

Korea



Bulgogi

Yield: 6 servings

INGREDIENTS:

2 lb Beef sirloin, lean
4 T Light soy sauce
2 T water
2 T Scallion; minced
1 Garlic clove; minced
3 T Soy sauce, dark
1 T Sesame oil
1 ts Black bean paste
2 T Shao xing
1 T Sugar
1/4 ts Cayenne pepper
1/2 ts Ginger; freshly grated
1 1/2 ts Sugar
1 T Sesame seed, toasted*
1 T Oil

-----BULGOGI SAUCE-----

X Tabasco; to taste
X Salt; to taste
1 Garlic clove; crushed
1 ts Sesame seed, toasted*
1 ts Scallion; minced
1 T Oil

* TOASTED SESAME SEED:

Place 1 cup sesame seed and 1 teaspoon salt in a skillet, brownseeds slowly until they are toast-colored and puffed. Stir constantly while toasting. Remove from heat and allow to cool. Pulverize seeds in a mortar or a blender. Store in a tightly capped bottle.

DIRECTIONS:

Cut beef into very thin strips and pound to flatten; then cut into medium size squares. Combine all the other ingredients. The marinade, as the name of the dish implies, should be quite fiery. Mix meat and marinade and set aside for 4 to 5 hours, or longer if refrigerated.

Broil very quickly over hot charcoal, dip in Bulgogi sauce and serve immediately with white rice.

NOTE:

The marinated beef can also be fried in hot peanut oil for just a few minutes. Crush garlic with sugar and salt to make a smooth paste. Combine with remaining ingredients. Dip broiled or fried beef slices in the sauce.

Stir Fry Beef with Peppers

Ingredients:

1/2 lb beef tenderloin
1 tbsp rice wine
2 tsp soy sauce
1/2 tsp salt
1 tsp sugar
1 tbs cornstarch
3 ounces korean green peppers
3 red peppers
3 cloves garlic
1 tbs oil
1 tsp salt
1/2 tsp sugar

Directions:

Cut the beef into thin strips and season with the rice wine, sugar, soy sauce, salt and cornstarch.

Let it stand for 10 minutes.

Cut the green peppers into thin strips and soak them in water to remove some of the heat.

Slice the garlic into flat pieces.

Stir fry the green pepper and red pepper strips lightly with the salt and sugar in an oiled pan.

Stir fry the garlic and seasoned beef in lightly oiled pan.

Add the peppers and stir fry again.

Note: Any small hot green pepper can be used instead of Korean peppers.

Chap Jae

Ingredients:

1/2 lb. finely ground beef or pork
1/2 lb. cellophane noodles
1/2 bunch spinach (about 1 1/2 cup when cooked)
10 mushrooms, fresh or dried
1/2-1 onion chopped
1-2 carrots, shredded or finely slivered
1 tablespoon sesame seed
2 tablespoons sesame oil
1/4 cup soy sauce
2-4 tablespoons sugar
1/2 teaspoon MSG
2 cloves garlic, crushed & finely chopped
X Salt and pepper to taste
X Cooking oil

Directions:

1. Fry meat in small amount of cooking oil until done and set aside.
2. Cook noodles in boiling water, test for tenderness. They should be soft but firm. Rinse noodles in cold water when done.
3. Cut noodles to 3 or 4 inch lengths.
4. Cook spinach in boiling water, drain, rinse in cold water and drain again. Cut into bite size pieces and set aside.
5. If dried mushrooms are used, wash well and soak in warm water for 15 minutes. If fresh, wash well.
6. Chop mushrooms into small pieces.
7. Over medium heat in wok or frypan, heat some cooking oil and stir-fry mushrooms, onion and carrots until barely tender.
8. Add meat, noodles, spinach and more oil if needed to prevent sticking.
9. Stir and cook, adding sesame seeds, sesame oil, soy sauce, sugar, MSG, garlic, pepper and salt. Taste as you cook and mix in seasonings, adjusting them to taste.
10. Heat just long enough to heat ingredients and blend flavors.

Makes about 6 servings

Kim Chee

Kim Chee is a pickled salad/condiment type food served at virtually every Korean meal. It is often compared to saurkraut. It can be made not only with nappa cabbage, but with types of raddishes, greens, or cucumbers. It is salty, (spicy) hot, temperately cold, garlicy and tangy.

THERE ARE THREE MAJOR STEPS TO MAKING KIM CHEE:

1. Salting the cabbage
2. Making the pepper paste/sauce.
3. Combining the pepper with the cabbage and putting it into jars.

YOU WILL NEED:

- 1/2-1 c pickling salt
- 1 ea Head Nappa Cabbage
- 1 ea daikon raddish (one third to one half the size of the cabbage)
- 1 ea head of garlic, minced
- 1-2 Tb ginger, minced
- 2-8 Tb Korean red pepper flakes, or fresh hot red pepper to taste, or a combination.
- 2 ea green onions, julienned
- 1 tb sugar
- X A new pair of latex gloves are handy for handling hot pepper
- X A large bowl for soaking the cabbage in brine solution.
- X Large glass containers to put the finished kim chee into.
- X Especially handy for large batches is a food processor and/or a contraption for shredding vegetables into julienne strips.

DIRECTIONS:

First, the cabbage must be salted in brine solution.

Cut the cabbage in half lengthwise.

Then cut a second time lengthwise to form quarter cabbage chunks.

Mix the salt with enough water to cover all the cabbage in a large bowl.

Soak the cabbage in the brine solution, making sure that all parts are submerged.

If they are not, you can restack the cabbage half way through the soaking process, moving bottom chunks to the top, and vice versa.

Leave the cabbage for 2-4 hours.

At the end of this time, the cabbage should be wilted, supple, limp and salty in taste.

(optional: A trick from my grandmother is to lightly salt each stalk of each leaf which is much thicker than the leafy part in order that the leafy part and stalk are evenly seasoned. So to do this you must rub pickling salt sparsely on each of the stalks. This is done midway through the soaking when the leaves are manageable wilted.)

Reserve some of the brine solution.

Rinse the cabbage and then cut into bite size pieces about an inch and a half long and drain the cabbage.

Discard the centre core.

In the mean time, prepare the daikon raddish and the pepper sauce/paste.

The daikon must either be shredded into julienne strips.

Add to the daikon: red pepper flakes, red pepper, minced garlic, minced ginger, julienned green onion, salt to taste (1 Tbsp) and sugar, then toss. If you are using your hands, beware of the the hot pepper. This is where gloves come in handy.

Finally, thoroughly mix the pepper mixture with the cabbage by tossing.

Then check for salt and red pepper and seasoning in general and adjust if necessary.

Then pack into glass jars.

The mixture should have a liquid sauce in the jar and more will form as it sits.

It is important that the mixture is in a sauce.

Should you need to add more liquid, take some reserved brine and rinse the final mixing bowl and add to bottles so that all the cabbage pieces are just submerged in liquid.

You can keep a bottle outside for a day to help it ripen more quickly, otherwise store in the refrigerator, tightly capped.

The taste changes as it ripens. It is initially like a salad and then ferments to taste more sour. Kim chee compliments meals served with rice. It is a Korean staple. It is also good fried with butter or sesame oil, or stir fried with pork and tofu.