



DIALOGUES INSPIRED BY
COOKING
& FOOD

RECIPES
OCTOBER 2013

RECIPES AND DIRECTIONS

The ingredients for the following recipes can be purchased at the below stores:

- I. Hannam Supermarket or H-mart: Korean supermarkets that carry ingredients and utensils commonly used in Korean cooking.
- II. Costco: For general ingredients if purchased in bulk quantities.



Gyeo-Ja-Chae (Salad with Mustard Sauce)

Ingredients:

- 50g Squid, blanched and thinly sliced
- 50g Shrimp, blanched and thinly sliced
- 50g Imitation Crab, thinly sliced
- 50g Carrot, grated
- 5 Eggs, hard boiled
- 100g Cucumber, thinly sliced
- 50g Onion, thinly sliced
- 50g Chestnuts, thinly sliced

Sauce:

- 150g Mayonnaise
- 3 Tbsp Vinegar
- 2 Tsp Salt
- 3 Tbsp Korean Mustard
- Pinch of Pepper
- 50g Onion, chopped
- 2Tbsps Roasted Sesame Seeds

Directions:

1. Take 3 hard-boiled eggs and slice them lengthwise. Save the yolks of the remaining 2 eggs to use as garnish. Slice the egg whites lengthwise and set aside.
2. Sprinkle the cucumber with salt and let rest for approximately 5 minutes. Wash and squeeze out any excess water. Set aside.
3. Make the sauce by combining all sauce ingredients in a small bowl.
4. Combine all ingredients with the sauce. Place on a plate.
5. Now grate the saved egg yolks and garnish on top.



COLOUR	ORGAN
Green	Liver
Red	Heart
Yellow	Stomach
White	Lung
Black	Kidney

Gu-Jeol-Pan (Platter of Nine Delicacies)

Ingredients:

Filling:

- 200g Beef, thinly sliced
- 450g Cucumber, grated
- 300g Carrot, grated
- 25g Shitake Mushrooms, thinly sliced
- 1 Can of Bamboo Shoots (150g), blanched
- 25g Black Mushrooms, thinly sliced
- 5 Eggs, separated
- Beef Marinade:
- 1 Tbsp Soy Sauce
- 1 Tbsp Garlic, minced
- 1 Tbsp Green Onion, chopped
- 1 Tbsp Sugar
- Pinch of Pepper
- 2 Tbsp Sesame Oil

Wraps:

- 1 ½ Cups Flour, sifted
- 2 Cups Water
- Pinch of Salt

Dipping Sauce:

- 2 Tbsp Vinegar
- 2 Tbsp Sugar
- 2 Tbsp Soy Sauce

Directions:

Filling:

1. Make the marinade by combining all ingredients. Marinade the beef for 30 minutes.
2. Lightly sprinkle the cucumber with salt and let rest for 5 minutes. Transfer to a colander and let any excess moisture drain. Lightly sauté prior to setting aside.
3. Lightly sauté the carrots. Season as required with salt. Repeat with the black mushrooms.
4. Combine the shitake mushrooms with a pinch of minced garlic, soy sauce, sugar, and sesame oil prior to sautéing.
5. Sauté the bamboo with a pinch of salt, garlic and green onions.
6. Cook the egg whites in a large frying pan. Slice into thin strips. Repeat with the yolks.

Wraps:

1. Combine the flour, salt and water. Let sit for 1 hour.
2. On a lightly oiled frying pan, make 1 ½ inch diameter wraps. (*Note: It is crucial to make sure the temperature is kept low to prevent the wraps from burning)

The Gu-Jeol-Pan is a delicious Korean dish that is well known to be highly nutritious. Traditionally, it was eaten by the King of Korea while travelling to maintain good health. It is not critical to use the ingredients outlined in this recipe for the filling, however it is important to feature ingredients with varying colours as they symbolize health benefits to the different organs.



Bul-Go-Gi Go-Chi (Korean Barbeque Beef Skewer)

Ingredients:

- 1.2 kg beef, thinly sliced
- 1/3 Cup Sugar
- 1/2 Cup Soy Sauce
- 2 Tbsp Garlic, minced
- 2 Tbsp Green Onion, finely chopped
- 1/4 Cup Sesame Oil
- 1/2 Tsp Pepper
- 2 Tbsp Honey
- 1 Tbsp Ginger Juice
- 2/3 Cup Pear Juice (Apple Juice can be used as a substitute)
- 40 Bamboo Skewers
- 1/2 Cup Pine Nuts, chopped

Directions:

1. Spread the beef evenly and sprinkle with sugar in a deep dish.
2. Combine the remaining ingredients in a separate bowl. Pour evenly over the beef. Marinate for 1 hour in the refrigerator.
3. Take the marinated meat and skewer onto the bamboo.
4. On a lightly oiled frying pan, cook the skewers evenly.
5. Sprinkle with pine nuts before serving.



Dak-Gan-Jang Gu-Yi (Soy Marinated Chicken)

Ingredients:

- 1 kg Chicken Thighs, boneless
- 1/2 Cup Soy Sauce
- 1 Cup Sugar
- 2 Cups Water
- 5 Green Onion Sprigs

Directions:

1. Combine the soy sauce, sugar and water.
2. Marinate the chicken overnight in the refrigerator.
3. Fry the chicken on a well oiled frying pan or bake in a 375 F oven for 30 minutes.
4. Shred the green onions and soak in water for 5 minutes. Drain and use as a garnish prior to serving.



Ho-Doo Got-Gam Mal-Ri (Dried Persimmon Walnut Roll)

Ingredients:

- Dried Persimmon
- Walnuts

Directions:

1. Make one lengthwise cut on the persimmon.
2. Open and flatten the persimmon.
3. Add a few pieces of walnuts to the edge of the persimmon and roll. Slice crosswise into bite sized pieces.



Dae-Chu-Cho (Steamed Date with Honey)

Ingredients:

- Dried Korean Dates
- Honey
- Roasted Sesame Seeds

Directions:

1. Steam the dates.
2. Coat the dates while still warm with honey.
3. Sprinkle with sesame seeds.