

# Cooking Korean Food with Maangchi

Books 1&2

47 traditional  
Korean recipes  
from YouTube  
to your kitchen  
including:  
Kimchi  
Jjajangmyeon  
Bulgogi  
Galbijjim  
Mandu  
Sujeonggwa



# Cooking Korean Food with Maangchi

Books 1&2





# Introduction

Hi everybody! Welcome to my cookbook!

I'm very proud of this book. These are all the recipes from my YouTube videos so far, plus some more from my website. When I first started posting Korean cooking how-to videos on YouTube, no one else was doing it and hardly anyone watched them. But people became interested very quickly, exactly because there was no way to learn traditional Korean cooking on the internet.

Some readers suggested I put together a cookbook, and I did. Book 1 of *Cooking Korean Food With Maangchi* was so popular that a year later I decided to publish Book 2, which contains even more recipes. Now you are holding both of these in your hands in one book.

This is a practical book. It's designed so you can start cooking right away. First you might need to go shopping, so you can bring this book to the grocery store and get the ingredients that you need even if you don't know what they are. Just match the picture to what is on the shelf. This way, you can buy Korean ingredients without knowing how to read Korean. You don't have to buy the exact brand name of the ingredients I use, you can buy anything.

I don't write about the history or science of Korean food in this book, that's not really important if you want to start cooking. But if you're really interested, you can find it online. My website has a lot of that information, and you can ask me any question you want there. There are also a lot of other people from around the world in the forums who can help you.

But here, with this book, our goal is to make some delicious food.

So let's start!

Maangchi  
November, 2008

# Table of contents

## Main Dishes

- Breaded cod filets (Daegujeon) 8
- Black bean noodles (Jjajangmyeon) 12
- Mixed rice with vegetables (Bibimbap) 24
- Grilled beef (Soegogi gui) 36
- Hot and spicy stir fried squid (Ojingu bokkeum) 44
- Stir fried noodles with mixed vegetables (Japchae) 49
- Beef short ribs (Galbijim) 52
- Barbecued Beef (Bulgogi) 54
- Sweet and crispy chicken (Dakgangjeong) 56
- Dumplings (Mandu) 60
- Cold noodles (Naengmyeon) 101
- Raw fish with rice and vegetables (Hoedeopbap) 109

## Side dishes (*Banchan*)

- Spinach side dish (Sigeumchi namul) 22
- Vegetable pancake (Buchujeon) 42
- Sea plant salad (Miyeok muchim) 48
- Fried squid (Ojingeo twigim) and fried sweet potato 71
- Egg side dish (Gyeranmari) 82
- Egg side dish (Gyeranjjim) 84
- Spicy egg side dish (Maeun gyeranjjim) 85
- Eggplant side dish (Gaji namul) 86
- Oi naengguk (Cold cucumber soup) 88
- Potato side dish (Gamja jorim) 90
- Potato side dish (Gamjachae bokkeum) 92
- Soybean side dish (Kongjang, kongjorim) 94
- Stir fried dried anchovy side dish (Myeolchibokkeum) 96

## Kimchi

- Napa cabbage kimchi and radish kimchi (Kkakdugi) 14
- Stuffed cucumber kimchi (Oisobagi) 33
- Kimchi fried rice (Kimchi bokkeumbap) 55
- Young summer radish water kimchi (Yeolmu mulkimchi) 99

## Snacks

- Spicy rice cake (Ddeokbokkie) 8
- Tuna roll (Kimhap) 38

## Soups & porridges

- Spicy beef with vegetable soup (Yukgaejang) 20
- Radish soup with beef (Muguk) 34
- Ginseng chicken soup (Samgyetang) 35
- Sea plant soup (Miyeokguk) 46
- Butternut squash porridge (Hobakjuk) 65
- Spicy fish soup (Maeuntang) 106

## Stews

- Bean paste vegetable stew (Doenjangjjigae) 27
- Beef and vegetable stew (Bulgogi jeongol) 30
- Kimchi stew (Kimchijjigae) 41
- Soft tofu stew (Soondubu jjigae) 112

## Desserts

- Sweet red bean porridge (Danpatjuk) 67
- Dessert punch (Sujeonggwa) 69
- Rice cake (Gyeongdan) 72
- Rice cake (Songpyeon) 77



# 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 41).

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.



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



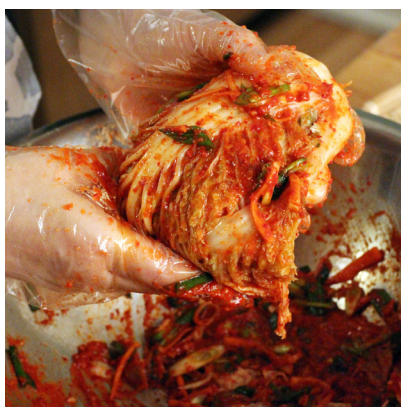


<http://www.maangchi.com/recipe/kimchi-kaktugi>  
for video, comments, and help



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")



# 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, pepper, 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: ½ cup of soy sauce, 1 ts ground black pepper, ¼ cup of sugar, 12 cloves of minced garlic, 1 crushed medium size onion, 1 crushed small Asian pear, ½ 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 *kimchi* 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 ½ 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")



# 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 of the porridge. 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 omelette 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 omelette 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, ½ 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.

soybeans

한국식품 한국산 중국산  
원산지 표시  
ALL KINDS OF  
KOREAN & ORIENTAL FOODS  
TOTAL \$ 2.99



# 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 ¼ cups' worth of onion, 1 ts garlic, 1 ts ginger, ⅓ cup of corn or rice syrup, ¼ 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.



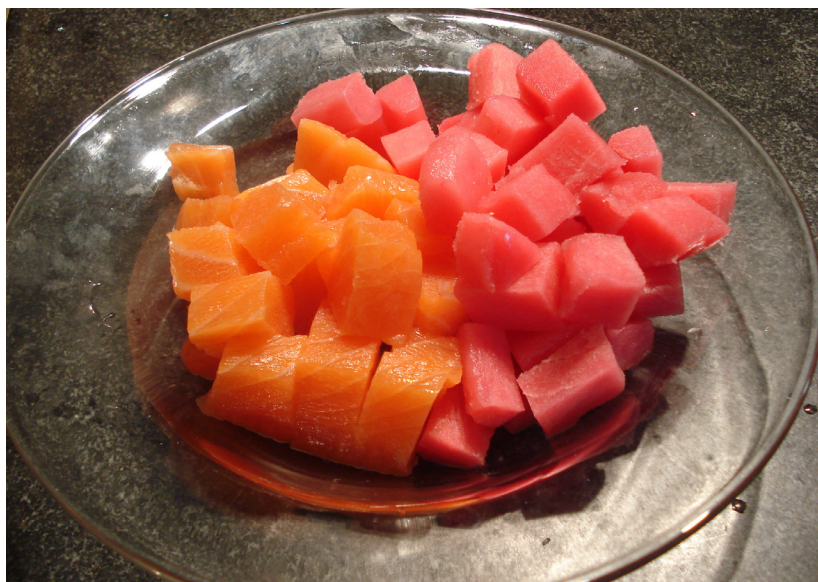
see <http://www.maangchi.com/recipe/maeuntang>  
for video, comments, and help



# 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

# Photos of ingredients

- Asian chives (“*buchu*”) 16
- Black bean paste (“*chunjang*”) 11
- Buckwheat noodles (“*naengmyeon*”) 103
- Chili peppers (“*gochu*”) 42
- Dried anchovy (“*mareun myeolchi*”) 96
- Dried and skinned mung beans (“*nokdu*”) 78
- Dried persimmons (“*gotgam*”) 69
- Eggplant (“*gaji*”) 87
- Fernbrake (“*gosari*”) 21
- Fish sauce (“*aekjeot*”) 18
- Frozen rice flour (“*naengdong maepssalgaru*”) 77
- Hot pepper flakes (“*gochugaru*”) 18
- Hot pepper paste (“*gochujang*”) 9
- Jjajangmyeon noodles 12
- Kelp (“*dashima*”) 113
- Korean radish (“*muwu*”) 17
- Laver (“*kim*”) 39
- Mandu skins (“*mandup*”) 60
- Mugwort powder (“*ssukgaru*”) 74
- Mustard powder (“*gyujagaru*”) 101
- Napa cabbages (“*baechu*”) 15
- Pork belly (“*samgyeopsal*”) 10
- Red beans (azuki beans) 75
- Rice cake tubes (“*tteok*” or “*ddeok*”) 9
- Roasted soybean powder (“*konggaru*”) 73
- Sea plant (“*miyeok*”) 47
- Sesame oil (“*chamgireum*”) 23
- Shiitake mushrooms (“*pyogo buseot*”) 25
- Soft tofu (“*soondubu*”) 142
- Soy sauce (“*ganjang*”) 7
- Soybeans (“*meju kong*”) 95
- Soybean paste (“*doenjang*”) 27
- Sweet rice flour (“*chapssalgaru*”) 17
- Starch noodles (“*dangmyeon*”) 51
- Yellow radish pickle (“*danmuji*”) 39
- Young summer radish (“*yeolmu*”) 98



Hello everybody!

Welcome to my cookbook! This book collects my first 2 cookbooks in one volume. It's every recipe in my YouTube videos, plus more from my website, and also photos from the store so you can see exactly which ingredients you need to buy.

Get ready for some delicious food!

~Maangchi

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