

# 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  
1/2 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

13<sup>th</sup> Mar 2019



**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

1/2 pear

40g sugar

10g sesame oil

Freshly ground black pepper (as needed)

## Garnish

Sliced red and green chili

Sesame seeds



## Recipe

**Step 1: Cut all the ingredients into thin 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.

Place the thinly sliced meat in a mixing bowl and pour the seasoning over it. Add Korean Soy sauce, sugar, and sesame oil. Mix them well together while gently massaging the meat with your hands. Let it marinate for about 10 minutes.



## 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.

