: the oil will coat vegetables so they will keep their moisture.*

4) Chop 4-5 soaked shiitake mushrooms and half an onion and put it into a small bowl.
5) Add 1 ts of soy sauce, 1 ts of sugar, and 2 ts of sesame oil the small bowl in the last step. Mix it by hand and then transfer it to the big bowl.
6) Squeeze half a package of tofu using cotton cloth or paper towel and put it into a small bowl. Then add a pinch of salt, 1 ts of sesame oil and mix it and put it next to chopped chives.
7) In the big bowl, add 3 cloves of minced garlic and mix all ingredients by hand.







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

1) Place one mandu skin on your left hand and put some filling mixture on the center of the skin.
2) On the half of the edge of the skin, put a little cold water with your fingertips.
3) Fold skin in half over filling and press edges together to make ripple shape.
4) Place some vegetable oil on heated pan and add mandu.
5) Lower the heat over low medium and cover the lid of the pan to cook.
6) A few minutes later, open the lid and turn over each mandu. Place 2-3 tbs of water and cover the lid. Cook a few minutes more over low heat.
7) When the mandu is golden brown, transfer it to a plate.
8) Serve hot with dipping sauce (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, left over onion and boil it all over medium heat for 20-30 minutes. If water evaporates, you can add more water.
2) When the stock is well made, remove the anchovies and onion.
3) Add 1 ts of fish sauce, 2 cloves of minced garlic and your mandu and cover the lid. (you can add more salt if you want)
4) When mandu cooks properly, it floats to the surface.
5) Add 1 beaten egg, 2 sliced green onions: Done!
6) Serve hot with a bowl of kimchi. (ground pepper is optional)



see http://www.maangchi.com/recipes/mandu
for video, comments, and help

Butternut squash porridge (hobakjuk)

Ingredients:
2 or 3 small butternut squash, water, salt, sugar, sweet rice flour.

How to prepare butternut squash:

1) Wash the exterior of the butternut squashes in cold water.
2) Cut the squash in half lengthwise and remove the seeds and stringy stuff with a spoon.
3) Place the butternut squash in a large pot. Pour 3 cups of water over them and bring to a boil over medium high heat for 30 minutes, until the contents become soft.
4) Turn off the heat and let it cool down.
5) When it's cooled down, scrape the cooked insides out with a spoon.
6) Place 3 cups of the cooked squash insides into a large pot and 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, ¼ ts salt, and ¾ cup of hot water. Mix it up with a wooden spoon at first, and then knead it for a few minutes with your hand after it cools down.
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 (this will prevent the rice cake balls from sticking together).
5) Take a bit of dough and roll a rice cake ball (the size should be 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 wrap the dough in plastic wrap while you are making the rice cake balls.*

Let's make porridge!

1) When the mixture of squash and water starts boiling, add the rice cake balls to the pot. Stir it with a wooden spoon and cook it for a few more minutes.
   **tip: when it's cooked, all the rice cake balls will be floating on the surface of the porridge.*
2) Turn off the heat and add 1 ts salt and ¼ cup of sugar and stir it for a few seconds before serving.

Yayee! You made butternut squash porridge!



see http://www.maangchi.com/recipes/hobakjuk
for video, comments, and help

Sweet red bean soup (danpatjuk)

Ingredients:
Red bean paste, sweet rice flour, boiling water, sugar, pine nuts, cinnamon powder.

Here's the recipe for 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 it.
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.

Let's make danpatjuk!

1) Put the red bean paste in a pot.
2) Pour some water (about 4- 5 cups) and 1 cup of sugar (depends on your taste) and boil it.
3) Mix one cup of sweet rice powder, a pinch of salt and 1 tbs of sugar in a bowl.
4) Add 1/2 to 1 cup of hot water in "3″ and mix it with a spoon first and fold it by hand to make dough. (The amount of hot water varies depending on the dryness of sweet rice powder you use, so first use 1/2 cup of hot water to make your dough and put more hot water while kneading the dough)
5) Make small rice balls with the dough about 0.5 cm diameter.



6) When the red bean soup boils, add the rice balls and cook it.

7) Keep stirring the soup and it will get thicker.

8) Ladle the soup into a bowl and add a few pine nuts on top and sprinkle some cinnamon powder and serve it.



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

Ingredients:
4-5 dried persimmons, 5-6 cinnamon sticks, ginger (half cup sliced), 1 cup of sugar, a few pine nuts, and 7 cups of water.



1. Peel the ginger skin, wash it, and slice it to make half cup.
2. Place the ½ cup of sliced ginger into a pot or kettle.
3. Rinse 5-6 cinnamon sticks and put them into the pot.
4. Add 7 to 7½ cups of water and boil for 20 minutes over high heat.
5. Lower the heat to medium and boil it for another 25 minutes. If it boils over, take off the lid.

6. Add 1 cup of sugar. Stir it and cool it down.
7. Remove the stem of each persimmon and wash them.
8. Remove the cinnamon sticks and sliced ginger from the tea using a colander.
9. Pour it into a glass jar or glass bowl and add the cleaned dried persimmons.
10. Cover the lid and keep it in the refrigerator for at least 12 hours. It will keep for a couple of days.
11. 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 on top.



see http://www.maangchi.com/recipes/sujunggwa
for video, comments, and help

Fried squid (ohjinguh twigim) and fried sweet potato

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

Fried squid:

1) Cut a dried squid into bite size with scissors and soak it in cold water for 1 hour.
2) Beat 1 egg white until it foams and add ½ cup of starch powder, ½ cup of flour, 1 ts of salt, and ½ cup of cold water and mix it to make batter.
3) Drain the squid and dry it with paper towel and add 2 tbs of starch powder and mix it.
4) Pour vegetable oil in a pan and 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 sweet potato diagonally about ½ inch thick.
2) Dip the pieces of sweet potato into the batter you made for the squid, and fry it.

see http://www.maangchi.com/recipes/fried-squid for more





Rice cake (gyungdan)

Ingredients:
2 cups of sweet rice flour (Mochiko powder), 3/4 cup of boiling water (or 1 cup), salt, sugar, brown sugar, 1 cup of red beans, 1 ts of cinnamon powder, black sesame seeds powder, mugwort powder, toasted yellow soy bean powder, and 1 or 2 cups of flour.

Step 1:
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.
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.

Step 2:
Prepare 3 bowls where 3 different kinds of powder will be placed for the rice cake balls.

1) Black sesame seeds:
    i) Rinse ½ cup of black sesame seeds in running water with a strainer.
    ii) Heat a pan over medium heat and pour in the sesame seeds.
    iii) Cook the sesame seeds and stir with a spoon.
    iv) The sesame seeds will pop. Lower the heat and keep stirring for another 5-10 minutes until they are crispy.

v) When the sesame seeds cool down, grind them with a coffee grinder.

vi) Transfer the sesame seeds powder to a bowl. Add 2 tbs sugar and a pinch of salt and mix it.

2) Put ½ cup of toasted soybean powder (*konggaru* in Korean) in a bowl. Add 2 tbs of sugar and a pinch of salt and mix it.

3) Put ½ cup of mugwort powder (*ssookgaaru* in Korean) in a bowl. Add 2 tbs of sugar and a pinch of salt and mix it

Step 3:
Make rice cake dough.

1) In a bowl, place 2 cups of sweet rice powder, 2 tbs of sugar, 1 ts of salt.

2) Pour 2/3 cup of hot water little by little while you are mixing it with a spoon

3) Mix the dough by hand.



**tip: if you feel the dough is too wet, add some plain flour.*

4) Put the rice cake dough into a plastic bag and set it aside

Step 4:
Let's make rice cake!
In a big pot, place a lot of water and boil it.

1) Take the rice cake dough out from the plastic bag and place it on the cutting board.
   **tip: To protect the dough from being stuck to the board, sprinkle some plain flour before placing the rich cake dough.*
2) Divide the dough into 2 and roll each one to make cylinder shape and cut it into 18-20 pieces.
3) Roll each piece of rice dough with your hands and make a hole in the middle of the ball with your thumb. Then turn the ball into a cup.
4) Put the bean paste into the middle.




Red beans
(azuki bean)



5) Close it tightly and place it on a plate.
**tip: While you are making rice balls, the rest of dough may get dried, so cover them with wet cloth or paper towel.*

6) Carefully put all the rice cake balls into boiling water. When the rice cake balls are cooked, they float. It will take about 3 -5 minutes until they float.

7) Prepare lots of cold water in a big bowl.

8) Put the cooked rice balls into cold water and drain them.

9) Roll the cooked rice balls in the 3 different colors of powder and transfer them to a plate.

Enjoy it!



see http://www.maangchi.com/recipes/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* in Korean), and strawberry Jell-o powder.



Make the dough:

1) Prepare a package of rice powder (2 lbs) usually sold frozen at a Korean grocery store. Just before using it, you must thaw it until the powder is at room temperature.

2) Put rice powder through a sifter to make the powder fine.
**tip: If your rice powder is very fine, you can skip sifting. If your rice powder is coarse, you may have to grind it with a food processor or coffee grinder before sifting.*

3) Prepare 3 stainless bowls and put 1 cup of finely sifted rice powder into the each bowl. (Bowl A, B, and C)

4) Boil 2 cups of water for your rice dough.

5) Bowl A (white songpyeon): add a pinch of salt and 3 tbs of boiling water and mix it with a wooden spoon. (it'll be too hot if you use your hands at first) Knead the rice dough for about 5 minutes. Put the dough into a plastic bag and set it aside.

6) Bowl B (pink songpyeon): add a pinch of salt, a pinch of strawberry Jell-o powder, and 3 tbs of boiling water. Mix it with a wooden spoon and knead the rice dough for about 5 minutes. Put the dough into a plastic bag and set it aside.

7) Bowl C (green songpyeon): add a pinch of salt, 1 ts of ssookgaru (mugwort power) and 3.5 tbs boiling water. Mix it with a wooden spoon and knead the rice dough for about 5 minutes. Put the dough into a plastic bag and set it aside.
**tip: You will need to add 3.5 tbs of water because of the 1 ts of ssookgaru.*



Now let's make the fillings.

Roasted sesame seeds powder filling:

1) Grind ¼ cup of roasted sesame seeds using a coffee grinder for 15-20 seconds.
2) Transfer the ground sesame powder into a small bowl and mix it with ¼ cup of brown sugar and a pinch of salt.
**tip: if you grind too long, the powder will become sticky from the oil in the seeds.*

Mung bean powder filling:

1) Wash and drain ¼ cup of dried and skinned mung beans and put them in a pot with a thick bottom.
2) Add ¼ cup of water and a pinch of salt to the pot and simmer it for 30 minutes.
**tip: Be sure not to burn it - simmer over the lowest heat.*
3) Open the pot and use your wooden spoon to crush the beans into fine powder.
**tip: if you make more than ¼ cup of mung bean powder, you may have to use your grinder or food processor to grind it finely.*
4) Transfer the crushed mung bean powder into a small bowl or container and wait until it cools down.
5) Add ¼ cup of white sugar and mix it. That's it!

Let's make songpyeon now!

1) Break off a piece of rice dough about 1 inch in diameter and roll it between your palms to make a rice ball. Then press your thumb in the center of the ball to make it shaped like a cup.
2) Fill the cup with either sesame filling or mung bean filling using a small spoon, and seal it using your thumb and index fingers.
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 boil it. When it starts boiling, 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 raw songpyeon on top. Put more pine needles on top of the songpyeon, too.
**tip: Pine needles 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 to the cold water and quickly remove pine needles. Take them out, put them on a plate to serve.

Enjoy your songpyeon and happy Chuseok!



see http://www.maangchi.com/recipes/songpyeon
for video, comments, and help





Egg side dish (gyeranmalyee)

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 size eggs and put it into a bowl.
2) Make egg mixture by adding and beating these ingredients: ½ ts salt, a pinch of sugar, ½ chopped medium size onion, ground pepper.
3) Heat up a non-stick frying pan over medium heat and spread a little vegetable oil.
4) Pour about 1/3 of the egg mixture on the pan and spread it thinly by tilting the pan.
5) When it's cooked, lift the right side edge of the omelette and roll it with a spatula from right to left.
6) Repeat this step of 4 and 5 until the egg mixture runs out.
   **tip: To make nice yellow rolled omelette, lower the heat and cook it slowly.*
7) Make a long rectangle box shape by cooking 4 sides.
8) When the omelette cools down, cut it into bite size and serve it with rice.

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





Egg side dish (gyeranjjim)

Ingredients:
3 eggs, ½ cup water, 3 ts of salted shrimp sauce (*"saewoojeot"* in Korean), and 2 green onions.

1) In a microwavable bowl, put 3 cracked eggs, ½ cup water, 3 ts salted shrimp sauce, 2 chopped green onions and stir it with a fork.
   **tip: If you don't have saewoojeot (salted shrimp sauce), you can use 3 ts of fish sauce.*
2) Put it into the microwave oven and cook it for 5 minutes. Serve it with rice.

If no microwave oven is available, you can steam it. In a large pot, pour about 3-4 cups of water and place the bowl that contains the egg mixture in the center of the pot. Close the lid of the pot and cook it over low-medium heat for about 15 minutes.



Spicy egg side dish (maewoon gyeranjjim)

Ingredients:
3 eggs, ½ cup of water, 1½ tbs soy sauce, 2 ts hot pepper flakes, ½ tbs toasted sesame seeds powder, and 3 green onions or chopped Asian chives (buchu).

1) In a microwavable bowl, add 3 cracked eggs, ½ cup of water, 1.5 tbs soy sauce, 2 ts hot pepper flakes, 3 chopped green onions, and ½ tbs toasted sesame seeds powder and mix it well with a fork.
2) Put it into a microwave oven and cook it for 5 minutes.
3) Dribble some sesame oil on top before serving.



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

Eggplant side dish (gaji namul)

Ingredients:
3 medium sized Asian eggplant, 2½ tbs soy sauce, 1 chopped green onion, 2 cloves of garlic, ½ tbs of roasted sesame seeds, ½ tbs of sesame oil, and 1 ts of hot pepper flakes.

1) Cut 3 medium sized Asian eggplants into 2 or 3 pieces. Then cut each piece in half lengthwise.
2) Pour 2 cups of water into a steamer, and place the pieces of eggplant inside. Bring to a boil for 15 minutes over high heat.
3) Turn the heat off and move the cooked eggplant to a bowl. Set it 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 these seasonings to the bowl: 2 cloves of minced garlic, 1 ts of hot pepper flakes, 1 chopped green onion, ½ tbs sesame seeds, 2½ tbs soy sauce, and ½ tbs sesame oil.
7) Mix it all together with your hand.

Serve with rice as a side dish.

see http://www.maangchi.com/recipes/gaji-namul
for video, comments, and help


eggplant



Oi naengguk (cold cucumber soup)

Ingredients:
Cucumber, garlic, green chili pepper, red hot chili pepper, green onion, 1½ tbs vinegar, 1 ts salt, 1 ts fish sauce, 1 ts sugar, 1½ cup of cold water (purified or boiled and cooled down), and 6 ice cubes.

1) Get a bowl ready, one that can hold more than 2 cups. One that is made of glass looks the best.
2) Put about 1¼ cups of cucumber, cut into thin strips (julienne style), into the bowl.
3) Mince one clove of garlic, chop up half a green onion, and cut up 1 or 2 ts worth of green chili pepper (depending on how hot you like it). Add them to the cucumber strips in the bowl.
4) Add 1 ts of salt, 1 ts of fish sauce, 1 ½ tbs of vinegar, 1 ts of sugar to the bowl and mix it well with a spoon.
5) Pour 1½ cup of cold water (purified or boiled and cooled down) to the bowl and mix it.
6) Add 6 ice cubes.
7) Cut some red hot chili pepper to garnish and sprinkle on the top of the soup.
8) Serve it with rice.

You can also make naengguk with miyuk (sea plant), or egg plant, instead of cucumber. Or you can make it with miyuk together with cucumber, too. You can try some different combinations to see what you like the best.

see http://www.maangchi.com/recipes/oi-naengguk
for video, comments, and help





Potato side dish (gamja jorim)

Ingredients:
2-3 medium sized potatoes, onion, 2 cloves garlic, soy sauce, 1 tbs corn syrup, 1 tbs sugar, half cup of water.

1) Peel the potatoes, wash, and cut them into 1 inch dice. Make 2 cups.
2) Rinse the potato using colander in running water to remove starch.
3) Cut half onion into bite sized pieces.
4) Heat the pan and add 1-2 tbs olive oil and pour the potato into the pan.
5) Add 2 cloves of minced garlic and sauté it until the potato look a little translucent, then add the onion and keep stirring it.
6) Add half cup of water into the pan, 2 tbs – 2½ tbs soy sauce (depends on your taste), 1 tbs of sugar, 1 tbs of corn syrup and mix it and simmer it over medium heat for about 10 minutes until the liquid is evaporated.
   **tip: Keep checking and stirring not to burn it and to cook evenly, if it needs more water, add some.*
7) When the potato is cooked, turn off the stove and add 1 tbs of sesame oil and sprinkle a pinch of sesame seeds.

see http://www.maangchi.com/recipes/potato-side-dishes
for video, comments, and help





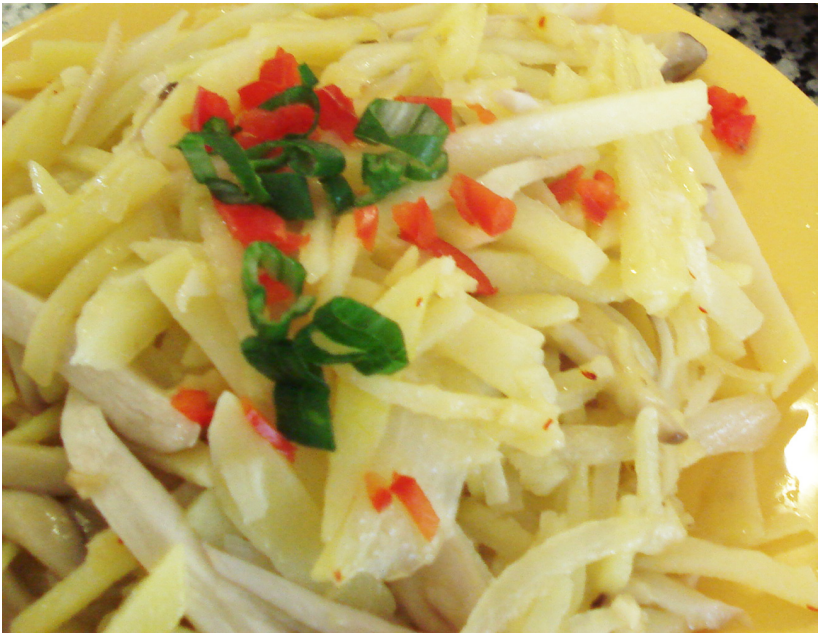
Potato side dish (gamjachae bokkeum)

Ingredients:
1 medium size of potatoes, 2 cloves garlic, 2 white oyster mushrooms, half onion, ½ ts to 1 ts of salt, 1 to 2 tbs olive oil, 1 tbs sesame oil, and 4 to 5 tbs of water.
**tip: If you only use potatoes, use 2 medium size potatoes and ½ cup of water.*

1) Peel the potatoes and wash and cut them into julienne strips.
2) Wash the potato in running water using a colander to remove starch.
3) Cut the mushrooms into julienne strips.
4) Slice the onion and mince 2 cloves of garlic.
5) In a heated pan, add 2 tbs of olive oil and add the potato strips. Stir it with a wooden spoon for 1 minute.
6) Add 4-5 tbs water and lower the heat over lower heat to cook and stir it.
7) Cover the lid of the pan and simmer it for a few minutes.
8) Open the lid and add garlic and the mushroom strips and sauté until potato strips are fully cooked.
9) Add ½ ts to 1 ts of salt (it depends on your taste), 1 tbs of sesame oil and turn off the heat.
10) Garnish with chopped red pepper and green onion.

see http://www.maangchi.com/recipes/potato-side-dishes
for video, comments, and help





Soybean side dish (kongjang, kongjorim)

Ingredients:
1 cup of soy beans, ½ cup of soy sauce, 1 ts of vegetable oil, 2 cloves of minced garlic, ½ cup of sugar, and ½ tbs sesame seeds.

1) Rinse 1 cup of soy beans and drain it and place in a skillet.
2) Add 2 cups of water in the skillet and soak the beans for 8 hours.
3) Boil the beans on the stove over medium high heat for 10 minutes.
   **tip: about 5 minutes later, it may boil over, and then open the lid and turn down the heat over medium heat and cook another 5 minutes.*
4) Add ½ cup of soy sauce, 1 ts of vegetable oil, 2 cloves of minced garlic, and ½ cup of sugar and boil it over medium heat for 30 minutes (cover the lid).
5) Open the lid of the pot and heat it up over high heat and stir the beans occasionally with a spoon until the beans look shiny.
   **tip: Beans will be submerged with shiny and sticky seasoning sauce.*
6) Turn off the heat and add 1 tbs of toasted sesame seed and cool it down.
7) Transfer it into a container and keep it in the refrigerator.

see http://www.maangchi.com/recipes/kongjang-kongjorim
for video, comments, and help


soybeans
한국식품
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Stir fried dried anchovy side dish (myulchibokkeum)

Ingredients:
2 cups dried anchovy, olive oil, brown sugar, garlic, hot pepper paste, corn syrup, water, sesame oil, sesame seeds.

For mild myulchi bokkeum:

1) Stir 1 cup of small dried anchovy in a heated pan for 1 minute.
2) Add 1 tbs olive oil and stir it for another minute.
3) Push the cooked myulchi to the edge of the pan away from the heat.
4) Make sauce by adding 1 or 2 tbs sugar, ½ ts minced garlic, 2 ts water, and 1/2 tbs corn syrup (optional) 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 with the sauce and turn the heat off.
7) Add ½ tbs sesame seeds and 1 ts of sesame seeds.



For spicy myulchi bokkeum:

1) Stir 1 cup of small dried anchovy in a heated pan for 1 minute.
2) Add 1 tbs olive oil and stir it for another minute.
3) Push the cooked myulchi to the edge of the pan away from the heat.
4) Make sauce by adding 1 tbs hot pepper paste, 1 tbs sugar , ½ ts minced garlic, 4 ts water, ½ tbs corn syrup 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 1 ts sesame oil and ½ tbs sesame seeds.

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




young summer radish



Yeolmu mulkimchi (young summer radish water kimchi)

Ingredients:
2 bunches of yeolmu (young summer radish), salt, flour, fish sauce, sugar, garlic, ginger, onion, green chili pepper, red chili pepper, and water.

How to handle yeolmu:

1) Buy 2 bunches of yeolmu.
2) Peel the radishes with a knife and remove the dead leaves.
3) Cut it into pieces about 5 cm in length and put them into a big bowl. Add some water.
4) Add some salt (½ cup) and mix it carefully. Let it sit in the salt for 30 minutes.
5) 30 minutes later, turn it over to salt evenly and let it sit another 30 minutes (total salting takes 1 hour).
6) Wash the salted yeolmu 3 times and drain in a colander.

Make paste for yeolmu kimchi:

1) In a small pot, mix 1 tbs flour and 1 cup of water and heat it over medium heat.
2) Keep stirring until the liquid thickens. When you see some bubbles, it means the porridge is cooked well.
3) Add 1 tbs sugar (optional) and ½ cup of fish sauce (you can replace this with salt).
4) Turn off the heat and cool it down.

Make yeolmu kimchi:

1) Get a big stainless steel bowl.
2) Slice half an onion, ginger (½ tbs), 2-3 red chili

peppers, 2-3 green chili peppers, and 4 cloves of minced garlic. Put them into the bowl.

3) Add 2 tbs of hot pepper flakes and mix it with a spoon.
4) Pour the cool porridge into the bowl and mix it.
5) Add the clean yeolmu into the bowl and mix it.
6) Transfer the yeolmu kimchi into a container or glass jar.
7) Pour water into the container until all kimchi is submerged (you can use either purified water or boiled but cooled down water) and cover the lid.
8) Keep it in room temperature for a couple of days.
9) When the kimchi is fermented, keep it in the refrigerator.

When you serve it, put some kimchi in a glass bowl or ceramic bowl and add some ice cubes.



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

Naengmyeon (cold noodles)

Ingredients:
A package of buckwheat noodles, onion, garlic, green onions, ginger, cucumber, egg, 1 bosc pear, hot pepper flakes, hot pepper paste, sesame seeds, vinegar, sesame oil, corn syrup, salt, soy sauce, sugar, and mustard powder.



(Makes 2 servings)

1) Make stock by boiling 8 cups of water, 3-4 shiitake mushrooms, dried kelp, and 8-10 dried anchovies (You will see how to make this stock in my soondubu video) and cool it down.

2) Prepare toppings for naengmyeon.

   i) Mustard powder:
   Mix 2 tbs of mustard powder and 1 tbs water and put it on warm place to ferment it.
   (I place it on the top of boiling stock)

   ii) Cucumber:
   Slice a quarter of cucumber thinly and sprinkle a pinch of salt, 1 ts of sugar, 1 ts of vinegar, and

a pinch of hot pepper flakes and mix it and set it aside.

iii) Bosc pear:
Slice a half pear thinly and soak it in water and add 1 ts sugar to protect it from changing color.

iv) Egg:
Hard boil an egg, cut it in half, and set it aside.

3) Make hot and spicy sauce for bibim naengmyeon, by grinding these ingredients:

A half of peeled bosc pear, a quarter of onion (about 3 tbs), 1 ts garlic, 1 ts of ginger, ½ cup of corn syrup, 4 tbs hot pepper flakes, 3 tbs hot pepper paste, ¼ cup of apple vinegar, 1 tbs sesame seeds, 3 green onions, and 1 tbs soy sauce.

4) Place the ground sauce into a container. Add 1 tbs sesame oil and 1 ts of fermented mustard and mix it.

5) Make naengmyeon broth by mixing 1 cup of yeolmu kimchi juice and 2 cups of stock. (you can add some vinegar or salt and sugar)

6) Boil the noodles:

i) Put noodles into boiling water in a big pot (2/3 of the pot is filled with water). The direction of cooking noodles is on the back of the noodle package and it usually takes 3-4 minutes to boil after putting the noodles into the boiling water. You can taste a sample to see if the noodles are cooked enough.

ii) When the noodles are cooked, move the pot to your sink and pour cold water over them. Drain some and pour cold water over them again. This process helps the noodles get chewier.

iii) Place the noodles into a basket or colander and keep rinsing and draining the noodles until all starch from the noodles is removed.



7) Serve it cold!

For mul naengmyeon:

1) Put some noodles into a serving bowl and fill the broth until the noodles are submerged.
2) Add crushed ice and place toppings: yeolmu kimchi, a few pieces of pear and cucumber, and a half side of boiled egg on top.
3) Add 1 ts of mustard.





see http://www.maangchi.com/recipes/naengmyeon
for video, comments, and help

For bibimnaengmyeon:

1) Put some noodles into a serving bowl.
2) Add a half cup of icy broth.
3) Place some hot and spicy sauce, yeolmu kimchi, a few pieces of pear and cucumber and a half side of boiled egg on top.
4) Add some more sesame oil if you want.



Spicy fish soup (maeuntang)

Ingredients:
A red snapper (25 cm long), 4 clams, and 4 large shrimp.

Makes 4 servings. Total cooking time is 1-1½ hours.



Make stock first!

1) Soak 2 shiitake mushrooms in warm water for 3-4 hours and cut them into bite size in length.
2) Soak 4-5 clams in cold salty water (2 cups of cold water +1 tbs salt) for at least 3-4 hours and wash them and set them aside.
3) Cut radish thinly into about 3×4 cm size, 0.2-0.3 cm in thickness.
4) Place the sliced radish (about 1 cup), the pieces of mushroom, and some kelp in a pot.
5) Pour 6-7 cups of water into the pot and boil it over high heat for 20 minutes.

Make maeuntang sauce:

1) Place 7 cloves garlic, ½ 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 the food processor and grind it for about 1 minute.
2) Set it aside.

Prepare fish:

1) Put a red snapper on a cutting board and clean out guts, remove scales and fins. 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 vegetables:

1) Clean *ssukgat* (edible chrysanthemum) and cut it into 7 cm long pieces.
2) Clean *minari* (water dropwort) and cut it into 7 cm long pieces.
3) Cut out the bottom part of enoki mushrooms and wash and split them.
4) Slice some green onions, 1 green chili pepper, 1 red chili pepper,
5) After boiling stock for 20 minutes, open the lid of the pot and take out kelp.
6) Place chunks of the fish, shrimp, clams in the boiling stock.
7) Add the maeuntang hot sauce and boil it all over medium heat for 30 minutes.
   **tip: It might boil over from time to time. Open the lid and remove the floating foam from the top and then close the lid halfway*

8) Add ½ ts of salt, enoki mushrooms, *minari* (water dropwort) and *ssukgat* (edible chrysanthemum), green chili pepper, red chili pepper, and boil a few more minutes before serving.

Your maeuntang is done!

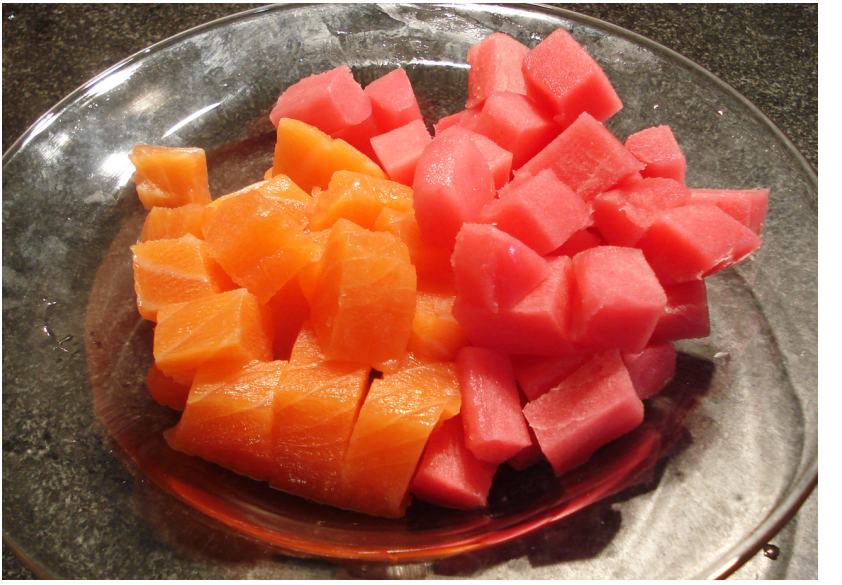
Serving:
Put some fish soup in a bowl for each person and provide each person with a bowl to collect fish bones and serve with rice and other side dishes.



see http://www.maangchi.com/recipes/maeuntang
for video, comments, and help

Raw fish with rice and vegetables (hwedupbap)

Ingredients:
Fresh raw salmon, tuna and flying fish roe (orange), 1 carrot, 2 cups of lettuce, ½ cucumber (half cup), 7 or 8 sesame leaves, 2 green onions, 3 cloves of garlic, 2 ts of juice from ginger, 1 package of tofu, bean paste, dried anchovies, laver (kim), sesame oil, sesame seeds, soy sauce, sugar, hot pepper paste, and vinegar.



1) Cook rice.
2) Make soup:
   i) In a pot, put 5 cups of water and 8-10 dried anchovies (remove heads and intestines) and boil for about 10 minutes.
   ii) Remove the anchovies from the pot and add 1½ tbs bean paste. Lower the heat.
   iii) Dice ½ package of tofu (about 1 cup) into 0.5 to 1cm cubes and add them to #2. Boil a few more

minutes and turn the heat off.

iv) Chop up 1 green onion.

v) Sprinkle the chopped green onion over the soup just before serving with hwedupbap.

3) Prepare a platter of ingredients for hwedupbap:

i) Cut a medium size carrot into julienne strips and put it into a small bowl.

ii) Sprinkle a few pinches of sugar and salt into the carrot strips. Mix it and set it aside.

iii) Slice some lettuce (2-3 cups) thinly and put it on the platter.

iv) Slice ½ cucumber thinly (1 cup) and put it next to the lettuce on the platter.

v) Put the carrot on the platter after squeezing slightly to remove excessive liquid.

vi) Slice 5-7 sesame leaves thinly and put it on the platter.

4) Make *cho jang* (hot spicy sauce):

i) Mix 3 tbs hot pepper paste, 1 tbs soy sauce, 2 tbs vinegar, and 1 tbs sugar in a bowl using a spoon.

ii) Add 1 chopped green onion, 3 cloves garlic, and 2 ts of juice from minced ginger. Mix well.

5) Dice raw fish into 0.5-1 cm cubes.
**tip: raw fish kept in the fridge should be cut just before serving*

6) In a large serving bowl, put 1-2 cups of warm rice.

7) Put the sliced lettuce, cucumber, carrot, raw fish, and fish roe on the rice in this order.

8) Drizzle sesame oil generously over top with and put some roasted strips of kim. Sprinkle some sesame seeds too.

Serve it with the soup.

**tip: How to cut kim thinly:*
Roast a sheet of sea plant over your stove element. Flip it over so both sides get toasted. Cut it into thin strips with scissors.



For vegetarians:
You can replace raw fish with fried tofu.
How to prepare for your tofu:

1) Heat up your 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 and add 1 ts of soy sauce and 1 ts of sugar. Stir it to coat.
   **tip: Tofu is fragile, so I usually shake my pan carefully when I mix in sugar and soy sauce, instead of using a spoon.*

see http://www.maangchi.com/recipes/hwedupbap
for video, comments, and help

Soondubu jjigae (soft tofu stew)

Ingredients:
12 dried anchovies, 1/3 cup of kelp, half onion, 5 cloves of garlic, 3 shiitake mushrooms, 100 grams of beef, 1 cup of mixed seafood, 3 shrimp, 2 green onions, 1 green chili pepper, 2-5 tbs of hot pepper flakes, olive oil, sesame oil, 2 tubes of soft tofu, 2 tbs of fish sauce, and 2 eggs.



Prepare stock to make tasty soondubu:

1) Pour 5 cups of water into a pot and add 12 dried anchovies after removing intestine part.
2) Add half onion, some dried kelp (about 1/3 cup), 3 dried shiitake mushrooms, 5 cloves of garlic and boil it over high heat.
3) Approximately 10 minutes later, lower the heat to low medium heat and boil it for another 20 minutes.
4) Set aside the stock and take out the mushrooms and chop them into small pieces.



5) Heat your earthen ware (or ceramic pot) on the stove and put 2 ts of olive oil.

6) Chop 100 grams of beef and put it into the pot and stir it.

7) Add the chopped shiitake mushroom and stir it.

8) Add 2 tbs – 5 tbs (1/4 cup) of hot pepper flakes and keep stirring for one minute.
   **tip:*
   2 tbs—mild
   3 tbs—medium
   4 tbs—hot
   5 tbs (1/4 cup)—suicidal hot! :)

9) Pour 2 cups of the stock you made. It will be sizzling. Don't be afraid! It's just TOFU stew! :)
10) Add 1 cup of mixed seafood and 3 shrimp.
11) Add 2 tbs of fish sauce.
12) Cut the 2 tubes of *soon du bu* (soft tofu) in half and squeeze it out into the pot and break the tofu with a spoon several times in the pot.
13) When it boils, add 2 chopped green onions and 1 green chili pepper.
14) Crack eggs and drizzle some sesame oil before serving.



see http://www.maangchi.com/recipes/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
www.maangchi.com