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Korean Family Cooking:

Recipes for Long-Life and Good Health

Bin Dae Tteok; NokDu Jeon (Myung Bean Pancake)

Bindaetteok is a pancake made of ground mung beans, meat, vegetables and kimchi. It was originally used as the supporter for the oil-fried meat on a large dining table. Later, it became a delicious-looking food for a binja (pauper), so it was named 'binjatteok' (pauper's cake).

Ingredients:

1 cup thin skin mung bean (geopi-nokdu)
1/4 teaspoons salt
1 cup of water
1/2 cup chopped kimchi
20g soaked bracken (cut 3-4cm in length)
1/4 cup minced pork
a bit of green and red pepper

Vinegar Soy Sauce Ingredients:

1/2 tsp soy sauce
1/4 tsp vinegar
1 tsp minced green onion
1/2 tsp minced garlic
1/2 tsp sesame oil
dash of black papper

Directions

1. Soak mung beans for approximately 8 hours and place them with water into a grinder, grind them for 1 minute, season with salt
2. Mix the grinded mung bean with Kimchi, bracken and pork together
3. Preheat the frying pan and oil. Make a round disk with ground mung bean into 5-6 cm diameter
4. Top with sliced green/red pepper
5. Serve with vinegar soy sauce

Hwa Jeon (sweet rice cake)

Ingredients:

Edible flowers
Salt
Sugar
1 cup sweet rice flour
Vegetable oil
1/2 cup hot water
Honey

Directions

1. Place 1 cup of sweet rice flour and a pinch of salt in a large bowl
2. Add 1/2 cup of hot water little by little. Knead the mixture for 5 minutes
3. Cut the dough into 12 pieces and roll each piece into a ball
4. Cover the dough with a wet cloth
5. Pre-heat the frying pan with oil
6. Press each rice cake ball into a disc about 5 cm
7. Place each disc-shaped rice cake on the pan and cook it. Cook both sides evenly
8. Place an edible flower on the top of the rice cake, then flip it over so that the flower is slightly warmed to adhere to cake
9. Serve with honey

Bulgogi

Bulgogi is a dish barbecued of thinly sliced beef that is pre-marinated with various seasonings on a hot barbecue pan. Bulgogi has been popular since the 1950s when the beef was served in thin slices to make it more tender and cut down the waiting time for diners.

Ingredients:

300 g Sliced beef (sirloin)
1 onion
Sliced green onion

Seasoning sauce ingredients:

2 tsp soy sauce
1 tsp sugar
1/2 tsp honey
1 tsp minced green onion
1 tsp minced garlic
1/2 tsp sesame salt
1/5 tsp ground black pepper
1/3 cup pear juice
1 tsp sesame oil

Directions

1. Shred onion
2. Add seasoning sauce to the beef and mix around with hands and add onion, marinate it for 30 minutes
3. Heat the barbecue pan
4. Pan fry the beef

Pine Nut Sauce with Seafood

Ingredients:

3 medium-sized shrimp
2 scallops
1/2 of a squid
1/4 of a cucumber
1/4 of a red bell pepper
1/4 of a green bell pepper
1 tsp pine nuts
1 pinch of lemon zest
1/5 tsp salt
1 tsp Korean mustard
1 tsp vinegar
1/2 tsp sugar

Directions

1. Clean up seafood with salt water
2. Slightly strike all the sea food
3. Shred all the vegetables
4. Place 1 tsp of pine nuts, a pinch of lemon zest, 1/5 tsp salt, 1 tsp Korean mustard, 1 tsp vinegar, 1/2 tsp sugar in a blender and make a puree
5. Place the seaoof and puree together and mix
6. Cool mixture in refrigerator before serving

Hwayangjeok

Hwanyangjeok is a dish made of beef and ingredients in five colors such as seasoned bellflower roots, brown oak mushrooms, carrots, cucumbers and eggs that are then skewered. There are many different kinds of jeok depending on the ingredients by season.

Ingredients:

1/2 lbs. beef (top round)
7-8 skinned bellflower roots
1/2 cucumber
1/2 carrot
1 egg
2-3 ears mushroom
Pine nuts

Seasoning sauce ingredients:

2 tsp soy sauce
1 tsp sugar
1/2 tsp honey
1 tsp minced green onion
1 tsp minced garlic
1/2 tsp sesame salt
1/5 tsp ground black pepper
1/3 cup pear juice
1 tsp sesame oil

Directions

1. Slice beef into 5 cm-wide/long and 1/2 cm-thick. Chop slightly, season with 2/3 of seasoning sauce and stir-fry
2. Soak mushrooms and shred 1 cm-wide and season with the remaining 1/3 of seasoning sauce and stir-fry
3. Clean the bellflower roots, then cut into 1 cm-wide, 1/2 cm-thick. Marinate with salt for 5 minutes
4. Cut cucumber and carrot into same size of bellflower roots. Marinate cucumber with salt for 2 minutes, then wipe the water off
5. Sautee the bellflower roots and carrot respectively for 1 minute each
6. Pan fry eggs and cut into 1/2 cm-thick strips
7. Skewer prepared foods, while coordinating colors, place them on a round dish and serve with crushed pine nuts

Omija Punch

Omija-hwachae is a cold drink that is typically enjoyed in the summer. It has a beautiful color and is high in organic acids which are good for relieving physical fatigue and quenching thirst.

Ingredients:

1/5 cups omija
2 cups water
3 tsp sugar
2 tsp honey
1/4 pear
1 tsp pine nuts

1. Wash the omija, add water and let sit for 12 hours
2. Remove the tops of pine nuts
3. Filter fully-soaked omija through cotton cloths
4. Add sugar and honey to the omija water
5. Put the omija water into a punch bowl and top off with pears and pine nuts

Japchae

Japchae is a dish made from sweet potato noodles, stir fried in sesame oil with various vegetables, beef and flavored with soy sauce. It may be served either hot or cold.

Ingredients:

- 1/2 lbs sweet potato starch noodle (dang myun)
- 100g beef strips (top round)
- 1/2 cup strip sliced mushroom
- 1/2 cup matched-stick size cut carrot
- 3/4 cup thinly sliced onion
- 1 bunch of spinach
- 3 cloves of garlic
- 7-8 roots of green onion

Directions

1. Boil noodles in boiling water for about 3 minutes. When noodles are soft, drain and place in large bowl. Toss noodles with 1 tsp of sesame oil. Set aside.
2. Put spinach in boiling water for 1 minute. Rinse in cold water, squeeze and cut into pieces. Add 1/2 tbs soy sauce and 1/2 tbs sesame oil and place in large bowl.
3. On heated pan, stir sliced garlic, onions, cut carrot and green onion with a pinch of salt
4. On heated pan, stir sliced mushroom and sliced beef marinated with soy sauce
5. Place all the prepared vegetable and noodle together, add 3 tbs of soy sauce, 2 tbs of sugar, 3 tbs of sesame seed oil, 1 tbs of pepper and mix together or stir-fry
6. Sprinkle 1 tbs of toasted sesame seeds and egg garnish on top

O-saek Dae Ha Jjim (5 Colored Steamed Prawns)

Daehajjim is a dish of large prawns oven-cooked or steamed with seasoning. Prawns are considered to be a healthy food that strengthens the kidney and provides vitality and a light, clean taste.

Ingredients:

- 4 large shrimp
- 1 tbsp of rice wine
- 1/4 tbsp salt
- 1/8 tbsp of black pepper
- 1/2 green pepper, 1/2 red pepper
- 1 piece stone mushroom
- 1 egg

1. Peel the prawn shell off, leaving the head and the tail, score the back with a knife.
2. Cut the green pepper and red pepper into 5 cm and 0.5 cm-wide.
3. Soak stone mushrooms in water for 1 hour; remove the belly buttons and wash. Wipe the water off and shred into 2 cm and 0.1 cm-wide
4. Panfry egg for yellow/white garnish and shred into 2 cm and 0.2 cm wide.
5. Pour water in a steaming pot and heat it up on high heat for 5 minutes. When it gives off steam, layer the fragrant seasoning on the bottom and put the shrimps, then steam it for 5 minutes.
6. Take the steamed shrimps out and salt and pepper and coat with sesame oil.
7. Garnish shrimps with green/red pepper, yellow/white egg garnish and stone mushrooms.

Yaksik

Ingredients:

1 1/2 cups glutinous rice
8 cups rice steaming water

Alt Water

3 tsp water
1/2 tsp salt
3 chestnuts
5 jujubes
1 tsp pine nuts

Jujube stone tea

5 jujube stone each
1 cup water

Steamed Rice Sauce

3 tsp yellow sugar
1/4 tsp cinnamon powder
1/2 tsp jujube stone tea
2 tsp honey
2 tsp sugar
1/2 tsp sesame oil

Sweet Steamed Rice Sauce

2 tsp sugar
1 tsp edible oil
1/2 tsp starch powder
3 tbsp warm water

Directions

1. Wash the glutinous rice and soak in water for about 3 hours.
2. Wipe the jujube, cut the flesh into 6 pieces.
3. Skin the chestnut and cut it into 6 pieces.
4. Remove tops of the pine nuts.
5. Pour water into the steaming pot, heat it up for 8 min. on high heat. When it gives off steam, layer a damp cotton cloth on the bottom, put the glutinous rice and steam it for 20 min.
6. Sprinkle salt into the water, mix well with wooden scoop, steam it for an other 30 min.
7. Put the jujube stones and water in the pot, cover the lid and simmer it for 15 min. on medium heat, strain it.
8. Put the sugar in the pot, heat it up for 3 min. on medium heat. When the sugar melts, coat the pan with edible oil. When the sugar turns to brown ish liquid, add the starch powder and boil it while stirring for 1 min. to make sweet steamed rice sauce.
9. While the steamed rice is still warm, add soy sauce, sweet steamed rice sauce, yellow sugar, cinnamon powder, jujube stone tea, honey, regular sugar and sesame oil into the steamed rice and mix them well. Mix them well again after adding chestnuts, jujube and pine nuts.
10. Put the mixture above steamed glutinous rice into the steaming pot for steaming in boiling water, steam it for 10 min. on high heat. Then lower the heat to medium, steam for 20 min. mix it well. Reduce the heat to low, steam it for another 10 minutes

Oiseon (Stuffed Cucumber)

Oiseon is a dish of cucumbers stuffed with beef, brown oak mushrooms, garnished with egg white and yolk. Fillings are tucked into the slits made on the cucumber. They are then sprinkled with sweet vinegar sauce. It has a tantalizing sweet and sour taste and bright color. Served as an appetizer.

Ingredients:

1 cucumber
30 g beef
2 sheets of brown oak mushrooms
1 egg
2 tsp cooking oil
1/10 g shredded red pepper

Seasoning sauce ingredients:

1 tsp soy sauce
1 tsp sugar
1 tsp minced green onion
1/5 tsp minced garlic
1/2 tsp sesame salt
1/5 tsp ground black pepper
1 tsp sesame oil

Sweet vinegar:

1 tsp salt
2 tsp sugar
4 tsp vinegar
1 tsp water

Directions

1. Wash the cucumber and cut 4 diagonal slits on the skin at a time. Cut the cucumber into pieces at every fourth slit.
2. Marinate cucumber in salt water for 15 min.
3. Shred it 2.5 cm and 0.2 cm-wide/thick.
4. Soak the brown oak mushrooms in water for about 1 hour; shred them into same size of beef (30 g), season the beef and mushrooms together with seasoning sauce.
5. Panfry egg for yellow/white garnish and cut it nely into same size of the beef.
6. Cut the shred red pepper into 1 cm of length.
7. Preheat the frying pan and stir-fry the cucumber with cooking oil for a minute and set aside to cool down.
8. Preheat the frying pan stir-fry the beef and mushrooms with cooking oil for 2 minutes.
9. Insert the beef and mushrooms into the slits and place the yellow and white egg garnish on top.
10. Top with shred red pepper on cucumber. Place prepared cucumbers on a dish and sprinkle sweet vinegar.