

**WELCOME TO KOREAN BAPSANG!
AAUW DAW INTERNATIONAL GOURMET**

Menu

- 1-Korean Seafood Pancake - Nancy**
- 2-Gul Tteokguk (Oyster Rice Cake Soup) – Melanie**
- 3-Flank Steak Bulgogi and steamed white rice - Fari**
- 4-Sweet Potato Tempura - Roseann**
- 5-Kimchi - Yoki**
- 6- Shrimp Japchae - Yoki**
- 7-Gaji Bokkeum (Stir-fried Eggplant Side Dish) - Roseann**
- 8 - Steamed Pear - Barbara**

Recipes

1-Korean Seafood Pancake



This savory pancake is very filling and so easy to make; a little batter, some scallions, a mix of your choice of seafood, a little dipping sauce.

Korean Seafood Pancake (Haemul Pajeon)

Makes 4 pancakes.

Ingredients:

2 cups all-purpose flour
2 cups water
2 eggs
1 bunch scallions
Vegetable oil

3 cups mixed seafood of your choice (fresh!) - such as oysters, shrimp, clams, octopus, squid ...

Dipping Sauce:

¼ cup soy sauce

½ tbsp rice vinegar

1 stalk scallion, minced

1 clove garlic, minced

½ tsp Korean dried hot chili pepper flakes (optional)

½ tsp sugar

1 tsp sesame oil

Preparation:

Mix the ingredients for the dipping sauce and set aside. In a large bowl, mix the flour and water together, then beat in the egg. The batter should have the same consistency as pancake batter. Add the scallions and seafood.

Heat a griddle, skillet, or frying pan over medium high heat and add a thin layer of oil to the bottom. I prefer to use a spray can. Pour about ¾ cup batter into the skillet in a circle. Cook for 6-8 minutes or until the top stops bubbling and the bottom is browned. Flip over and cook another 6-8 minutes. Transfer to a serving plate.

Repeat with the rest of the batter.

Cut all pancakes into 8-piece wedges and serve with the dipping sauce.

2-Gul Tteokguk (Oyster Rice Cake Soup)



Prepare 1/2 cup for each attending = 4 cups so adjust ingredients as necessary

Korean rice cake soup made with oysters!

Ingredients

1. 8 to 10 ounces rice cake slices (tteokguk tteok, 떡국떡)
2. 3-inch square dried kelp (dashima) - optional
3. 1 tablespoon soup soy sauce (gukganjang 국간장) or fish sauce
4. 1 teaspoon minced garlic
5. 6 to 8 ounces small shucked oysters
6. 1/2 scallion, thinly sliced
7. salt and pepper to taste

Optional Garnish

1. 1 egg for jidan (egg garnish)
2. 1/4 sheet roasted gim (nori), cut into thin, short strips with kitchen shears

Instructions

1. Soak the rice cakes in cold water for 10 to 20 minutes.



2. Clean the oysters by gently swishing around in salted water. Drain. Rinse again in clean water and drain again.



3. Add 6 cups of water and the optional dried kelp to a medium size pot. Bring it to a boil, and continue to boil for 5 minutes.



4. To make the optional egg garnish (jidan), separate the egg. Lightly beat the white by gently cutting it with a spoon. Stir the yoke with a spoon until smooth. Heat a lightly oiled nonstick skillet over medium low heat. Pour each egg part into a thin layer, tilting the skillet and/or spreading with a spoon. Cook each side briefly until no visible liquid remains. (Do not brown the egg.) Slice into small diamond

shape pieces or short thin strips.



5. Remove the kelp if used. Add the rice cake slices, garlic and soup soy sauce (or fish sauce), and cook until very soft.



6. Drop the oysters in. Cook for a couple of minutes after the soup comes to a boil again. Season with salt and pepper to taste. Remove the scum. Ladle the steaming soup into individual bowls and top with the scallion and the optional egg and gim strips.



Notes If you don't like your soup too thick and starchy, you can separately parboil the rice cake slices in the boiling water until soft, drain, and then add to the soup.



3-Flank Steak Bulgogi

Tender, juicy and delicious bulgogi made with flank steak!

Ingredients

1. 1 flank steak (about 1.5 to 2 pounds)
2. 2 scallions, roughly chopped

Marinade

1. 5 to 6 tablespoons soy sauce
2. 3 tablespoons sugar
3. 2 tablespoons rice wine (or mirin or white wine)
4. 4 tablespoons juice from a can of pineapple (use 100% juice)
5. 1 tablespoon minced garlic
6. 1 to 1-1/2 teaspoons finely grated ginger
7. 2 tablespoons sesame oil
8. 2 teaspoons sesame seeds
9. 1/8 teaspoon pepper

Instructions

1. Slice the meat (about 1/3 to 1/4-inch thick) against the grain at a steep angle.



2. Combine all the marinade ingredients in a bowl, and mix well.



3. Add the meat and scallions and mix well until evenly coated. Marinate at least for 1 hour.



4. Heat a grill pan or a skillet over high heat and add the meat slices. Lower the heat as necessary. The marinade may burn if the heat is too high. Cook until the meat is cooked through and slightly

caramelized, one to two minutes each side. Prepare steamed white rice and serve with the meat.



4- Sweet Potato Tempura(Gogooma Tweegeem)



Ingredients

Sweet Potato – 1

Flour – 1 cup

Medium Egg – 1

Korean, Japanese or Plain Bread crumbs – 1 cup

Ice-cold Water – 1/2 cup

Salt – 1/2 tsp

Cooking Oil

Tempura Sauce : 1 cup chicken or vegetable broth + 1/4 cup reduced sodium soy sauce + 2 tbs Mirin(or dry white wine) + 2 tsp Sugar + 1/2 tsp Fresh Ginger juice.

Method

1. Peel and slice sweet potato into 1/4 inch thick.
 2. Mix flour, egg, salt and ice-cold water to make tempura batter.
 3. Dip sweet potato slices into the batter and coat them with bread crumbs.
 4. Pan fry 2~3minutes each side.
 5. Enjoy with tempura sauce!
- * Serves 2~3 people *
- * If you want to deep fry, cook until golden brown *
- * For vegetarians, don't use egg *



5 - Mak Kimchi (Easy Kimchi)

Ingredients

1. 2 medium size napa cabbages (about 8 pounds)
2. 1-1/4 cups coarse sea salt (less if using finer salt)
3. 6 cups water
4. 1 Korean radish, mu (about 1-1/2 pounds)
5. 1 tablespoon coarse sea salt
6. 5 - 7 scallions, roughly chopped

Seasoning

1. 1 cup gochugaru (Korean red chili pepper flakes)
2. 1/3 cup saeujeot (salted shrimp), finely minced
3. 4 tablespoons myulchiaekjeot (fish sauce)
4. 1/4 cup minced garlic
5. 2 teaspoons finely grated ginger
6. 1 tablespoon sugar
7. large bowls (preferably at least 7 - 8 quarts)
8. large colanders
9. kitchen gloves
10. airtight container(s) or jar(s) - about 1-1/2 gallons

Instructions

1. Cut the cabbage heads into quarters and remove the core from each quarter. Cut each quarter crosswise into bite sizes (about 1-1/2-inches).



2. Place the cabbage pieces in a large bowl(s). In a smaller bowl, dissolve 1-1/4 cups of salt in 6 cups of water. Pour over the cabbage. Toss well to wet the cabbage pieces evenly with the salt water. Let

stand until the white parts are bendable, about 2 hours, turning the cabbage pieces over occasionally.



3. Cut the radish into bite sizes (about 1-1/2-inch square, about 1/4-inch thick). Sprinkle with a tablespoon of salt. Toss well. Let it sit for about 30 minutes. Drain. Do not wash.



4. Mix the chili pepper flakes with the remaining seasoning ingredients along with 1 cup of water.



5. Rinse the salted cabbage three times and drain to remove excess water.



6. In a large bowl, add the radish, scallions and seasoning to the salted cabbage. Using a kitchen glove, mix everything well by hand until the cabbage pieces are well coated with the seasoning mix. Place the kimchi in an airtight container(s) or a jar(s).



7. Rinse the bowl with 1/2 cup of water by swirling around, and pour over the kimchi.



8. Leave the kimchi out at room temperature for half a day to a day, depending on how quickly you want your kimchi to ferment. Then, refrigerate.

By Hyosun Ro

6 - Shrimp Japchae



Korean sweet potato starch noodles made with seafood and a spicy kick!

For the noodles

1. 4 ounces dangmyeon, 당면 (Korean sweet potato starch noodles)
2. 1 tablespoon vegetable or canola oil
3. 1 tablespoon sesame oil
4. 1/2 to 1 tablespoon gochugaru (preferably finely ground) - see note

For the shrimp and vegetables

1. 16 small shrimp, peeled and de-veined
2. 1/4 medium onion, thinly sliced
3. 1/3 small carrot, cut into matchsticks
4. 2 to 3 fresh shiitake mushrooms (or mushrooms of your choice), thinly sliced
5. 2 ounces enoki mushrooms - optional

6. 1 scallion, sliced diagonally
7. Salt and pepper

Sauce

1. 2 tablespoons soy sauce
2. 1-1/2 tablespoons sugar
3. 2 teaspoons minced garlic
4. 1 tablespoon sesame oil

Instructions

1. Soak the noodles in warm water until soft (about 30 to 40 minutes), and drain.



2. Clean the shrimp and squid. Cut the squid into bite size pieces.



3. Prepare the vegetables, and mix all the sauce ingredients in a small bowl.



4. Add the vegetable oil, sesame oil, and the gochugaru to a pan, and heat until hot over medium low heat, stirring. Remove from the heat as soon as the oil starts to turn red and the chili pepper flakes

become a bit pasty. Do not burn the gochugaru.



5. Turn the heat to medium, and add the noodles to the pan along with 1-1/2 tablespoons of the prepared sauce. Stir-fry until the noodles are soft, 3 to 4 minutes.



6. Remove the noodles onto a plate. In the same pan, stir fry the onion for a minute, and then carrot and mushrooms until wilted. Add a tablespoon of water if the vegetables look dry. Lightly season with salt and pepper.



7. Add the shrimp and the remaining sauce, and stir-fry until the shrimp is cooked through. Follow this by the scallion and optional enoki mushrooms until the scallions are slightly wilted.



8. Return the noodles to the pan, and toss everything well together. You can add a bit more sugar and/or soy sauce to taste.



Notes

1. You can grind your regular gochugaru in a spice grinder. I used 1 tablespoon gochugaru for the first photo, and 1/2 tablespoon for the second photo.

7- Gaji Bokkeum (Stir-fried Eggplant Side Dish)

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You will need slender Korean/Asian eggplants for this recipe. They have tender skin and sweet flesh.

Ingredients

1. 1 medium Korean/Asian eggplant, gaji (or 2 small), about 8 ounces
2. 1/2 medium onion
3. 2 small green chili peppers

4. 2 garlic cloves, thinly sliced
5. 1 small thumb size ginger, cut into short matchsticks
6. cooking oil

Seasoning

1. 1 tablespoon soy sauce
2. 1 tablespoon rice wine (or mirin)
3. 1 tablespoon corn syrup (Korean oligodang, [oligodang](#)) or 1 teaspoon sugar
4. Pinch salt and pepper
5. 1/2 tablespoon sesame oil
6. 1/2 teaspoon sesame seeds

Instructions

1. Cut the eggplants lengthwise in halves. Then cut diagonally into about 1/4-inch thick slices. Thinly slice the onion, and slice the chili peppers diagonally. Mix the soy sauce, rice wine, and corn syrup (or sugar) in a small ball.



2. Heat a pan with 1 tablespoon of cooking oil over medium high heat. Add the onion, garlic, and ginger, and stir-fry until fragrant. Add the eggplants and stir-fry, for a minute or two until they start to soften.



3. Stir in the sauce mix, and then add the peppers.



4. Continue to stir-fry until the eggplants are well coated with the seasoning and the pepper is slightly wilted. Season with salt and pepper to taste. Turn the heat off. Drizzle the sesame oil over, and mix well again. Sprinkle with the sesame seeds to serve.



8 - Steamed Pear (배찜)

This is an old, popular home remedy in Korea for common cold and flu, especially good for relieving fever, soar throat and cough.

Steamed Pear Recipe Wash a pear well (to eat the skin too), cut the top off, scoop out the core with a mellon baller to form a little bowl inside the pear. Be careful not to puncture through the bottom of the pear. I put in a spoonful of honey, a couple of thin slices of ginger, and a cinnamon stick along with a couple of scooped out pear pieces. Other popular ingredients include pine nuts and dried Korean date (also known as jujube or dae chu, 대추). Place the pear in a bowl to catch any drop of pear juice that seeps out during steaming. Steam for about an hour or until the pear is completely soft.

This way, natural pear juice flavored with honey, ginger and cinnamon is drawn out to the pear bowl. After a few sips of the hot pear tea, enjoy the soft pear which lasts just enough to make you want a little more...

DID YOU KNOW?

Pear vs. Pear

* Buy firm, blemish-free pears - Asian or European (what we know as regular pears), but eat them at the ripe state. Asian pears are firm whereas European pears become soft when ripe.