



THE

KOREAN BBQ DINNER

COOKBOOK

A complete guide to cooking
6 Perfect Korean BBQ Dinners
(includes 15 Recipes)

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Hello, I'm JinJoo!
I am the recipe
developer, author, and
photographer behind
KIMCHIMARI, a
Korean Food Blog.

I believe that anyone can cook delicious Korean food if you have **recipes** that are **accurate**, **detailed** and **easy to follow**. And I'm proud to say I share *Korean recipes that even YOU can cook!*

With this cookbook, you can easily create authentic Korean BBQ meals from a **Simple BBQ dinner** to a **Fabulous Korean BBQ party**.

Because I show you the basics of how to combine flavours to make your meal delicious every time!

Happy cooking!

XOXO JinJoo

** For Gluten Free, use GF soy sauce like Tamari

**For more recipes, please visit my blog at
www.kimchimari.com**

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How to Create the Best Korean BBQ Dinner Menu



My Menu Planning Tips

Korean food has many different flavors – not just spicy or garlicky. When I plan dinner menus, I like to group Korean food into different types based on the flavor profile they have.

I believe it's the combination of the different flavor types that can truly make a Korean meal from just being **pretty good** to being absolutely **SCRUMPTIOUS!**

Firstly, what Meats are good for Korean BBQ?

Besides Bulgogi and Kalbi, here are some non-marinated plain meats for your grill pan:

- Pork belly (samgyeopsal 삼겹살)
- Pork jowl (bolsal 불살, hangjeongsal 향정살)
- Beef tenderloin (ahnshim 안심)
- Beef rib eye (deungshim 등심)
- Beef strip loin (chaekkeut 채끝)
- Beef outside skirt (ahnchangsal 안창살)
- Beef under blade steak/roast (salchisal 살치살)
- Beef brisket (chadolbaegi 차돌백이)

Secondly, here are my suggested menus

*rice is optional but highly recommended for 3 or 4

1A: Simple Everyday BBQ Dinner

BBQ Meats + Ssam Greens + Ssamjang + Kimchi

1B: Simple Everyday BBQ Dinner

BBQ Meats + Green Onion Onion Salad + Raw Garlic, Green Chili with Ssamjang + Kimchi

2A: Nice BBQ Dinner

Simple Dinner 1A and/or 1B + Cucumber Salad or Radish Salad

2B: Nice BBQ Dinner

Simple Dinner 1A and/or 1B + Creamy potato or Apple Celery Salad

3: Great BBQ Party Dinner

Nice BBQ Dinner 2A and/or 2B + Sukju Namul + Fish Jeon + Tofu Jorim

4: Fabulous BBQ Party Dinner

FULL BBQ Party Dinner 3 + Doenjang Jjigae



Korean BBQ Picnic Essentials

- Ssam
- Lettuce
- Ssamjang
- Pa Muchim
- Musaengche
- Potato Salad
- Kimchi
- Rice



Scissors and Tongs

- Grill Pan
- Scissors
- Tongs
- Meat
- Sesame oil/
salt/pepper
- Mushrooms
- Onions
- Raw Garlic

I took a picture of this table when our family had a picnic in our backyard.

Setup 1(pic) - Table top burner + grill pan –Korean grill pan as in picture. This pan has drain holes that allow fat to drain away while cooking so this is a must for pork belly or other fatty non-marinated meats.

Setup 2 –Regular charcoal or gas grill + a wire mesh grill you can cook Kalbi or Bulgogi (if it's a fine mesh). Not suitable for pork belly or other meats as it can fall through.

EXTRA - sesame oil+sea salt+black pepper dipping sauce adds great flavor to non-marinated grilled meats
- sliced **onions, king oyster mushrooms, potatoes** are awesome on the grill



KOREAN BEEF BBQ

Bulgogi 불고기

Enjoy the most authentic marinade recipe for bulgogi.



- 1 Make sauce by mixing all of the marinade ingredients together except for any optional vegetables such as onions or mushrooms.
- 2 Mix bulgogi beef into the sauce prepared above – in a bowl big enough to hold the beef. Make sure the sauce is well mixed with the beef. You will need to use your hands here and just massage everything together.
- 3 Marinate at least 30 minutes or overnight in the fridge.

Pan Frying Bulgogi

- Heat non-stick frying pan on med high heat and pan fry/ stir fry the meat until it's slightly brown on both sides. Pan should be hot enough so that the meat sizzles as it touches the pan.
- Add optional vegetables to pan after meat has cooked for a minute or so.
- If you add too much bulgogi meat in the pan or cook at too low a temperature, you may end up getting a lot of liquid in the pan with the meat.

Grilling Bulgogi – This is the BEST WAY!!

- To cook bulgogi on your grill, you will need a fine mesh made for bulgogi grilling or a grill pan with holes made for seafood or fish. Bulgogi should be well done with some char for best flavor.



Serves 4 **Prep:** 20 mins **Rest:** 30 min~8 hrs **Cook:** 20 mins

- 1 lb Thinly sliced sirloin (top sirloin)
 - 1 tsp ground black pepper
 - 2 tsp sesame seeds
 - 1 Tbs chopped green onion
- Marinade**
- 3 Tbs soy sauce
 - 2 Tbs sugar
 - 1 Tbs honey
 - 2 Tbs cooking rice wine, sake or red wine
 - 1 Tbs sesame oil
 - 2 Tbs minced garlic
 - 2 Tbs pear, puree (or 1 Tbs kiwi or 3 Tbs onion puree)

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KOREAN BEEF BBQ

Bulgogi 불고기

Enjoy the most authentic marinade recipe for bulgogi.



Recipe Notes:

- For beef cuts, top sirloin or any loin area works well. Try to find meat with a little bit of fat or marbling for best results. Should be sliced really thin – 1/8” thick. If your butcher can’t cut it for you, you can freeze it first for 30 min or so and then cut against the grain.
- Asian pear, kiwi, onions, pineapple juice are all great tenderizers. 2 Tbs pear puree can be substituted with 1 Tbs kiwi or 3 Tbs onion puree.
- Optional vegetables to add to Bulgogi: sliced onions, mushrooms (shitake, white, oyster), bell peppers, and sliced carrots all work well.

JJ's Tips:

- To save time, you can blend everything together (not the meat of course) instead of chopping each one separately.
- Save time by making a big batch and freezing in portions.
- Freeze leftover cooked bulgogi too and use it for Kimchi fried rice or bulgogi fried rice.





KOREAN SHORT RIBS BBQ

Kalbi 갈비

Easy blender marinade with an authentic taste.



Serves 4-5 **Prep** : 20 min **Rest**: 30 min~ 8 hrs **Cook**: 25 mins

- 2.5 lb Korean Short Ribs - LA Cut
- 3-4 large garlic cloves (40 g)
- 2 green onions
- 1/2 medium onion (4 oz/ 120 g)
- 2 Tbs sesame oil
- 2 tsp sesame seeds
- 1/4 cup water
- 1/2 tsp black pepper
- **1st blend**
- 1 Tbs green plum syrup (maesil cheong)- optional
- **2nd blend**
- 1/2 cup soy sauce
- 1/4 cup red wine
- 1/2 cup sugar

- 1 Rinse ribs under water to remove any bits of bone. Drain. Trim any chunks of fat but most of the fat will melt away during grilling time. Drain washed ribs.
- 2 While ribs are draining, cut onion into chunks or just half, if onion is small.
- 3 Cut green onions into shorter lengths to fit into the blender.
- 4 **1st Blend - In a blender or chopper**, add onion and water. Blend until smooth.
- 5 **2nd Blend** – To 4, add red wine, sugar, garlic cloves, sesame oil, sesame seeds, black pepper and optionally 2 T green plum syrup (if you have it).
- 6 Blend until smooth.
- 7 In a container, add Kalbi pieces and the marinade. Mix everything so each piece is evenly coated.
- 8 Let ribs marinate in the fridge for at least 1 hr to overnight. If you are in a hurry, even 30 minutes will work.

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KOREAN SHORT RIBS BBQ

Kalbi

Grilling Kalbi

- For best results, cook Kalbi on a grill until well done or medium well. If you can, try using 100% wood charcoal, that's the most traditional way to cook Kalbi.

Broiling Kalbi in the Oven

- Heat your oven broiler for 5 minutes. Lay out your Kalbi on a metal grill pan and broil it on the top rack for 4 minutes for the first side. Then turn it over and grill another 3 minutes on the other side.
- Top rack should be about 4 inches away from the heat source. When cooking Kalbi in your broiler for the first time, you should check your meat OFTEN as every broiler is different and things burn pretty quickly.
- Cooking time in the broiler is for when short ribs are pretty cold, straight out of the fridge. If ribs were left at room temperature, it will need less time.

Serve immediately with rice, kimchi and salad for simple dinner.

JJ's tips:

- This Korean style LA cut bone-in short ribs may not be easy to get. If so, buy boneless short ribs and cut it against the grain at about 3/8th inch thick.
- Last minute tenderizer – Coke! Kalbi can sometimes be tough and if you find that it's still tough with no time to marinate, add a splash of Coke/Diet Coke and it will be instantly tender!



KIMCHIMARI



Serves 4

Prep: 5 mins

- 3 Tbs Korean soybean paste (Doenjang)
- 1 Tbs Korean chili bean paste (Gochujang)
- 1 tsp garlic, chopped
- 1 Tbs green onion, chopped
- 1 Tbs sesame seeds
- 2 tsp sesame oil
- 1/2 tsp sugar
- 1 tsp honey
- 2 tsp water
- 1 tsp sake or rice wine
- 1 1/2 Tbs extra firm tofu crumbles



LETTUCE WRAP SAUCE

Ssamjang 쌈장

A condiment used to add the final flavor punch to the Korean lettuce wrap.



- 1 Drain tofu and wrap in paper towel or cheese cloth to squeeze extra water out and make crumbles.
- 2 Mix all of the above ingredients together in a bowl.

Recipe Notes:

- Ssamjang can be stored in the refrigerator for weeks due to the high salt content of the bean pastes.
- Enjoy this with **Korean ssam (lettuce wraps)** – see my blog for more info
- Cut any or all - fresh carrots, cucumbers, green chili peppers, raw garlic and serve with ssamjang as a dipping sauce. Great side dish to any BBQ.





GREEN ONION SALAD

Pa Muchim 파무침

A must have side dish for Korean Grilled Meats.
It brings out the flavor of your meat while cutting out the fatty taste.



1. Cut green onion into slivers and soak in cold water for 5 minutes.
2. While green onions are soaking, rinse lettuce and tear into pieces by hand.
3. Drain green onion slivers.
4. Cut perilla leaves into strips.
5. Peel carrot and use a mandoline or knife to julienne the carrot.
6. Mix all the vegetables together and season with sugar, salt, pepper, chili powder, vinegar.
7. Toss. Serve immediately with your favorite grilled meats.

Serves 3 **Prep : 10 mins** **Cook: 0 mins**

- 5 cups green lettuce (torn)
 - 5 perilla leaves
 - 3 green onions
 - 1/2 carrot
- Seasoning**
- 1/2 tsp sugar
 - 1/2 tsp red chili powder
 - 1/4 tsp sea salt
 - 1/8 tsp black pepper
 - 1 tsp rice vinegar

Recipe Notes:

- It is best to toss the salad right before serving.
- Use a packaged salad mix if you want to make it even simpler. More robust greens work better than tender greens.
- Don't try to dry the rinsed lettuce like using a salad spinner. It works better when the lettuce is somewhat wet.
- Similar to salads, pa muchim will not keep well so try not to have leftovers.





APPLE CELERY SALAD

Creamy, slightly sweet and oniony flavor



Serves 5

Prep : 7 mins

Cook: 3 mins

- 1 Fuji Apple
 - 1/2 yellow onion
 - 2 stalks celery
 - 5 Tbs Mayonnaise
 - 1 Tbs white vinegar
 - 2 Tbs plain non-fat yogurt (unsweetened)
 - 2 tsp sugar
 - 1 tsp lemon juice
- Dressing
- 1/2 tsp sea salt

1. Slice apples, celery and onions into thin slices.
2. Make dressing by whisking salt, mayonnaise, vinegar, yogurt, sugar and lemon juice.
3. Toss and mix apples, onions and celery with the dressing.
4. Refrigerate and serve cold.

Recipe Notes:

- Do not store this salad longer than 2 days because the onion flavor starts to seep into the dressing and rest of the salad.
- Use crisp and sweet apples like fuji and honey crisp.



KOREAN POTATO SALAD

Gamja Salad 감자 사라다

A crowd-pleasing side dish that's similar but different from American potato salad.



- 1 Peel and cut russet potatoes in large cubes.
- 2 Peel carrots and cut into cubes.
- 3 Boil potatoes and carrots in lightly salted water. Add potatoes first because potatoes will take a bit longer to cook. Add carrots to pot and cook until they start to kind of fall apart and fork goes in easily.
- 4 Hard boil eggs. Peel and cut into cubes.
- 5 Cut cucumbers and peeled apples roughly into cubes.
- 6 Drain potatoes and carrots. Let it cool and then toss everything in mayonnaise. Season with salt and sugar.
- 7 Keep it refrigerated until ready to serve.
- 8 So simple yet so delicious when eaten with Kalbi.

Recipe Notes:

- Substitute other starchy potatoes but waxy potatoes will not produce similar creamy texture.
- For extra flavor, add dried raisins or cranberries.



Serves 5 **Prep:** 15 mins **Cook :** 40 mins

- 2 russet potatoes
- 1 carrot
- 1/2 English cucumber
- 1 fuji or red delicious apples
- 1 egg, hard boiled, peeled and cut into cubes
- 2-3 Tbs mayonnaise (depends on your taste)
- 1/2 tsp salt
- 1/2 tsp sugar or more to taste



RADISH SALAD

Moosaengchae 무생채

Sweet, tangy, and slightly spicy. Wonderful with BBQ meats.



- 1 Wash and peel Korean radish.
- 2 Peel and julienne radish. One large radish julienned should make about 6 cups.
- 3 Put cut radish into a large bowl and sprinkle with sea salt. Toss radish pieces to distribute salt evenly.
- 4 Add vinegar, sugar and red pepper powder. You can add more or less to taste.

Recipe Notes:

- How to choose **good Korean radish** - fresh radish has a smooth skin and should feel totally firm when pressed. If the skin feels rubbery or a little soft then it's not fresh.
- **Poor quality radishes** can have air pockets inside which makes them drier, less sweet and are low on nutrients. When buying at the store, pick up a few similar sized radishes and compare the weight of them. The heavier the better.
- **Substitute Japanese long Daikon radish** if you cannot buy Korean radish.
- For **variation** – add chopped garlic, green onions and more red chili powder and fish sauce. This makes it taste more like kimchi.
- Can be stored **in fridge for several days** and tastes better couple hours later and even the next day.



Serves 5 **Prep : 10 mins** **Cook : 10 mins**

- 3 cups julienned Korean radish (무 moo)
- 2 tsp fine sea salt
- 2 1/2 Tbs sugar
- 2 1/2 Tbs rice vinegar
- 1/2 Tbs Korean red chili powder (Gochukaru)



KOREAN CUCUMBER SALAD

Oi Muchim 오이무침

Very light seasoning allows the cucumber flavor to stand out.



- 1 Slice cucumbers into thin slices. Around 1/8 inch (3 mm) thick.
- 2 Mix soy sauce, vinegar, and sugar in a bowl. Pour soy vinegar mix into bowl with cucumbers.
- 3 Then, add 1/2 tsp red chili powder and sesame seeds. Mix and taste. Add more chili powder to taste.
- 4 Add chopped green onions and mix again.
- 5 Serve immediately for the most fresh and crunchy cucumber flavor. You can also let it sit for 10-15 minutes for the cucumbers to absorb the dressing before serving.

Recipe Notes:

- Use crispy, thin skinned cucumbers like **Korean, Japanese, English, Persian or Pickling cucumbers.**
- You can refrigerate for a few days and serve it cold. Just freshen it up with some fresh green onions and sesame seeds.
- This recipe is more like a salad than the common, heavier seasoned, more spicy, and garlicky Oi Muchim that you see in most recipes.



Serves 3

Prep : 4 mins

Cook : 1 min

- 1 cucumber - approx 1 1/2 cup sliced
- Seasoning
 - 1 Tbs soy sauce (Jin Ganjang)
 - 2 Tbs rice vinegar
 - 1 Tbs sugar
 - 1/2 tsp Korean red chili powder (Gochukaru)
 - 1/4 tsp sesame seeds
 - 2 green onions , chopped



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QUICK ASIAN CUCUMBER SALAD

Made without soy sauce and any pungent ingredients like garlic or green onion.



- 1 Cut cucumbers into thin slices. You can cut at a diagonal or just straight in discs. Best thickness is about 1/8th inch thick. Also thinly slice a quarter of a red onion.
- 2 In a bowl, add cucumbers, onions, and all the seasonings. Mix until cucumbers are evenly coated.
- 3 Let it sit a couple minutes before serving when the flavors have been absorbed in the cucumbers.

Serves 3 **Prep : 5 mins** **Cook: 1 min**

- 1 cucumber
- 1/4 red onion
- 4 tsp sugar
- 4 1/2 tsp rice vinegar
- 1/2 tsp sea salt
- 1 1/2 tsp red chili powder (gochukaru)
- 1 tsp sesame oil
- 1 tsp sesame seeds

Recipe Notes:

- It is best to use English, Japanese, or pickle cucumbers. If you cannot get these, you can peel and remove seeds from commonly available American cucumbers.
- Store leftovers in the fridge. Good for 2-3 days.
- Adjust amount of red chili pepper powder and sugar to taste.





EASY KIMCHI

Mak Kimchi 막김치

A simple everyday kimchi made with cabbage and radish.



Kimchi Seasoning Paste

- 1 cup anchovy stock
- 5~6 Tbs Korean red chili powder
- 2 Tbs dried red chili pepper seeds -
OPTIONAL
- 4 tsp anchovy sauce (myeolchi aekjot)
- 2 Tbs fermented shrimp (saewoojot)
- 1 Tbs chopped garlic
- 1 tsp chopped fresh ginger
- 1/4 onion, finely chopped or pureed
- 2 tsp sugar

Anchovy stock

- 1 1/2 cups water
- 1 handful of dried Korean stock anchovies
- 1 square of dried Kelp (Dashima), 2 to 3 inches

Makes 3 quarts (2.8 litre)

Prep : 15 min **Rest:** 3 hours **Cook:** 30 mins

- 1 large Korean cabbage (approx 2 – 2.5 lb/900–1100g)
- 1 small radish (1.5 lb / 600 g)
- 2 green onions, sliced
- 9 cups water
- **1 1/2 Cups + 3 Tbs Korean sea salt (total)**
 - 1 1/2 Cup salt for brine
 - 4 tsp salt for sprinkling between cabbage leaves
 - 4 - 5 tsp salt for radish

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>>> Directions

- 1 Cut cabbages in half.
- 2 In a bowl or pot large enough to hold the cabbages, mix 9 cups lukewarm water and 1 1/2 cups of Korean sea salt. Stir until salt is dissolved.

Pickle cabbage halves in brine for 3 hrs

- 1 Pour some brine on top of cabbage to get it wet. Grab a generous pinch of salt (about 1/4 tsp each time) and sprinkle salt in between maybe 2-3 layer of leaves, focusing on the thickest part of the cabbage. You only need to sprinkle about 3 times per cabbage. Put cabbage back in brine. Turn cabbage over cabbage once every hour.
- 2 Try the 'bend' test on thickest part of cabbage to see if it's fully pickled. It should bend easily without breaking when it's fully pickled.

Pickle radish for 30 minutes

- 1 Cut radish into bite size squares. About 0.5 cm/0.2 in thick and 1.25 in/4cm sizes.
- 2 Pickle radish by sprinkling a handful (4 tsp) of salt and leaving them for 30 minutes.

Make anchovy broth

- 1 Simmer handful of dried soup anchovies and dried kelp (dashima) in 1 1/2 cups of water. Simmer for 15-20 minutes. Let it cool.

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Prepare kimchi seasoning paste

- 1 Use a blender/chopper: throw onions, garlic, ginger together and chop or blend quickly for couple minutes until they are evenly blended.
- 2 Dump chopped onion, garlic, ginger into a bowl. Add red chili powder, anchovy sauce, saewoojeot, sugar, and optionally chili pepper seeds. Substitute red chili pepper flakes for seeds. Mix.
- 3 Add 1 cup anchovy stock and mix. Set aside.

Rinse cabbages and radishes

- 1 Rinse brine from cabbage by soaking cabbage in water.
- 2 Drain. Repeat 2 more times with new bowl of water.
- 3 Let it drain for 5 mins or more to completely drain excess water from cabbage.
- 4 Rinse radish in water. Drain.

Cut cabbages

- 1 Cut out root end of brined cabbage halves by cutting in a V shape and carving it out.
- 2 Cut rest of cabbage leaves altogether into 1.5~2 inch slices.



Mix kimchi vegetables with seasoning

- 1 In a large bowl, add cabbage, radish and green onion slices and mix with the kimchi seasoning paste. Coat everything evenly with the seasoning.
- 2 In a glass jar or plastic container large enough to hold everything plus some head room for expansion during fermentation, add seasoned kimchi and close the lid.

Recipe Notes:

- **Use plastic gloves** to protect your hands from the spicy chili paste!
- **Taste your kimchi and adjust seasoning.** Remember it should taste a bit salty now because the saltiness will decrease as it ripens.
- Don't close the lid too tight, give it some air flow.
- Leave it at room temperature for 2 days or so and then put in the fridge. It should be ready to eat in a few days.





Serves 5 **Prep : 7 mins** **Cook: 3 mins**

- 1 lb (450g) mung bean sprout
- 1/2 tsp sesame seeds
- 1/2 tsp sesame oil
- 1/2 tsp fine sea salt
- 1 qt salted water (1/2 tsp sea salt for 1 quart water)
- 1 green onion, chopped
- black pepper
- ICE BATH



MUNG BEAN SPROUTS

Sukju Namul 숙주나물

Mild in flavor, this is a great side dish for any Korean meal. It also makes a great topping for Bibimbap.



- 1 Rinse mung bean sprouts in water and drain.
- 2 In a pot, bring 1 qt water and 1/2 tsp sea salt to boil.
- 3 Prepare an ice bath with a bowl of ice water.
- 4 Add bean sprouts to boiling water and bring back to boil. Cook for 2-3 minutes or until sprouts are starting to look cooked.
- 5 When cooked, immediately transfer sprouts to ice bath. Drain after sprouts are cooled.
- 6 Grab a handful of sprouts and gently squeeze out excess liquid. Repeat for remaining sprouts.
- 7 Season bean sprouts with sea salt, sesame oil, and sesame seeds. Garnish with chopped green onions.

Recipe Notes:

- Add julienned cucumbers and yellow peppers for extra color.
- Sprouts should be slightly crunchy and are ready when starting to look translucent and dull in color. Do NOT OVERCOOK.
- Do not leave at room temperature for more than 1 hour because it spoils easily. Can be refrigerated and served cold or at room temperature.

TOFU WITH SOY MIRIN SAUCE

Dubu Jorim 두부조림

Very light seasoning allows the cucumber flavor to stand out.



- 1 Cut tofu in half and then into 1/3 inch (0.8 cm) thick slices
- 2 Heat oil in a frying pan on medium heat.
- 3 When oil is heated, fry the tofu about 5 mins on each side until lightly browned. Set aside.
- 4 While tofu is being cooked, make sauce and set it aside.
- 5 In a shallow pot, layer fried tofu slices and sliced onions.
- 6 Spoon prepared soy mirin sauce mixture onto the tofu slices. Make sure sauce is distributed evenly throughout.
- 7 Turn heat to medium and immediately lower to simmer when sauce starts to bubble. Simmer for 20 mins until the sauce is mostly gone.

Recipe Notes:

- Any leftover can be stored in the fridge for days and can be eaten cold with warm rice. Cold Dubu Jorim tastes totally different so you HAVE TO try it!
- Also great for lunch boxes for kids.



Serves 2-3 **Prep:** 10 mins **Cook:** 30 mins

- 16 oz firm tofu
- 1/2 yellow onion sliced
- 4 tsp vegetable oil (canola or any other mild flavor oil)
- 2 Tbs water
- 1~2 tsp sugar (adjust to your liking)
- 1 tsp red chili powder
- 2 green onions chopped
- 1 tsp roasted sesame seeds
- 1 tsp sesame oil

Sauce

- 3 Tbs Soy Sauce (dark soy sauce)
- 1 Tbs rice wine (mirin)





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Serves 4 **Prep :** 20 mins **Cook :** 10 mins

- 10 pieces large shrimp/prawn (16/20 count)
 - 1 lb cod fillets, fresh or frozen
 - 3 eggs
 - 1/2 cup Gluten Free flour or regular flour
 - Sea Salt
 - black pepper
 - oil for frying
- Chive Carrot Salad**
- 1/2 cup chives, cut 2-3 inch lengths
 - 1/3 cup carrots, julienned

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PAN-FRIED FISH AND SHRIMP JEON

Saengsun and Saewoo Jeon 생선전 & 새우전

Cod and shrimp coated in flour and egg, and then pan-fried to golden brown.



- >>> Dressing for Chive Carrot Salad**
- 1 tsp soy sauce Jin Ganjang
 - 1 tsp lemon juice
 - 1 tsp rice vinegar
 - 1 tsp sugar
 - 1/2 tsp Korean red chili powder
 - 1/2 tsp sesame seeds

- 1 Defrost shrimp and fish if they are frozen.
- 2 Clean and cut chives and julienne carrots.
- 3 Make dressing for chive carrot salad and set aside.
- 4 Peel shells off shrimp except the tail.
- 5 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!
- 6 Clean off any black/greyish veins from the shrimp.



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- 6 Once shrimps are all butterflied and cleaned, season each side with sea salt and black pepper. Set aside.
- 7 Cut cod fillets into smaller pieces. It's better to cut them thick (1/3 inch).
- 8 Lay out cut cod fillet pieces and season with salt and pepper on both sides. If you are using frozen fillets, drizzle sesame oil (2-3 drops on each piece) – this makes it taste better.
- 9 Prepare flour in a dish. Prepare egg batter in another shallow bowl (whip eggs lightly).
- 10 Heat up a frying pan over medium heat. Add a generous amount of vegetable oil (2 Tbs or so).
- 11 When oil moves around freely like water, it means the pan is hot enough.
- 12 Coat both sides of shrimp or fish with flour.
- 13 Coat shrimp or fish with egg and put into pan. Jeon should quietly sizzle after it touches the pan.
- 14 Cook jeon until each side is golden brown – about 2-3 minutes on each side. Add more oil - about 1 Tbs or so after you turn the Jeon over.
- 15 Toss chive and carrots with the dressing. Serve Fish Jeon and Shrimp Jeon with the chive and carrot salad on the side.



Recipe Notes:

- A good size shrimp for Saewoo Jeon is 16/20 count shrimps. You don't need the head and you can buy peeled shrimp if you like.
- Chive and Carrot Salad is a modern addition and is meant to be eaten together with the Jeon.
- Make jeon using zucchini using the same technique. Look up Hobak jeon on my blog for exact recipe.
- Serve a side of Soy Vinegar dipping sauce instead of salad.
- Refrigerate any leftovers and reheat in pan with no oil or with little oil.
- Great lunch box banchan as they also taste good at room temperature.
- Use GF flour to make it gluten free.



SOYBEAN PASTE STEW

Doengjang Jjigae 된장찌개

Made with fermented soybean paste. Fabulous with Korean BBQ and jeon.



- 1 Start by saving 3 cups rice water when rinsing rice.
- 2 Cut tofu and squash into squares, slice green onions and chop garlic. Also slice green onions.
- 3 Add dried soup anchovies and kelp to rice water. Simmer on medium heat for 10 min.
- 4 Turn off heat and discard anchovies and kelp.
- 5 Mix in doengjang. Turn heat to medium high and bring to boil.
- 6 Add squash or zucchini squares. Boil for 5 min.
- 7 Add tofu squares and boil for another 5 min.
- 8 Add green onions and chopped garlic. Boil for 3 more minutes.
- 9 Sprinkle red chili pepper. And SERVE!

Recipe Notes:

- Smoosh Doengjang against the wall of your pot to mix into pot.
- Do NOT add garlic too early; that will make jjigae taste bitter.
- The uses for this rice water is many in Korean culture including washing dishes and washing your face.
- Serve with rice and kimchi. Goes perfectly well with Korean BBQs, pajeon or any kind of jeon like zucchini fritters.



Serves 2 **Prep: 10 mins** **Cook: 25 mins**

- 2 T + 1 tsp Doengjang
- 3 cups rice water or water
- 1 handful dried anchovies for stock
- 1 piece (2 inch square) dried kelp
- 1 small grey squash or zucchini
- 1/2 pack of 14 oz extra firm tofu
- 1 tsp chopped garlic
- 1/2 tsp red chili pepper
- 1 green onions , sliced
- 1 green chili pepper (optional)
- ❖ Use large dried anchovies for stock (Gukmul Myeolchi) when making stock





Serves 10 Prep: 5 mins Cook: 25 mins

- 10 cups water
- 40g (1.5 oz) fresh ginger
- 20 g cinnamon sticks (2-3 sticks)
- 1/2 cup sugar
- **Garnish (optional)**
- 1/2 Tbs pine nuts
- Korean dried persimmons (Gotgam 꽃감)

KOREAN CINNAMON GINGER PUNCH

Sujeonggwa 수정과

A healthy dessert drink that will also keep the cold away!



- 1 Peel fresh ginger and cut into thin slices.
- 2 Rinse cinnamon sticks in water.
- 3 Prepare 2 pots or kettles that can hold at least 5 cups or more in each.
- 4 Add sliced ginger to one pot with 5 cups of water. Bring to boil and simmer for 20 min.
- 5 Add cinnamon sticks to another pot with 5 cups of water. Bring to boil and simmer for 20 min.
- 6 Strain ginger water and cinnamon water to filter any debris.
- 7 In a large pot or kettle, combine ginger and cinnamon water. Add 1/2 cup sugar and stir.
- 8 Bring to boil and simmer for 2-3 min. Cool. Chill in refrigerator to serve cold.
- 9 Serve cold. Garnish with few pine nuts on top and dried persimmon (optional). See Notes.

Continued... >>>



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Recipe Notes:

- Serve as **Dessert** as an after dinner drink or **as tea** anytime of day.
- Sujeonggwa **has anti-microbial properties** which make it a wonderfully smart and healthy winter drink because it can help to prevent colds.
- **Ginger** also aids with **digestion** which is why Sujeonggwa is served at the end of a Korean meal, especially at Korean BBQ restaurants where one is most likely to need a LOT of help with digestion. 😊
- **Cook ginger and cinnamon separately** because each of the flavors diminish when they are cooked together.
- **Serve it ICY** - Alternatively, freeze Sujeonggwa for 3-4 hrs. Break big ice chunks and serve like a slushy. It's extra refreshing and cooling in the summer!
- If **servng dried persimmon**, soak whole dried persimmon (including the stem) in punch for at least 2 hours before serving so it will become soft at serving time. If you leave the dried persimmons in too long, it will start to disintegrate so **do not leave in the liquid too long**. Also, not removing the stem will keep the fruit shape and prevent it from disintegrating.





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Bon Appétit
xoxo, JinJoo

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