Mat Kimchi

Ingredients

2 medium size Chinese Cabbage 1/3 carrot

Sea salt(for soaking in the salted water)

4 Spring onions

Paste

2/3 cup(180ml/6 fl oz) chili powder

6 cloves garlic

1 teaspoon grated ginger

½ pear

¹/₄ onion

- 4 tablespoons fish sauce(Anchovy sauce)
- 2 tablespoons sugar
- 3 tablespoons glutinous rice flour

Recipe

1.Cut vegetables.Cut the cabbage and spring onion into bite sizes (about 1-1/2-inches).Cut the carrot into long strip.
2.Salt the cutting cabbage. Let it stands for 2 hours. After 2 hours, rinse and drain to remove excess water.
3.Cook glutinous rice flour paste. In a pot, mix 1 cup water and 3 Tbs rice flour with a whisk. Turn on heat to medium and keep whisking until it becomes thick and bubbling.
4.Make the paste. Put onion, pear, garlic, ginger and bit of water in a blender. Blend until it smooths. Pour out blended mix into a bowl. Add chili powder, sugar, fish sauce , rice flour paste, and cutting carrot and spring onion.
5.Combine the cabbage and paste. Put the cabbage and paste into a bowl. Mix thoroughly.





Korean Cooking Class

13th Mar 2019



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57-

Bulgogi Mat Kimchi

Bulgogi (pork)

Ingredients

500g butt or loin (or any pork cut),thinly sliced 100g onion 60g oyster mushroom 2 spring onions 1/3 carrot Glass noodle(Korean style)-optional

Marinade Sauce:

70g Korean soy sauce 30g garlic 20g onion ½ pear 40g sugar 10g sesame oil Freshly ground black pe



Freshly ground black pepper (as needed)

Garnish

Sliced red and green chili Sesame seeds

Recipe

Step 1: Cut all the ingredients into thinly slice/julienne strips.

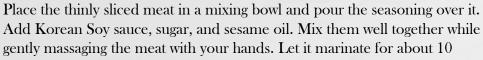




Step 2: Blend Seasoning

In a blender, blend the onion chunk, garlic, pear, and bit of water until smooth.

Step 3: Marinate meat.







Step 4.Cook it on a pan.

Heat up a pan on MEDIUM-HIGH heat and just fry marinated meat. Add sliced vegetables to the pan about a minute after you start cooking the meat. Cook until meat is well cooked. Garnish with sliced red and green chili and sesame seeds.





