

KOREAN FOOD COOKING TUTORIALS

Korean Food Recipes Book You Can Follow Easily



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Kimchi & Pickles

Classic Cabbage Kimchi



YIELD Makes 4 quarts

INGREDIENTS

6 pounds Napa cabbage

4 tablespoons kosher salt

2 tablespoons light brown sugar

1/3 cup minced garlic

1/3 cup minced fresh ginger

1/4 cup hot smoked paprika (pimentón)

1/4 cup Korean chile powder

1 tablespoon crushed red pepper flakes

2 tablespoons freshly squeezed lime juice

1/2 cup Asian fish sauce

1/2 cup brine shrimp (available in a jar at Asian food stores), finely chopped

2 bunches scallions, cut into 1/2-inch pieces (about 12 scallions)

PREPARATION

1. Rinse the cabbage, and then quarter the heads lengthwise. Place the pieces in a large pot or bucket, and sprinkle 1 tablespoon of the salt over them. Set aside for 1 hour.
2. Rinse the cabbage under cold running water, and pat it dry. Cut the cabbage into 1-inch pieces, put them in a large bowl, and toss with the remaining 3 tablespoons salt. Let sit for 2 hours. The salt will draw out moisture from the cabbage.
3. Drain off the accumulated liquid and lightly rinse the cabbage. In a large bowl, combine the cabbage with all the remaining ingredients, and toss well. Transfer the mixture to a large crock and push the mixture down to force the liquid to rise to the top, somewhat submerging the cabbage in its spicy surroundings. Cover it with a lid and store it in a cool, dark

place for 3 days to ferment and mature.

4. Once the kimchi is tasting all kinds of yummy, transfer it to clean jars (I like quarts), cap them, and store in the fridge (which will inhibit further fermentation) for up to a month or process according to the jar manufacturer's directions to store on the shelf for up to 9 months.

Kimchi Creamed Collard Greens



YIELD Serves 6 to 8 as a side

INGREDIENTS

3 tablespoons olive oil

1 large yellow onion, minced

1/2 pound slab bacon, minced

2 pounds collard greens, trimmed and torn into bite-size pieces

1/4 cup sherry vinegar

1 tablespoon sorghum or maple syrup

2 cups chicken stock

Kosher salt

1 cup heavy cream

1 cup finely chopped Classic Cabbage Kimchi

PREPARATION

1. Place a large pot over medium heat and add the olive oil. Add the onion and sauté until it has some color. Add the bacon and cook for 10 minutes, or until fully rendered.
2. Add the collards and sauté until a bit limp, 4 to 5 minutes. Add the vinegar and cook down until almost dry. Add the sorghum, stock, 2 cups of water, and kosher salt to taste. Simmer, covered, for about 45 minutes, until the collards are tender.
3. While the collards are cooking, get the kimchi cream ready to roll: In a small saucepan, cook the cream over medium heat, watching it closely, until it has reduced by one-third, 4 to 5 minutes. Add the chopped kimchi.
4. When the collards are tender, stir the kimchi cream into the greens and cook to marry the flavors, about 10 minutes. Serve.

Vegetable Kimchi



YIELD Makes 2–4 quarts

INGREDIENTS

2 pounds crunchy vegetables (such as radishes, asparagus, carrots, cucumbers, beets, or turnips), cut into 3/4" pieces

3 tablespoons kosher salt

1 tablespoon sugar

10 scallions, cut on a diagonal into 1" pieces

1/3 cup gochugaru (coarse Korean red pepper powder) or 4 1/2 teaspoons crushed red pepper flakes, finely ground

3 tablespoons finely chopped garlic

2 tablespoons fish sauce

1 tablespoon finely chopped peeled ginger

PREPARATION

1. In a large bowl, toss together vegetables, salt, and sugar. Let sit at room temperature 1–3 hours for juices to release. Add scallions, gochugaru, garlic, fish sauce, and ginger; toss to coat.
2. Divide kimchi between two 1-qt. jars, distributing liquid evenly and leaving 1" headspace.
3. Eat immediately or let sit on countertop 2 days to allow fermentation to begin before refrigerating. Flavors will deepen over time.

Do Ahead

- Kimchi can be made 2 months in advance. Open occasionally to release gases.

Pickled Pears



YIELD Makes 1 1/2 cups

INGREDIENTS

1 cup unseasoned rice vinegar

1 tablespoon sugar

1 tablespoon kosher salt

1 2" piece ginger, peeled, thinly sliced

1 small red or green chile (such as jalapeño, serrano, or Thai), with seeds, thinly sliced

1 teaspoon whole black peppercorns

1/2 teaspoon gochugaru (Korean red pepper powder) or crushed red pepper flakes

1 Asian pear, large unripe Anjou pear, or Granny Smith apple, peeled, cored, cut into 1" cubes

PREPARATION

1. Combine all ingredients except pear in a small saucepan. Add 1/2 cup water and bring to a boil. Reduce heat to medium-low and simmer for 5 minutes to meld flavors. Remove from heat and let sit until warm.
2. Place pear cubes in a 12-ounce jar with a tight-sealing lid. Add warm pickling liquid. Let cool at room temperature for 30 minutes. Cover and chill. **DO AHEAD:** Can be made 1 week ahead. Keep chilled.

Soups & Stews

Good Luck Beef and Korean Rice Cake Soup (Tteokguk)



YIELD 8 servings

INGREDIENTS

1 1/2-pound piece point- or flat-cut beef brisket or stew meat, fat trimmed

1 teaspoon toasted sesame oil

1 tablespoon plus 2 teaspoons vegetable oil

Kosher salt

4 scallions

1 (3-inch) piece ginger, peeled

4 garlic cloves, finely grated

1/3 Korean radish, peeled, quartered lengthwise, sliced crosswise 1/2" thick, or 1/2 medium daikon, halved lengthwise, sliced crosswise 1/2" thick

4 large eggs

8–10 ounces Korean rice cakes (tteok), sliced

2 teaspoons fish sauce

Freshly ground black pepper

Korean red chile threads (optional; for serving)

PREPARATION

1. Cut meat into 1 1/2" pieces. Heat sesame oil and 1 Tbsp. vegetable oil in a large pot over medium-high. Add meat and season with salt. Cook, turning occasionally, until browned on all sides, 8–12 minutes.
2. Meanwhile, separate scallion whites from greens and coarsely chop; set aside. Thinly slice scallion greens and set aside separately for serving.
3. Using a flat-bottomed mug or the side of a chef's knife, lightly smash ginger. Add to pot along with garlic, reserved scallion whites, and 16 cups cold water and bring to a boil.

Reduce heat and simmer, skimming any foam from surface, until meat is tender, 60–75 minutes, if using stew meat, or up to 2 hours, if using brisket. Transfer meat to a plate with a slotted spoon, then scoop out ginger and scallion whites and discard.

4. Add Korean radish to pot and simmer until tender but not mushy (it should still hold its shape), 12–15 minutes.
5. Meanwhile, heat 1 tsp. vegetable oil in a medium nonstick skillet over medium. Whisk eggs in a medium bowl and season with a large pinch of salt. Pour half of eggs into the center of skillet and quickly swirl pan to distribute evenly. Cook eggs undisturbed until they are just set, about 2 minutes. Carefully loosen with a heatproof rubber spatula, flip, and cook until other side is just set, about 1 minute. Slide egg crepe onto a cutting board and fold in half; let cool. Slice into 1/4"-thick ribbons. Repeat with remaining eggs and 1 tsp. vegetable oil.
6. Slice beef as thin as you can and return to pot; add rice cakes. Cook until rice cakes are soft, about 5 minutes. Stir in fish sauce; taste and season soup with more salt and a few grinds of pepper.
7. Ladle soup into bowls and top with sliced egg, reserved scallion greens, and chile threads (if using).

Do Ahead

- Soup (without garnishes) can be made 2 days ahead. Let cool; cover and chill. Reheat over medium before serving.

Dried Pollack Soup (Bugogook)



Total: 20 mins

Prep: 5 mins

Cook: 15 mins

Yield: 4 bowls of soup (4 servings)

INGREDIENTS

1 cup dried and shredded pollack, cut into 1-inch strips

1 tsp. minced garlic

1 tsp. sesame oil

5 cups water

1 tsp. salt

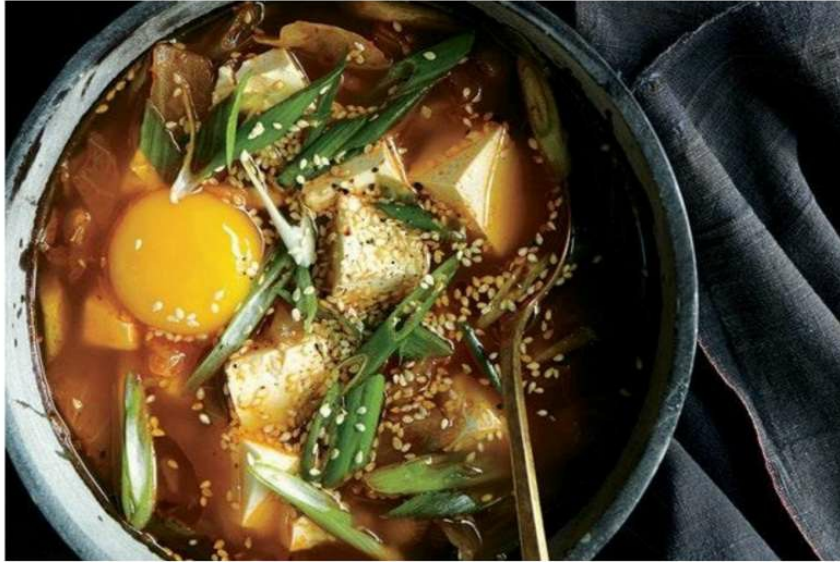
2 eggs, beaten

2 or 3 Chinese leeks or scallions, cut into 1-inch strips

PREPARATION

1. Over medium heat in a soup pot, stir fry pollack pieces and garlic in sesame oil for 2 to 3 minutes.
2. Add 5 cups of water and salt and bring to a boil.
3. Reduce to simmer for about 10 minutes.
4. Blend egg and scallions.
5. Drizzle egg and scallion mixture slowly into soup, stirring gently in one direction.
6. Take off heat after a couple of minutes.
7. Season to taste with salt and black pepper.

Spicy Kimchi Tofu Stew



YIELD Makes 6 servings

INGREDIENTS

Kosher salt

1 16-ounce package silken tofu, cut into 1" pieces

1 tablespoon vegetable oil

4 cups gently squeezed cabbage kimchi, chopped, plus 1 cup liquid

2 tablespoons gochujang (Korean hot pepper paste)

8 scallions, cut into 1" pieces

2 tablespoons reduced-sodium soy sauce

1 tablespoon toasted sesame oil

Freshly ground black pepper

6 large egg yolks

2 tablespoons toasted sesame seeds

PREPARATION

1. Bring a large pot of salted water to a boil. Reduce heat, carefully add tofu, and simmer gently until slightly puffed and firmed up, about 4 minutes. Using a slotted spoon, transfer tofu to a medium bowl.
2. Heat vegetable oil in a large heavy pot over medium-high heat. Add kimchi and gochujang and cook, stirring often, until beginning to brown, 5–8 minutes. Add kimchi liquid and 8 cups water. Bring to a boil, reduce heat, and simmer until kimchi is softened and translucent, 35–40 minutes.
3. Add scallions, soy sauce, and tofu; simmer gently until tofu has absorbed flavors, 20–25 minutes (tofu will fall apart a little). Add sesame oil; season with salt and pepper. Ladle stew into bowls; top each with an egg yolk and sesame seeds.

Rice & Noodles

Noodles with Chilled Tomato Broth



YIELD 4 servings

ACTIVE TIME 35 minutes

TOTAL TIME 35 minutes

INGREDIENTS

1 1/2 lb. very ripe red tomatoes, chopped

1 small garlic clove, smashed

3 Tbsp. unseasoned rice vinegar

1 Tbsp. sugar

1 Tbsp. plus 1 tsp. kosher salt, plus more

10 oz. thin noodles (preferably somen)

5 large eggs, beaten to blend

1/2 Tbsp. unsalted butter

2 medium Persian cucumbers, halved, thinly sliced on a diagonal

3 scallions, thinly sliced

1/2 cup cilantro leaves with tender stems

Hot chili paste (such as sambal oelek; for serving)

PREPARATION

1. Blend tomatoes, garlic, vinegar, sugar, 1 Tbsp. salt, and 2 cups water in a blender on low speed until tomato pieces are no larger than 1/4" (it's important to blend on low; otherwise, the tomato broth will foam up). Strain through a fine-mesh sieve into a large measuring cup, pressing on solids with a spoon to extract as much liquid as possible (you should have about 4 cups broth). Chill until ready to use.
2. Meanwhile, cook noodles in a large pot of boiling salted water according to package directions. Drain and rinse under cold water. Cover with damp paper towels; set aside.
3. Season beaten eggs with remaining 1/4 tsp. salt. Melt butter in a large nonstick skillet over medium heat. Add half of beaten eggs and swirl around skillet to make a thin egg crepe.

Cook undisturbed until completely set, about 2 minutes. Slide egg crepe onto a cutting board. Repeat with remaining egg mixture, placing second egg crepe right on top of the first one. When cool enough to handle, tightly roll up eggs. Thinly slice crosswise to create long shreds.

4. Divide noodles among bowls. Pour tomato broth over, holding back any foam. Arrange shredded eggs, cucumbers, scallions, and cilantro in bowls. Serve with hot chili paste alongside.

Do Ahead: Tomato broth can be made 2 days ahead. Transfer to an airtight container and chill.

Kimchi Udon with Scallions



YIELD 4 servings

ACTIVE TIME 20 minutes

TOTAL TIME 20 minutes

INGREDIENTS

5 tablespoons unsalted butter, divided

1 cup finely chopped kimchi, plus 1/3 cup kimchi juice

2 tablespoons gochujang (Korean hot pepper paste)

1/2 cup low-sodium chicken broth

1 pound fresh or frozen udon noodles

Kosher salt

4 large egg yolks, room temperature

3 scallions, white and pale-green parts only, thinly sliced on a diagonal

1 tablespoon toasted sesame seeds

PREPARATION

1. Heat 2 Tbsp. butter in a large skillet over medium-high. Add chopped kimchi and gochujang and cook, stirring occasionally, until kimchi is softened and lightly caramelized, about 4 minutes. Add broth and kimchi juice and bring to a simmer. Cook until liquid is slightly reduced, about 3 minutes.
2. Meanwhile, boil noodles according to package directions.
3. Using tongs, transfer noodles to skillet and add remaining 3 Tbsp. butter; cook, tossing often, until sauce coats noodles, about 2 minutes. Season with salt if needed. Divide among bowls and top with egg yolks, scallions, and sesame seeds.

Gochujang-Braised Chicken and Crispy Rice



YIELD Serves 4

INGREDIENTS

1 small onion, finely chopped

8 garlic cloves, finely grated

1 (2-inch) piece ginger, peeled, finely grated

1/4 cup gochujang (Korean hot pepper paste)

1/4 cup soy sauce

2 tablespoons sugar

1 tablespoon mirin

1 tablespoon toasted sesame oil

1 teaspoon freshly ground black pepper, plus more

3 cups cooked short-grain rice

1 teaspoon ground cumin

1/2 teaspoon garlic powder

1/2 teaspoon mustard powder

8 chicken drumsticks, patted dry

Kosher salt

4 tablespoons unsalted butter

2 tablespoons vegetable oil

4 cups low-sodium chicken broth

6 scallions, white and pale-green parts only, cut into 1-inch pieces

PREPARATION

1. Mix onion, garlic, ginger, gochujang, soy sauce, sugar, mirin, sesame oil, and 1 tsp. pepper in a medium bowl to combine; set sauce aside.
2. Toss rice, cumin, garlic powder, and mustard powder in a medium bowl to combine; spread out on a parchment-lined rimmed baking sheet and chill until cold, about 1 hour.

3. Meanwhile, season chicken generously with salt. Heat butter and vegetable oil in a medium heavy pot over medium. As soon as foaming subsides, add chicken and cook, turning occasionally, until lightly browned, about 5 minutes. Add reserved sauce and bring to a simmer; cook until sauce appears to thin out, about 3 minutes. Add broth and bring to a boil. Reduce heat, partially cover pot, and simmer, turning occasionally, until chicken is very tender, 45–55 minutes.
4. Divide rice into 4 portions; form into 3/4"-thick disks (moisten hands with water to prevent sticking). Heat a large nonstick skillet over medium. Working in 2 batches, cook rice cakes, turning halfway through, until crisp, puffed, and golden, about 10 minutes. Transfer to plates.
5. Add scallions to chicken and cook until tender, about 3 minutes. Season with salt and pepper. Top each cake with 2 chicken legs and a few scallions; spoon plenty of sauce over.

Spring Bibimbap



YIELD Serves 4

INGREDIENTS

2 bunches Swiss chard (1 to 1 1/2 pounds)

1 big Kirby cucumber or half of a conventional cucumber

1 medium carrot, peeled

6 small radishes

1 tablespoon sugar

3/4 teaspoon plus 1 pinch of fine sea salt

2 teaspoons rice vinegar

1–2 tablespoons neutral-tasting oil

1–2 teaspoons toasted sesame oil

1 tablespoon toasted or black sesame seeds

5 cups cooked white or brown rice, or mixed grains, freshly cooked if skipping the rice crisping step

2 (2-inch) squares toasted nori

2 cups chopped Napa Cabbage or Bok Choy

Kimchi, preferably homemade

1 avocado, peeled and sliced

Gochujang or Sriracha, for serving

PREPARATION

1. Trim the stems from the Swiss chard. Cut or tear the leaves into bite-sized pieces and set aside. Reserve half of stems for another use or discard them. Slice the remaining stems into 2-inch lengths, and then into halves, quarters, or eighths to make uniform matchsticks and transfer them to a medium bowl.
2. Slice the cucumber into 1/2-inch-thick rounds, then stack them up and slice into matchsticks. Slice the carrot into thin (less than 1/4-inch) rounds. Slice the radishes into thinnest possible rounds. Add the vegetables to the bowl with the

chard stems. Toss with the sugar and 3/4 teaspoon of the salt and let stand as you prepare the rest of the meal. Just before serving, rinse and drain the veggies, blot dry with a clean towel, and toss with the rice vinegar.

3. Meanwhile, place a skillet over medium heat and add 1 tablespoon neutral-tasting oil. Using tongs, add the Swiss chard leaves in increments, adding more as each batch cooks down. Add a big pinch of salt and cook, stirring frequently with the tongs for 3 to 5 minutes, until wilted and the pan appears mostly dry. Remove from the heat and gather up the greens to one side of the pan with a spatula. Holding the chard in place and gently squeezing, tilt the pan over the sink and pour off any excess liquid. (You can do this in a colander if you're worried about accidentally dumping the greens into the sink.) Place the chard in a bowl and stir in 1 teaspoon sesame oil and the sesame seeds. Wipe out the skillet.
4. To make crispy-base bibimbap rice (optional): Just before serving, heat the remaining 1 tablespoon neutral-tasting oil and 1 teaspoon sesame oil in a wide skillet over medium heat. Press the rice into the skillet, making a thick cake. Let cook without disturbing for 4 to 5 minutes, until a golden brown crust forms on the bottom of the rice.
5. Wave the nori squares over the flame of a gas burner a few times, until the corners curl and they turn crisp, or roast under a broiler, flipping periodically. Slice into thin strips with a chef's knife, or crumble with your fingers.

6. To serve, use a spatula to scoop out the rice and divide it among four bowls, ensuring that everyone gets some of the crispy part. Top with the Swiss chard, kimchi, and avocado, then use a slotted spoon to add the pickled vegetables to the bowls. Garnish with the nori and serve immediately, passing the Gochujang sauce at the table.

Poultry & Meat

Korean Fried Chicken



YIELD 4 servings

ACTIVE TIME 1 hour, 5 minutes

TOTAL TIME 1 hour, 5 minutes

INGREDIENTS

Vegetable or canola oil (for frying; about 2 quarts)

2 teaspoons sesame seeds

1 tablespoon toasted sesame oil

1 tablespoon finely chopped peeled fresh ginger

2 scallions, white and green parts separated, thinly sliced

1/2 cup gochujang (Korean hot pepper paste)

1 tablespoon light brown sugar

1/2 cup cornstarch

1/2 cup unbleached all-purpose flour

2 teaspoons kosher salt

1 teaspoon baking powder

Freshly ground black pepper

1/2 cup vodka

2 pounds boneless, skinless chicken thighs, quartered

Special Equipment

A deep-fry thermometer

PREPARATION

1. Set a wire rack inside a rimmed baking sheet and place near stove. Set deep-fry thermometer in a heavy wide pot, then pour in oil to a depth of 1 1/2". Heat over high until thermometer registers 350°F.
2. Meanwhile, toast sesame seeds in a small skillet over medium-low heat, stirring frequently, until lightly golden, 3–5 minutes. Transfer to a plate and let cool; set aside.
3. Heat sesame oil in same skillet over medium. Add ginger and scallion whites. Cook, stirring frequently, until scallions are

tender, about 1 minute. Whisk in gochujang and brown sugar, bring just to a simmer, then remove from heat. Add 1/4 cup water; whisk to combine. Transfer sauce to a large bowl and cover to keep warm; set aside.

4. Whisk cornstarch, flour, salt, baking powder, and a generous pinch of pepper in another large bowl. Add vodka and 1/2 cup cold water, then whisk until a smooth, loose batter forms. Add chicken and toss to coat.
5. Using tongs, remove chicken from batter, letting excess drip back into bowl. Transfer to hot oil and cook, working in batches if needed, stirring occasionally with a slotted spoon to keep pieces from sticking together, and adjusting heat as needed to maintain 350°F, until chicken is golden and crispy, 6–8 minutes per batch.
6. Transfer fried chicken to prepared rack. Add chicken to reserved sauce and carefully toss to coat. Transfer to a serving platter. Top with reserved toasted sesame seeds and scallion greens.

3-Ingredient Korean Grilled Chicken Wings with Scallion



YIELD 4 servings

ACTIVE TIME 30 minutes

TOTAL TIME 30 minutes (longer if cooking in batches)

INGREDIENTS

2 pounds chicken wings (flats and drumettes attached or separated)

1 tablespoon vegetable oil

1 teaspoon kosher salt, plus more

1/2 teaspoon freshly ground black pepper, plus more

1/2 cup gochujang (Korean hot pepper paste)

1 scallion, thinly sliced on the bias

PREPARATION

1. Pat wings very dry with paper towels. Toss wings, oil, 1 tsp. salt, and 1/2 tsp. pepper in a large bowl to coat.
2. Prepare a grill for two zones, medium and medium-high, or heat a grill pan over medium. Working in batches if necessary, grill wings over medium heat, turning occasionally, until skin is starting to brown and fat is rendering, about 12 minutes. Move wings to medium-high zone of grill or increase heat under grill pan to medium-high. Cook wings, moving to a cooler section of grill or reducing heat if they start to burn, until cooked through, an instant-read thermometer inserted into the flesh but not touching the bone registers 165°F, and skin is crisp and lightly charred, 5–10 minutes.
3. Meanwhile, whisk gochujang and 1/4 cup hot water in a large bowl.
4. Transfer wings to bowl with gochujang and toss to coat. Transfer to a platter. Top with scallions, season with salt and pepper, and serve immediately.

Kimchi-Braised Chicken With Bacon



YIELD Serves 4

INGREDIENTS

1 tablespoon vegetable oil

4 ounces slab bacon, sliced 1/4 inch thick, cut crosswise into 1-inch pieces

1 (3 1/2–4-pound) chicken, cut into 10 pieces; or 4 chicken legs, drumsticks and thighs separated, plus 2 skin-on, bone-in breasts, cut crosswise

Kosher salt, freshly ground pepper

8 cloves garlic, lightly crushed

1 pint cherry tomatoes

1 cup dry white wine

2 cups kimchi with juices, divided

6 ounces wide egg noodles

2 tablespoons unsalted butter

2 tablespoons sliced chives, divided

PREPARATION

1. Heat oil in a large Dutch oven or skillet over medium and cook bacon, turning occasionally, until brown and lightly crisped, 5–8 minutes. Transfer to a plate.
2. Season chicken generously with salt and pepper. Cook, skin side down, in bacon drippings, until skin is very deep golden brown, 12–15 minutes. Transfer to plate with bacon, placing skin side up.
3. Add garlic and tomatoes to same pot and cook, stirring occasionally, until garlic is lightly browned and tomatoes have burst, about 5 minutes. Add wine, scraping up browned bits. Bring to a boil and cook until reduced by three-fourths.
4. Add half of kimchi and nestle bacon and chicken, skin side up, into tomatoes (make sure chicken skin is above surface of liquid to keep it crispy). Bring to a simmer and cook, reducing

heat if needed, until chicken is tender and cooked through, 45–60 minutes.

5. Transfer chicken back to plate and bring braising liquid to a simmer; cook until slightly thickened, 8–10 minutes.
6. Meanwhile, cook egg noodles in a large pot of boiling salted water, stirring occasionally, until al dente. Drain, reserving 1/2 cup pasta cooking liquid.
7. Return noodles to pasta pot and add butter and 1/4 cup pasta cooking liquid. Toss, adding more pasta cooking liquid as needed, until pasta is coated with buttery sauce. Season with salt and pepper.
8. Stir remaining kimchi into chicken braising liquid; season with salt and pepper. Place chicken, skin side up, in braising liquid. Sprinkle half of chives over chicken and half over noodles; toss noodles to combine.
9. Serve chicken and tomato-kimchi sauce over buttery noodles.

Pork Belly (Bossam)



Total: 3 hrs 15 mins

Prep: 45 mins

Cook: 2 hrs 30 mins

INGREDIENTS

For the Pork Belly:

3 ounces whole ginger root

3 tablespoons doenjang (Korean soybean paste)

1 onion (quartered)

4 scallions (white parts only, roughly chopped)

6 garlic cloves (smashed)

2 tablespoons honey

1 teaspoon gochujang (Korean chile paste)

2 1/2 pounds skin-on pork belly

For the Pickled Radish:

8 ounces Korean white radish (peeled and julienned)

2 tablespoons Korean apple vinegar (or rice vinegar)

2 tablespoons sugar

2 teaspoons ground Szechuan chile peppers

1 clove garlic (finely grated)

2 teaspoons kosher salt

For the Sauce:

2 tablespoons doenjang

1 tablespoon gochujang

1 tablespoon mirin

1 teaspoon sesame oil

1 clove garlic (finely grated)

2 teaspoons sesame seeds

For Serving:

Steamed sweet rice

Whole red or green leaf lettuce

Optional: Perilla leaves

PREPARATION

1. Gather the ingredients.
2. Finely grate 1 ounce of the whole ginger, and cut the other 2 ounces into a few large chunks.
3. Add the prepared garlic, doenjang, onion, scallions, garlic cloves, honey, gochujang, and pork belly to a 5 quart (or larger) pot with lid. Add water to cover the pork belly. Stirring occasionally to distribute the ingredients, bring to a boil over high heat. Reduce to a simmer, cover, and cook for about 2 hours.
4. To prepare the pickles, simply combine white radish, Korean apple vinegar, sugar, ground Szechuan chile peppers, clove, and Kosher salt in a bowl and refrigerate until ready to serve.
5. Preheat oven to 350 F.
6. When the pork belly is done, transfer the meat to a foil-lined baking sheet. Discard the cooking liquid along with the aromatics.
7. Roast the pork in the oven for about 30 minutes.
8. While the pork is roasting, steam your rice.
9. Mix all the sauce ingredients together in a small bowl.

10. Wash and dry the lettuce and perilla leaves. Arrange on platters.
11. When the pork belly is caramelized, slice as desired and serve immediately with all accompaniments. Yield: 4-6 servings

Spicy Korean Steak Tacos with Kimchi



YIELD Makes 16 tacos

INGREDIENTS

For the steak:

2 (1 1/2-inch/4-cm-thick) rump steaks or boneless sirloin steaks
(700g)

1 tablespoon extra virgin olive oil

2 cups (600g) coarse salt

Cracked black pepper

For the Spicy Ginger Sauce:

2 tablespoons oyster sauce

1 tablespoon Chinese cooking wine (Shaoxing)

1 tablespoon finely grated ginger

1 teaspoon dried chile flakes

1 tablespoon finely grated palm sugar or brown sugar

For the tacos:

16 small flour tortillas, lightly toasted

1/2 cup (150g) Japanese mayonnaise

2 cups (160g) finely shredded daikon

1 cup (200g) store-bought kimchi

1/2 cup coriander (cilantro) leaves

PREPARATION

1. Rub the steaks with the oil. Spread half the rock salt over a tray, top with the steaks and cover with the remaining salt. Set aside for 20 minutes.
2. Meanwhile make the spicy ginger sauce: Place the oyster sauce, cooking wine, ginger, chile flakes and sugar in a small bowl and mix until the sugar has dissolved.
3. Wipe all the salt from the steaks, using paper towel, and

sprinkle with pepper.

4. Preheat a grill pan or barbecue over high heat.
5. Cook the steaks, turning every 1 minute, for 2–3 minutes each side or until cooked to your liking. In the last 30 seconds of cooking time, brush the steaks with the spicy ginger sauce and turn to caramelize both sides.
6. Cover gently with aluminum foil and allow to rest for 5 minutes. Thinly slice the steaks. Spread the tortillas with the mayonnaise. Top with the daikon, steak, kimchi and cilantro to serve.

Beef Short Ribs Satay (Satay Kra-Toog Ngua)



YIELD 4–6 servings

INGREDIENTS

Marinade:

1/4 cup (40 grams) thinly sliced lemongrass

1/8 cup (25 grams) peeled and sliced fresh ginger

1/4 cup (40 grams) sliced shallots

5 peeled medium garlic cloves (15 grams)

2 tablespoons (18 grams) canola oil

2 tablespoons (30 grams) oyster sauce

1 tablespoon (12 grams) fish sauce

1/4 teaspoon (1 gram) turmeric powder

1/3 cup (87 grams) unsweetened coconut milk

1 pound (454 grams) beef short ribs, cut Korean kalbi style, 1/4-inch thick

For the baste:

1/3 cup (87 grams) unsweetened coconut milk

Kosher salt, to taste

For serving:

1 cup Satay Peanut Sauce

1 cup Cucumber Ajat

PREPARATION

1. In a mortar, combine the lemongrass, ginger, shallots, and garlic; pound to a semismooth paste. Stir in the oil, oyster sauce, fish sauce, turmeric, and the 1/3 cup coconut milk and mix well. Reserve 1/4 cup of this mixture and set aside. Transfer the rest to a large mixing bowl and add the short ribs. Toss the ribs to coat, cover the bowl, and let them marinate in the refrigerator for 24 hours (you can get away with marinating for 6 hours at a minimum, though the satay

will have less depth of flavor).

2. When it is time to cook the ribs, preheat your grill until very hot. I highly recommend cooking satay on an outdoor grill over charcoal briquettes, but gas will suffice (cook them indoors in a grill pan only if you have a very good exhaust system, since they generate a lot of smoke). Make the baste by mixing the reserved 1/4 cup marinade with the 1/3 cup coconut milk. Grill the ribs for about 2 minutes on each side (a little more or less, depending on how you like your meat). As they cook, brush the ribs with the basting liquid and a sprinkling of salt. Let the cooked ribs rest for 2 minutes before serving with the satay peanut sauce and cucumber ajat. Accompany with jasmine or sticky rice or slices of toasted white bread.

Seafood

Grilled Sesame Squid



YIELD Makes 4 servings

INGREDIENTS

Vegetable oil (for grilling)

1 1/2 pounds cleaned squid

2 tablespoons toasted sesame oil

Kosher salt

Freshly ground pepper

PREPARATION

1. Prepare grill for high heat; oil grate with vegetable oil. Toss

squid with sesame oil in a large bowl; season with salt and pepper.

2. Grill squid, turning occasionally, until lightly charred and cooked through, about 3 minutes. Cut bodies crosswise into thin rings for serving, if desired.

Spicy Fish Stew



YIELD Makes 4 servings

INGREDIENTS

1 large fish head (about 1 1/2 pounds)

1 fish rack (optional; see headnote)

8 cups water

1/2 block (7 ounces) firm tofu

8 ounces daikon radish, peeled and cut into 1-inch pieces that are 1/8-inch thick

1/2 zucchini, halved lengthwise, then cut into 1/4-inch slices

1 small red chile pepper, seeded if desired, then cut thinly on the bias

1 small green chili pepper, seeded if desired, then cut thinly on the bias

1 sweet onion, cut into strips

2 scallions, cut into 1-inch pieces

2 cloves garlic, crushed and chopped

1 tablespoon regular or low-sodium soy sauce

1 tablespoon gochugaru (Korean crushed red chili pepper powder)

3 tablespoons gochujang (Korean chili pepper paste)

4 ounces edible chrysanthemum leaves (optional)

Kosher or sea salt

Freshly ground black pepper

3 tablespoons chopped fresh cilantro, for garnish

PREPARATION

1. Rinse the fish head and pat it dry.
2. Use your fingers and/or a small paring knife to extract any flesh from fish head and the collar. If you are also using a fish rack, you can extract a significant amount of flesh from it by holding one end and strumming your fingers along the bones. Reserve all of the flesh in a bowl.

3. Place the picked-over fish head and rack in a stockpot, then add the water. Bring to a boil over medium-high heat; cook for 10 minutes, turning the head over once during that time. (If you like, you can use a spoon to remove the fish cheeks about halfway through cooking. Add them to the flesh reserved from the head and collar.)
4. Meanwhile, wrap the tofu in paper towels and use a heavy plate to weight it (to help extract any liquid).
5. Strain the cooking liquid through a fine-mesh strainer into a separate pot; discard the bones. Bring to a boil over medium-high heat, then add the radish, zucchini, chili peppers, sweet onion, scallions, garlic, soy sauce, gochukaru and gojuchang; reduce the heat to medium and cook for 6 or 7 minutes, until the vegetables are tender.
6. Reduce the heat to medium-low. Stir in the reserved fish flesh; cook for about 2 minutes or until it is tender and opaque.
7. Unweight/unwrap the tofu and cut it into large cubes. Add them and the edible chrysanthemum, if using, to the pot; cook for 2 to 3 minutes without stirring.
8. Season lightly with salt and pepper. Divide among individual bowls. Garnish each portion with the cilantro. Serve hot.

Fish Stir-Fry



INGREDIENTS

Korean fish stir-fry

2 tablespoon soy sauce

1 tablespoon chinese rice wine or dry sherry

2 garlic cloves, crushed

1 small red chilli, seeded, chopped (or 1 teaspoon chilli powder)

2 teaspoon sesame oil

350 gram basa fillets, cubed

2 teaspoon oil

1 red capsicum, seeded, thinly sliced

100 gram sugar snaps (or snow peas), trimmed

4 green onions, finely chopped

250 gram rice stick noodles, cooked, to serve

PREPARATION

1. In a bowl combine soy, wine, garlic, chilli and sesame oil. Add fish and turn to coat. Set aside for 10 minutes.
2. Heat the oil in a wok on high. Add drained fish (reserving marinade), and stir-fry for 2 minutes. Add capsicum, sugar snaps and onion, and stir-fry for 2-3 minutes.
3. Pour in reserved marinade and stir-fry for 1-2 minutes, until fish is cooked and sauce thickens slightly. Serve with noodles.

Pan-Fried Fish and Shrimp Jeon



Servings: 4

INGREDIENTS

10 pieces large shrimp/prawn (16/20 count)

1 lb cod fillets

3 eggs

1/2 cup Gluten Free flour or regular flour

sea salt, pepper, oil for frying

Chive Carrot Salad

1/2 cup chives, cut 2-3 inch lengths

1/3 cup carrots, julienned

Dressing for Chive Carrot Salad

1 tsp jin kanjang (For GF, try this GF soy sauce or Tamari soy sauce)

1 tsp lemon juice

1 tsp rice vinegar

1 tsp sugar

1/2 tsp gochukaru (Korean chili powder)

1/2 tsp sesame seeds

PREPARATION

1. Defrost shrimp or fish if they are frozen.
2. Clean and cut carrots and chives.
3. Make dressing for chive carrot salad and set aside.
4. Cut along the rounded back to butterfly each shrimp. Make sure you cut deep enough so that the shrimp is totally flat but not so deep that it's in two separate pieces!
5. Butterflying is easier if you actually hold the shrimp with one hand and with the other hand use the knife to carefully cut into the back. Details on how to butterfly shrimp if you need it.
6. Clean off any black/greyish veins which are basically the shrimp's guts. It should look clean like this when all done.
7. Once all shrimps are butterflied and cleaned, season each side

with sea salt and black pepper. Set aside.

8. Cut cod fillets into smaller pieces. It's easiest when you cut at an angle like so –
9. I like to cut my fish pieces pretty thick (1/3 inch) but you can cut it thinner if you'd like.
10. Lay out cut cod fillet pieces and season with salt and pepper on both sides. Also, a trick that I use to make it even better is to drizzle sesame oil (1-2 drops on each piece).
11. Prepare flour in a dish. Prepare egg batter by lightly whipping eggs.
12. Heat up a frying pan on medium heat. Drizzle a generous amount of vegetable oil (2 Tbs or so).
13. Coat both sides of shrimp or fish with flour.
14. Coat floured shrimp or fish with egg batter and put into pan. Jeon should quietly sizzle after it touches the pan.
15. Cook jeon until each side is golden brown – about 2-3 minutes on each side. Making sure you add additional oil in between. Probably another 1 Tbs of oil after you turn them over and also when you start a new batch.
16. Toss chive and carrots with the dressing. Serve Fish and Shrimp Jeon with the chive and carrot salad on the side. Chive and Carrot Salad is a modern addition that adds freshness and a little punch of flavor from chives. Serve a side of Soy Vinegar dipping sauce (see Dipping Sauce) for more traditional flavors.

