



International Recipes – Korean Cuisine

The following are a few recipes for some different staple Korean foods. Feel free to use them as a way to expand your own meal choices, a home-style meal for your international student if you notice they are missing their traditional food, or even as a nice activity for everyone to do together in the kitchen. We are always happy to see pictures of how recipes turned out! It can help you gain knowledge for your next visit to a Korean restaurant as well!

Korean food is quite distinct from Japanese or Chinese cuisine. Short grain sticky rice is the staple food of the Korean diet, and virtually every meal is served with kimchi, a fermented cabbage, garlic and pepper dish (think sauerkraut with hot sauce).

Korean food tends to be spicy and includes liberal amounts of garlic.

Korean Breakfast

A typical Korean breakfast is not that much different than the other meals of the day, except maybe a bit on the lighter side or with less banchan (side dishes).

So rice, a small bowl of soup or stew, and any number of side dishes would also make up the first meal of the day. Here is a link to a website for a home-style Korean breakfast.

[Korean Breakfast](#)

A very common and popular side dish is Bean Sprout Salad – You can find it at almost any meal.

Korean Style Sprouted Mung Bean Salad – (Sook-ju Na-mul):

Ingredients:

10 cups mung beans (sprouted, try to use organic)	1 tbsp curry (much, or any curry paste or sauce)
1 bunch cilantro leaves (only)	1 pinch cayenne pepper
1/2 cup lemon juice	2 1/2 tbsps soy sauce
1/2 cup extra virgin olive oil	1 tbsp minced garlic
	1 tbsp ground mustard (stone)



Toss all of the ingredients together in a large serving bowl.

Serve immediately.

Korean Lunch and Dinner

Lunch and dinner in Korea still typically involves rice and side dishes. There are spicier soups and meat is a common centerpiece of the meal. Quicker “to go” type foods have become popular for lunch, such as “Do-Shi-Rak” which is a Korean take on the Bento Box. Gimbap (also spelled Kimbap) is another easy meal and quite popular amongst younger people.

Gimbap (Kimbap)

Ingredients: Makes 5 rolls

5 sheets of gim (seaweed paper)
4 cups cooked rice
½ pound beef skirt steak
(or tenderloin, or ground beef)
1 large carrot, cut into matchsticks
(about 1½ cup)
5 strips of yellow pickled radish
(use pre-cut danmuji or
cut into 8 inch long strips)
3 eggs

8-10 ounces spinach
(1 small bunch)
3 garlic cloves
2 teaspoons soy sauce
1 tablespoon plus 1
teaspoon brown (or white)
sugar
1½ teaspoon kosher salt
2½ tablespoons toasted
sesame oil
vegetable oil



Basically, gimbap is a seaweed rice roll made of gim (a sheet of dried seaweed) and bap (rice). The ingredients that go in the middle are up to you. There is a common selection of vegetables and meats, but really it is open to variety and choice. This recipe is for the traditional Gimabap.

Place freshly made rice in a large, shallow bowl. Gently mix in ½ teaspoon kosher salt and 2 teaspoons toasted sesame oil over top with a rice scoop or a wooden spoon. Let it cool down enough so it's no longer steaming. Cover and set aside

Combine the blanched spinach, 2 minced garlic cloves, ½ teaspoon kosher salt, and 2 teaspoons toasted sesame oil in a bowl.

Mix well by hand and put it on a large platter with the sliced yellow pickled radish.

Combine the carrot matchsticks with ¼ teaspoon kosher salt. Mix well and let it sweat for 5 to 10 minutes. Heat a pan and add a few drops vegetable oil.

Squeeze out excess water from the carrot, then sauté for about 1 minute. Put it on the platter next to the spinach.

Trim the fat from the skirt steaks and slice into ¼ inch wide, 3 to 5 inch strips. Put the strips into a bowl. Add 2 teaspoons soy sauce, 1 minced garlic clove, ¼ teaspoon ground black pepper, 1

tablespoon plus 1 teaspoon brown (or white) sugar, and 2 teaspoons toasted sesame oil. Mix well by hand.

Set aside, and let them marinate while we do the egg strips.

Crack 3 eggs in a bowl and add ¼ teaspoon kosher salt. Beat it with fork.

Drizzle a few drops of oil on a heated 10 to 12-inch non-stick pan. Wipe off the excess with a paper towel so only a thin sheen of oil remains. Turn down the heat to low and pour the egg mixture into the pan. Spread it into a large circle so it fills the pan.

When the bottom of the egg is cooked, flip it over with a spatula. Remove from the heat and let it cook slowly in the hot pan for about 5 minutes, with the ultimate goal of keeping the egg as yellow as possible, and not brown.

Cut it into ½ inch wide strips. Put it next to the spinach on the platter.

Heat up a pan over medium high heat and cook the marinated beef, stirring it with a wooden spoon until well cooked. Set it to the side

Place a sheet of gim on a bamboo mat with the shiny side down. Evenly spread about ¾ cup of cooked rice over top of it, leaving about 2 inches uncovered on one side of the gim.

Place beef, carrot, yellow pickled radish strip, a few egg strips, and spinach in the center of the rice.

Use both hands to roll the mat (along with gim and rice) over the fillings, so one edge of the rice and gim reaches the opposite edge. This centers the fillings in the roll, so they'll be nicely in the middle when you slice it.

Grab the mat with both hands and press it tightly as you continue rolling the gimbap. Push out the mat as you roll, so it doesn't get wrapped in the gimbap.

Remove the roll from the mat and set the finished roll aside with the seam down, to seal it nicely.

Repeat 4 more times with the remaining ingredients.

Put some toasted sesame oil on the finished rolls and sprinkle some sesame seeds over top. Cut each roll into ¼ inch bite size pieces with a sharp knife, occasionally wiping it with a wet paper towel or cloth to clean the starch off and to ease cutting.

A Few Gimbap Recipe Websites:



**Gimbap
Website #1**



**Gimbap
Website #2**

Bulgogi (Korean Barbequed Beef)

These strips of tender and flavourful beef is Korea's national dish (next to kimchi).

Ingredients:

1 kg/2 lb lean rump or fillet
3 tablespoons light soy sauce
3 tablespoons water
2 tablespoons finely chopped spring onions
1 teaspoon crushed garlic
2 teaspoons sugar
1 teaspoon finely grated fresh ginger
1/4 teaspoon ground black pepper
1 tablespoon toasted, crushed sesame seeds



Bulgogi Sauce: (You can purchase this premade in a bottle at many grocery stores)

3 tablespoons soy sauce
2 teaspoons oriental sesame oil
1 teaspoon Korean bean paste
2 tablespoons water
2 tablespoons rice wine
2 teaspoons toasted, ground sesame seeds
1 tablespoon finely chopped spring onions (scallions)
1 teaspoon chilli sauce 1 teaspoon finely chopped garlic
2 teaspoons sugar salt to taste

Directions:

Cut beef into thin slices and beat them out flat, then cut into squares.

Combine remaining ingredients, using some of the sugar to crush the garlic to a smooth paste.

Mix with the beef, cover and marinate for 3 hours or longer.

Grill briefly over glowing coals and serve with white rice and bulgogi sauce.

To make the bulgogi sauce: Combine soy sauce and sesame oil and stir in next 6 ingredients.

Crush garlic to a smooth paste with sugar and mix well, adding salt if necessary.

Serve in small individual sauce dishes.

Japchae (Stir Fried Noodles with Vegetables)

Ingredients: Makes 4 servings

Starch noodles ("Dang-Myun")

150 grams of beef

1 bunch of spinach

1 medium size carrot

1 medium size onion

3 cloves of garlic

mushrooms

(5 dried shiitake and

1 package of white mushrooms)

7-8 green onions

soy sauce, sesame oil

sugar, pepper

sesame seeds



Ingredient Preparation:

Soak shiitake mushrooms in warm water for a few hours until they become soft. Squeeze the water out of them and slice thinly.

Slice package of white mushrooms (2 cups' worth).

Cut carrot into thin matchstick-shaped pieces 5 cm long.

Cut the green onions into 7 cm long pieces.

Slice onion thinly.

Slice beef into thin strips.

Cooking Directions:

Boil 2 bunches of noodles in a big pot for about 3 minutes.

When the noodles are soft, drain them and put in a large bowl.

**TIP* Take one sample and taste it to see whether or not it's cooked properly. If it feels soft, it's finished.*

Cut the noodles several times by using scissors and add 1 tbs of soy sauce and 1 tbs of sesame oil.

Mix and set aside.

In boiling water, add a bunch of spinach and stir gently for 1 minute. Then take out and rinse in cold water 3 times.

Remove any grit or dead leaves thoroughly while rinsing. Squeeze gently to get the water out, then cut into 5 cm pieces.

Add ½ tbs soy sauce and ½ tbs sesame oil. Mix and place into the large bowl.

On a heated pan, put a few drops of olive oil and carrot strips. Stir it with a spatula for 30 seconds. Put it into the large bowl.

Place a few drops of olive oil on the pan and add the sliced onion. Stir it until translucent. Put it into the large bowl with carrots.

Place a few drops of olive oil on the pan and add the sliced white mushrooms. Stir it for a minute or two and then put in the large bowl.

Place a few drops of olive oil on the pan and add the green onions. Stir for 1 minute and put it into the large bowl.

Place a few drops of olive oil on the pan and add beef strips and sliced shitake mushrooms. Stir until cooked, then add 3 cloves of minced garlic, ½ tbs soy sauce and ½ tbs sugar. Stir for another 30 seconds and then put into the large bowl.

Add 2 tbs soy sauce, 3 tbs sugar, 2 tbs sesame oil, and 1 ts ground pepper to the large bowl. Mix all ingredients, then sprinkle 1 tbs toasted sesame seeds on top.

Serve with rice and Kimchi, or as a side dish.

Here is a link to a website with many more Korean recipes:

[Korean Recipe Website](#)

