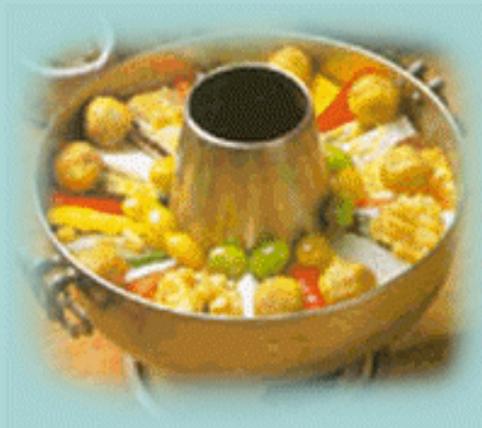


Korean Food



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Koreans usually have rice (*pab*), soup (*kuk*), spicy pickled vegetables (*kimchi*), and other side dishes (*panchan*) for almost every meal with a spoon and chopsticks using.

18 popular Korean recipes are offered here with concise and easy-to-follow methods. The popular Korean dishes are usually very low in calories, being made of various vegetables. These also have unique aromas and tastes for seasonings including garlic, red pepper, green onion, soy sauce, fermented soybean paste (*toenjang*), ginger, and sesame oil.

You will have a chance to taste another Korea if you prepare Korean food yourself !

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Stuffed-Cucumber Pickle - Oi Sobaki



- Cooking Time : 40 mins
- Total Calories : 30 kcal
- Serving Size : 4

INGREDIENT

Cucumber : 10 (6 oz each)
Leek : 2 oz
Hot pepper powder : 1/2 cup
Green onion : 1 stalk
Garlic : 4 cloves
Ginger : 1 piece
Salted baby shrimps, chopped : 1 tb (available in Korean stores, optional)
Salt

METHOD

1. Wash the cucumbers scrubbing with salt. Cut them into 2 inches long. Make a crosswise cut about 1.5 inches deep in each piece.
2. Dissolve 4 tablespoonfuls of salt in 4 cups of water. Soak the cucumbers for about 30 minutes in the salted water. Squeeze them with gauze or paper towel to drain water thoroughly.
3. Wash and cut the leeks 1 inch long.
4. Crush garlic. Chop green onion, ginger, and salted baby shrimps.
5. Put the hot pepper powder, leeks, green onion, garlic, ginger, salted baby shrimps, and salt in a large bowl. Mix them well by hand, using rubber gloves.
6. Stuff each cucumber piece with the mixture. Place them neatly in a jar. Put the remaining stuffing on the them.
7. Keep in a cool place for one day, then serve.



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Zucchini Salad - Hobak Namul



- Cooking Time : 20 mins
- Total Calories : 240 kcal
- Serving Size : 4

INGREDIENT

Zucchini : 1 (12 oz)
Green onion : 1 stalk
Red pepper : 1/2 piece
Garlic : 2 cloves
Sesame oil : 1 tb
Sesame seed, roasted : 1 ts
Salad oil : 1 tb
Salt

METHOD

1. Cut the zucchini lengthwise in half and slice it in the shape of half-moon about 1/4 inch thick.
2. Dip the sliced zucchinis in salt water for about 5 minutes and drain them well.
3. Chop the green onion, crush the garlic finely, and cut the red pepper into large pieces.
4. Heat the salad oil in a pan. Cook the zucchini. Add the green onion and the garlic.
5. When well done, remove them from heat. Add the red pepper and remaining sauce, then mix them well by hand. Transfer it to a serving plate.

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Cabbage Salad (Instant Kimchi) - Baechu Gotchori



- Cooking Time : 50 mins
- Total Calories : 650 kcal
- Serving Size : 4

Together with boiled rice, kimchi represents one of the basic dishes for Koreans. Kimchi is a kind of highly nutritious fermented food with unique flavor and taste. Kimchi features a mixture of vegetables, salted sauce, hot pepper and garlic well treated to create unique flavors. It varies according to individual liking and regional tradition.

The following is the recipe for an instant cabbage kimchi.

INGREDIENT

Celery cabbage : 1 lb (450 g)
 Salt : 5 tbs
 Green onion, chopped : 2 tbs
 Garlic, chopped : 1 tb
 Ginger, chopped : 1/2 tb
 Hot pepper powder : 1/4 cup
 Soy sauce : 1 tb
 Sugar : 2 tbs
 Salted baby shrimps, chopped : 1 tb (available in Korean stores)
 Sesame seed, roasted : 1 ts
 Sesame oil : 1/2 ts

METHOD

1. Take off the cabbage leaves one by one and wash them thoroughly. Sprinkle salt evenly and set aside 30 minutes.
2. Chop the salted baby shrimps, green onion, garlic, and ginger finely.
3. Wash the salted cabbage leaves and drain them well. Tear them lengthwise in proper size by hands.
4. Put all seasonings in a bowl. Mix them well by hand, using rubber gloves. Add the torn leaves and mix them well together. Transfer it to a serving bowl.

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Stir-Fried Small Octopus - Nakji Pokkum



- Cooking Time : 25 mins
- Total Calories : 450 kcal
- Serving Size : 4

INGREDIENT

Small octopus (about 8 oz) : 2
Onion : 1 stalk
Green onion : 5 stalks
Green pepper : 2
Red pepper : 2
Hot pepper powder : 1/2 tb
Hot pepper soypaste (kochu-jang) : 2 tbs (available in Korean stores)
Soy sauce : 1 tb
Sesame oil : 1/2 tb
Sugar : 1 ts
Ginger juice : 1/2 ts
Sesame seed, roasted : 1 ts
Salad oil : 1 tb
Salt

METHOD

1. Trim the small octopuses; cut off entrails and eyeballs, careful not to break the sac. Scrub the octopuses with salt and rinse them under flowing cold water. Cut them 2 inches long by 1/2 inch wide. Boil them slightly.
2. Cut onion, green onions, and peppers into 2 inch strips.
3. Combine hot pepper powder, hot pepper soypaste, soy sauce, sesame oil, sugar, ginger juice, and salt in a bowl. Add the boiled octopuses, then mix them well.
4. Heat the salad oil in a skillet, stir-fry the vegetables until almost done. Put the mixture in the pan and stir-fry it quickly again.
5. When serving, sprinkle roasted sesame seeds.

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Beef Meatball - Soikogi Wanja



- Cooking Time : 25 mins
- Total Calories : 350 kcal
- Serving Size : 4

INGREDIENT

Beef : 1/2 lb
Firm tofu : 1/2 block (about 10 oz)
Flour : 1/2 cup
Garlic : 4 cloves
Green onion : 2 stalks
Sesame oil : 1 ts
Soy sauce : 1 tb
Vinegar : 1 ts
Salad oil
Pepper
Salt
Egg, beaten : 5

METHOD

1. Squeeze the firm tofu with paper towel or gauze. Mash it finely.
2. Grin the beef. Chop the garlic and the green onion finely.
3. Put the beef, tofu, garlic, green onion, sesame oil, pepper, and salt in a large bowl; mix them well by hand.
4. Shape the mixture into 1 1/3 inch round patties.
5. Heat the salad oil in a skillet. Dredge the patties in the flour, dip them in the beaten eggs, and fry them until browned on both sides.
6. When they are warm, serve them with a seasoning dip - the mixture of 1 tablespoon soy sauce and 1 teaspoon vinegar.

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Ginseng Chicken Soup - Samgye-tang



- Cooking Time : 3 hrs
- Total Calories : 1,668 kcal
- Serving Size : 2

INGREDIENT

Whole chicken (about 1 pound (450 g), cleaned) : 2
Glutinous rice : 1/2 cup (about 100 g)
Jujube (Korean Date), dried : 4
Fresh ginseng (about 5 inches long) : 2
Chestnut : 2
Ginkgo nut : 2
Garlic : 4 cloves
Pepper
Salt

METHOD

1. Wash the rice thoroughly and drain it.
2. Stuff the chickens with the rice, jujubes, ginsengs, chestnuts, ginkgo nuts, and garlic cloves.
3. Cross and bind the chickens legs with thread to keep the stuffing in.
4. Put the stuffed chickens in the pot. Add 10 cups of water and simmer them over low heat for about 2 to 3 hours.
5. Transfer the chickens with their broth to the individual bowls. Serve the salt mixed with pepper in a small bowl as a seasoning dip.

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Beef Vegetables Casserole - Soikogi Cheonkol



- Cooking Time : 25 mins
- Total Calories : 450 kcal
- Serving Size : 4

INGREDIENT

Beef (sirloin, lean) : 7 oz (200 g)
Oriental mushroom (Pyogo mushroom) : 5 pieces
Radish : 1/3 piece
Onion : 1 piece
Carrot : 1/2 piece
Dropwort : 3 1/2 oz (100 g)
Green-bean sprouts : 3 1/2 oz (100 g) (available in Korean stores, optional)
Small green onion : 3 1/2 oz (100 g)
Egg : 1
Water : 3 cups
Green onion : 2 stalks
Garlic : 6 cloves
Soy sauce : 4 tbs
Sesame oil : 2 tbs
Sesame seed, roasted : 1 tb
Pepper
Salt

METHOD

1. Slice beef and mushrooms in thin strips.
2. Slice radish, onion, and carrot in 2 inches strips. Boil radish and carrot slightly in thin salt water.
3. Cut small green onions into 2 inches long.
4. Remove the head and root of green-bean sprouts. Boil only their stems slightly in water, then cut them into 2 inches long.
5. Remove the leaves of dropworts. Boil only their stems slightly in thin salted water. Drain well and cut them into 2 inches long.
6. Chop green onion and garlic. Put green onion, garlic, soy sauce, sesame oil, salt, and pepper in a bowl. Mix them well to make seasonings.
7. Spice the beef and the vegetables each with the seasonings.
8. Put the beef and the vegetables by colors in a pan. Add water and boil. When they are almost done, break and put an egg in the center of the pan. Boil them again until well done.

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Sweet Rice Nectar - Shikhye

Btm
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- Cooking Time : 7 hrs
- Total Calories : 1,900 kcal
- Serving Size : 15

Korean tradition dictates that *shikhye*, a slightly fermented rice nectar should be drunk during the winter. But nowadays it can be found all the year round. The key to its flavor is a good quality barley malt which gives it much sweetness.

INGREDIENT

Barley malt, dried and pounded barley germ (*yotkirum*) : 14 oz (400 g, available in Korean stores)

Rice : 1 3/4 lbs (800 g)

Sugar and ginger to taste

Pine nuts

Water

METHOD

1. Put the malt in a big bowl with 4 liters of water and scrub with the hands to make enough powder for about 5 minutes.
2. Sieve and discard the remnant and keep still the water for about 30 minutes until clean water is produced.
3. Hard-boil the rice. Pour the clean water above mentioned onto the hard-boiled rice fully; ferment for about 5~6 hours until 3~5 grains of the rice float to the top of the water in an electric rice cooker(of 'warm' button).
4. Put together the fermented and the clean water left over into a big kettle or pot and add sugar and ginger to taste; boil for 15~20 minutes.
5. Serve cold *shikhye* with some of the cooked rice grains and pine nuts floating in it.

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Beef Bone Soup - Sollongt'ang



- Cooking Time : 30 mins
- Total Calories : 620 kcal
- Serving Size : 4

INGREDIENT

One of the four legbones of a beef : 1 piece
Beef bones(miscellaneous) : 11 oz
Meat on the kneebone of a beef : 1 piece
Brisket of beef : 1 1/3 lbs
Green onion : 2 stalks
Garlic : 6 cloves
Korean noodles : 7 oz
Salt
Pepper
Water

METHOD

1. Soak one of the four legbones of a beef and miscellaneous beef bones cut into pieces in cold water for about 2 hours to remove blood. Replace the water 2 or 3 times.
2. Trim and wash the meat on the kneebone and the brisket of beef.
3. Put the bones in a big kettle. Add enough water and boil. When the water becomes a little black and bubbles form, pour out the boiled water. Then boil again after pouring 20 cups of water.
4. Put the meat, green onion(1 stalk) and garlic in the boiling water. Keep boiling them with the lid of the kettle off. Then simmer them over low heat until well done.
5. Slice the well done meat.
6. Put the noodles in the boiling water until they become soft. Rinse them with cold water and drain them thoroughly.
7. For serving put the noodles in the boiling broth to warm and transfer to Korean earthenware bowls. Put the sliced meat and the minced green onion on them and pour the broth. Serve the salt and the pepper together for seasoning. This dish goes well with the dish which is mentioned behind.

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Cucumber Cold Soup - Oi Naeng-kuk



- Cooking Time : 10 mins
- Total Calories : 32 kcal
- Serving Size : 4

INGREDIENT

Cucumber : 2
Green onion : 1/2 stalk
Garlic : 1 clove
Soy sauce : 2 tbs
Vinegar : 3 tbs
Sugar : 1tb
Sesame seed, roasted : 1/2 ts
Hot pepper powder : 1 ts
Salt

METHOD

1. Wash the cucumbers scrubbing with salt. Cut them in thin strips, or slice them 1/10 inch thick.
2. Crush the garlic and chop the green onion.
3. Put the cucumbers, green onion, garlic, hot pepper powder, and 1 tablespoonful of vinegar in a bowl. Mix them well by hand.
4. Combine the remaining vinegar, sugar, and soy sauce with 4 cups of cooled water.
5. For serving, pour the cooled soup on the mixture in the bowl, then sprinkle the roasted sesame seeds. Transfer it to individual bowls.

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Bellflower Root Salad - Doraji Muchim



- Cooking Time : 25 mins
- Total Calories : 600 kcal
- Serving Size : 4

INGREDIENT

Bellflower root : 7 oz (200 g)
Sugar : 2 ts
Green onion : 1 stalk
Garlic : 2 cloves
Hot pepper powder : 1 tb
Sesame seed, roasted : 1 ts
Vinegar : 2 ts
Salt

METHOD

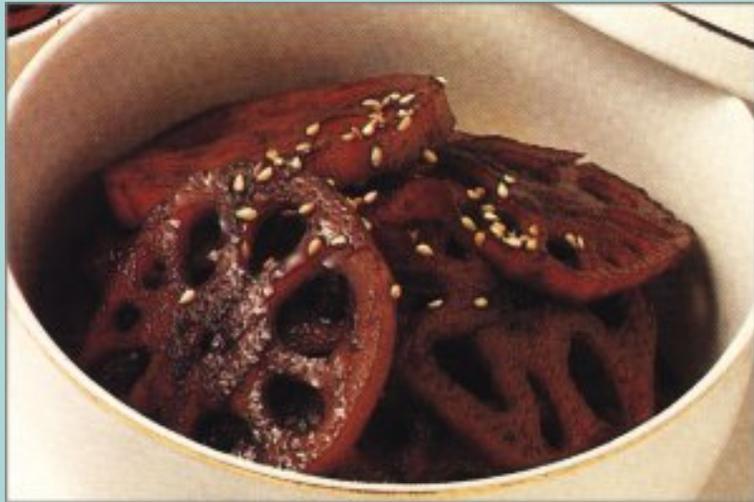
1. Wash and peel the bellflower roots. Cut them into strips. Scrub them with salt to remove their bitter taste.
2. Rinse them in cold water, then squeeze them with gauze or paper towel to drain water thoroughly.
3. Crush the garlic and chop the green onion.
4. Put the roots and the hot pepper powder in a bowl. Mix them well by hand until the roots are dyed red.
5. Mix again and season it with remaining ingredients. Transfer it to a serving plate.

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Stir-Fried Lotus Root - Yonkun Jorim



- Cooking Time : 20 mins
- Total Calories : 80 kcal
- Serving Size : 4

INGREDIENT

Lotus root : 7 oz (200 g)
Soy sauce : 4 tbs
Salad oil : 2 tbs
Sugar : 2 tbs
Sesame seed, roasted : 1 ts

METHOD

1. Wash and peel the lotus roots, then slice them about 1/4 inch thick.
2. Heat the salad oil in a fry pan. Cook the lotus roots over medium heat.
3. Mix soy sauce with sugar well. When lotus roots are almost done, add the mixed sauce.
4. Cover the lid of the pan. Boil the lotus roots down over low heat until they become glossy and the mixed sauce dwindles away into almost nothing.
5. Transfer it to a serving plate. Sprinkle roasted sesame seeds.

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Korean Barbecued Beef (Pul-kogi)



- Cooking Time : 20 mins
- Total Calories : 950 kcal
- Serving Size : 3

Pul-kogi means meat cooked by fire, and like Kimchi, Pul-kogi has a long history and represents Korean cuisine. The meat for Pul-kogi is carefully selected to contain fat least, and they are cooked with fresh charcoal.

Pul-kogi is best cooked with charcoal because charcoal keeps its temperature stable and its heat can penetrate the deep inside of meat to preserve the warmth longer. Also, it is important to massage the meat with the edge of knife, such that the meat becomes soft and the sauce can easily smear into the layers of meat. Beef meat itself is, in fact, very tough; therefore, pears are often added to the sauce as their enzymes can break proteins and fats. Hence, the meat becomes softer. Then, the meat is further mixed with soy sauce, sugar, sesame oil, garlic, and other ingredients. Finally, the meats is cooked with charcoal fire and you can enjoy Pul-kogi.

INGREDIENT

Beef (sirloin, lean) : 1.1 lb (500 g)
 Pear : 1/2
 Green onion : 2 stalks
 Garlic : 6 cloves
 Soy sauce : 4 tbs
 Sugar : 2 tbs
 Sesame oil : 1 tb
 Rice wine, refined : 1 tb
 Sesame seed, roasted : 1 ts
 Pepper

METHOD

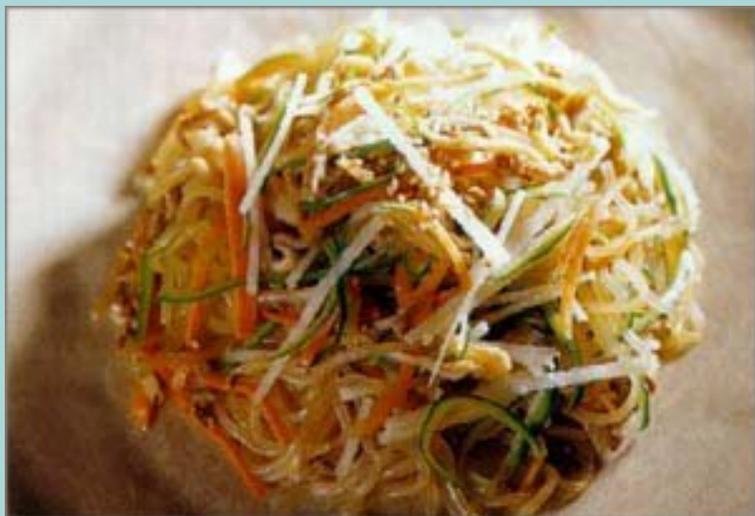
1. Cut the beef into 1/5 inch-thick slices. Score them closely on both sides of each piece.
2. Grate the pear. Chop the garlic and green onion finely.
3. Combine all the ingredients well except the beef.
4. Apply the marinade to the beef slices one by one.
5. Marinate them at room temperature for about 2 hours, or longer if the meat is tough.
6. The best taste is achieved when it is grilled on a charcoal. You can also cook it on skillet or broiler.

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Starch Noodle with Vegetables & Beef - Chap Chae



- Cooking Time : 60 mins
- Total Calories : 808kcal
- Serving Size : 4

INGREDIENT

Starch noodle (Korean vermicelli, Cellophane bean noodle) : 7 oz (200 g)

Beef (lean) : 3 1/2 oz (100 g)

Oriental mushroom (Agaric mushroom) : 3 1/2 oz (100 g)

Spinach : 3 1/2 oz (100 g)

Onion : 1/2

Carrot : 1/2

Green pepper : 1

Garlic, crushed : 1 ts

Sesame seed, roasted : 1 ts

Sesame oil

Soy sauce

Sugar

Pepper

Salt

METHOD

1. Put the noodles in the boiling water until they become soft. Rinse them with cold water and drain them thoroughly.
2. Slice the beef in thin strips. Mix them with 2/3 tablespoon soy sauce, 1 teaspoon crushed garlic, 1 teaspoon sugar, 1 teaspoon sesame oil, pepper, and salt.
3. Slice the mushrooms in thin strips. Mix them with 1 teaspoon soy sauce and 1/3 teaspoon sugar.
4. Put the spinach at a time in a boiling water, then turn off fire immediately. Rinse it with cold water and squeeze it well. Mix it with 1/2 teaspoon sesame oil and salt.
5. Slice the onion, green pepper, and carrot in 2 inch strips.
6. Heat the salad oil in a pan. Cook the onion first, then the carrot, and finally the green pepper with salt. Put them into a large bowl.
7. Cook the mushrooms and the beef until they are well done in the hot pan. Put them into the large bowl.
8. Cut the noodles into 3 inches long. Mix them with 2 tablespoon soy sauce and 1 teaspoon sugar. Spread 2 tablespoon salad oil in the hot pan. Cook the noodles over medium heat until they become glossy.
9. Mix all ingredients together well in the large bowl. According to liking, add salt, soy sauce, sesame oil, and sugar. Serve it when it is warm.

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Green Onion Pancake with Seafood - Haemul Pajeon



- Cooking Time : 40 mins
- Total Calories : 1,600 kcal
- Serving Size : 4

INGREDIENT

Small green onion : 1/2 lb
Oyster : 1/2 cup
Clam fresh : 1 cup
Flour : 2 cups
Water : 1 1/2 cups
Egg : 2
Salad oil : 6 tbs
Soy sauce : 2 tbs
Vinegar : 2 ts
Salt

METHOD

1. Trim and cut the small green onions into about 7 to 8 inches long (about a half size of whole green onion). Beat the foot of the small green onions to make it thin.
2. Wash the oyster and the clam fresh in salted water. Drain well and cut them into large pieces.
3. Mix the flour, eggs, salt, and water together in a large bowl.
4. Spread the salad oil in a fry pan and wait until the heat goes through it.(medium heat)
5. Dip 1/4 of the small green onions in the flour mixture. Put them in the pan. Make them plain

and reduce heat.

6. Put 1/4 of the oyster and the clam fresh on the pancake evenly. Pour a little flour mixture on it.

7. When the surface begins to be firm, press the pancake with big spoon. Cook it 1 to 2 minutes more until the bottom part is well done and browned. Then, turn and cook it again.

8. Make 4 pancakes. When they are warm, serve them with a seasoning dip - the mixture of 2 tablespoon soy sauce and 2 teaspoon vinegar.

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Tofu Ball Fry - Dubu Wanja Tuigim



- Cooking Time : 20 mins
- Total Calories : 320 kcal
- Serving Size : 4

INGREDIENT

Firm tofu : 2 blocks (20 oz each)
Shrimp flesh (or Pork) : 3 1/2 oz (100 g)
Green onion : 1/2 stalk
Red pepper : 2 pieces
Ginger juice : 1/2 ts
Egg : 1
Starch powder (or Flour) : 2 tbs
Salad oil : 3 cups
Pepper
Salt

METHOD

1. Squeeze the firm tofu with paper towel or gauze. Mash it finely.
2. Chop shrimp flesh, green onion, and red pepper.
3. Put tofu, shrimp flesh, green onion, red pepper, salt, and pepper in a bowl, then mix them well by hand. Add an egg and starch powder. Mix them well again. Shape the mixture into 1 inch balls.
4. Fry them in salad oil of about 160 degrees centigrade.
5. When they are warm, serve them with a seasoning dip - mixed 2 tablespoon soy sauce and 2 teaspoon vinegar.

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Mung Bean Pancake - Pindaettok



- Cooking Time : 40 mins
- Total Calories : 2,250 kcal
- Serving Size : 4

INGREDIENT

Mung bean, dried : 4 cups
Salt to taste
Water

METHOD

1. Soak the beans in water overnight for 10~12 hours.
2. Rub the beans between the hands in the water to remove the skins, which will float to the top of the water. Repeat this process until all the skins are removed; drain well.
3. Grind the beans in a mortar or blender. Add enough water to make thick paste. Season with a little salt; do not make the batter too salty as the cooked pancakes are usually dipped in soy sauce at the table.
4. Drop the batter by tablespoonfuls onto a heated greased pan or griddle and cook like pancakes, browning lightly on both sides.

This is the basic recipe, but it is usual to add many kinds of shredded vegetables, especially dropwort (*minari*), to the batter before fried. Pork or beef, shredded and fried beforehand, is also sometimes added.

1 lb (450grs) shredded pork, fried in a small amount of oil till well done
1/2 cup dropwort stems, cut in 1" lengths and scalded
2 leeks, chopped
1 head garlic, finely chopped
1 T sesame salt
1 t fresh ginger root, finely chopped

1/2 cup cabbage kimchi, chopped

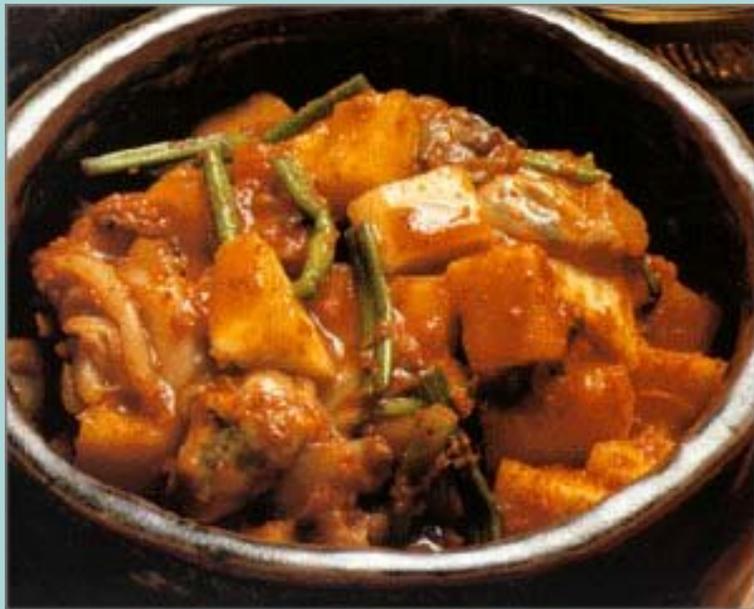
Any or all of these ingredients should be well mixed with the bean batter before it is fried.

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Radish Root Kimchi - Kkakdugi



- Cooking Time : 40 mins
- Total Calories : 70 kcal
- Serving Size : 4

INGREDIENT

Radish root, 3 1/2 lbs : 2
Hot pepper powder : 2/3 cup
Small green onion
Dropwort
Garlic, chopped : 3 tbs
Ginger, chopped : 1/2 tbs
Salted baby shrimps, chopped : 2/3 cup (available in Korean stores)
Artificial sweetener, a kind of saccharin : 1/2 tb
Milk : 1/2 cup
Soda pop : 1/2 cup
Salt : 2/3 cup
Sugar : 1/2~1 tb

METHOD

1. Peel and wash the radish roots and cut them into 1 inch cubic. Sprinkle the salt and artificial sweetener evenly and mix them together and set aside for about 1 hour.
2. Pour out the water come out. Put the hot pepper powder in the bowl with the cubed radish roots and mix them well until the roots get dyed red.
3. Trim and wash the green onion and dropwort. Cut them 1 1/2 inches long.
4. Put the green onion, dropwort, garlic, ginger, salted baby shrimps and sugar in the bowl and mix them well.
5. Pour the milk and soda pop in the bowl and mix together again.
6. Keep in a cool place for half a day, then serve.

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