

### ***Japchae***

(makes 6 servings – use seasonal vegetables for variety)

#### **Ingredients**

7.75 oz. transparent noodles (sweet potato)  
8.5 cups water  
4 tbsp. soy sauce  
1 onion, sliced  
1 medium carrot, cut in thin strips  
2 Napa cabbage leaves, white stalks only  
½ cup cabbage, shredded  
2 black mushrooms, softened in water and cut into thin strips  
1/3 lb. beef, cut into thin strips and marinated in bulgogi sauce  
5 oz. spinach leaves, blanched and gently squeezed  
4 tbsp. cooking oil  
Garlic sale and salt  
Fired egg strips  
2 tbsp. toasted sesame seeds  
2 ½ tbsp. sesame oil  
1 ½ tbsp. black petter  
1 ½ tbsp. sugar

#### **Instructions**

Cook the noodles in boiling water until transparent (about 3 minutes), then rinse in cold water, drain and cut into 3-5" pieces.

Thoroughly mix 2 tbsp. soy sauce into the noodles.

Heat 2 tablespoons of oil in a skillet. Stir-fry the noodles for 4-5 minutes until evenly dark and shiny. Remove to a bowl to cool.

Individually stir-fry vegetables for 1 minute, in this order: onion, carrot, Napa cabbage leaves, cabbage, mushrooms, and beef. For each, use ½ teaspoon of oil and a sprinkling of salt and garlic salt.

Allow everything to cool to room temperature and then combine with spinach and transparent noodles.

Mix sesame seeds, sesame oil, black pepper, sugar and remaining soy sauce for seasoning. Add to taste, Garnish with fried egg strips.

### ***Bulgogi***

(makes 5 servings)

#### **Ingredients**

2 ½ lbs. beef, thinly sliced  
3 tbsp wine  
1/8 tsp. black pepper  
1/3 cup sesame oil  
½ medium onion grated  
2 ½ tbsp. brown sugar  
1/3 cup soy sauce  
1 tbsp minced garlic  
1 ½ tbsp pine nuts, crushed

#### **Instructions**

Combine all ingredients except beef.

Rub mixture gently into beef.

Barbeque on a grill, broil, or cook in a hot, ungreased skillet.

### ***Kimchi***

#### **Ingredients**

3 lbs Napa cabbage, cut in 3" lengths  
2 cup water, lukewarm  
1/3 cup salt  
8 oz. radish, shredded  
1 tbsp garlic, minced  
½ cup hot chili powder  
2 tbsp. concentrated liquid from brined shrimp  
1 tbsp. concentrated liquid from brined anchovy  
1 tsp toasted sesame seeds.

#### **Instructions**

Dissolve the sale in lukewarm water and sprinkle over cabbage. Cover and let stand for 7 hours. Rinse the cabbage 3 times in cold water and let drain in a colander.

Combine the remaining ingredients and mix thoroughly into cabbage.

Put the cabbage in a bottle, cover and let stand at room temperature for 12 hours.

Refrigerate for a couple of days or until desired level of fermentation.

### **TangSaYuk**

(makes 4 servings)

#### **Ingredients:**

1 lb. fish, cut in bite-size pieces  
1 cup cornstarch  
½ tsp. black pepper  
½ tsp baking powder  
½ tsp. minced ginger  
1 egg white  
2 ½ cups water  
3-4 cups cooking oil  
Garnish – peppers, peas, or pine nuts

#### **Instructions:**

Mix ½ cup cornstarch, black pepper, baking powder and minced garlic. Coat fish with mixture.

Make a batter of ½ cup cornstarch, egg white, and 1 cup water. Coat fish with batter.

Heat oil and fry fish, dropping in one piece at a time so they don't stick together. Remove fish and keep warm in the oven.

#### **Sauce:**

8 slices ginger  
1 ½ cups water  
1 tbsp sugar  
3 tbsp ready made sweet & sour sauce  
½ tbsp sake (rice wine)  
½ tsp. vinegar  
1/3 cup pineapple juice  
1 tbsp. cornstarch  
½ tsp salt

Boil 1 ½ cups water and ginger slices for 10 minutes or until reduced to 1 cup of water. Discard the ginger.

Add the remaining sauce ingredients except cornstarch and ½ cup water. Bring to a boil, and then thicken with cornstarch in water.

Toss fish in the sauce and garnish.

### **Beef TangSaYuk**

(makes 4 servings)

#### **Ingredients:**

2/3 lb. beef, cut in bite size pieces  
1 cup cornstarch  
½ tsp baking powder  
1 egg white  
1 cups water  
3 cups cooking oil  
1 medium carrot, sliced  
4 spring onions, white parts only, cut diagonally in 2" pieces  
1 Napa cabbage leaf, stalk only, cut in 6" long strips  
Pine nuts

#### **Instructions:**

Mix ½ cup cornstarch and the baking soda. Coat beef with mixture.

Make a batter of ½ cup cornstarch, egg white, and 1 cup of water. Coat beef in batter.

Heat oil and fry beef.

#### **Sauce:**

20 slices ginger  
2 cups water  
3 ½ tbsp ready made sweet & sour sauce  
½ tsp. vinegar  
½ cup pineapple juice  
1 ½ tbsp. cornstarch mixed with 3 tbsp. water  
1 ½ tbsp. brown sugar  
½ tsp salt

Boil water and ginger slices for 10 minutes.

Add the remaining sauce ingredients except cornstarch and water. Bring to a boil, and then thicken with cornstarch in water.

Add vegetables.

Pour sauce over beef and garnish.