

Traditional & Fusion Korean food recipes



by our K-Food Ambassadors 2021



Korea Agro-Fisheries & Food
Trade Corporation



Ministry of Agriculture,
Food and Rural Affairs

*There are so many to
enjoy Korean food...*



*& light up your
meal routine!*



Korea Agro-Fisheries and Food Trade Corporation

Korea Agro-Fisheries & Food Trade Corp. (aTCenter) is a government agency that was founded in 1967 entrusted with the promotion of trade, exportation, and marketing of Korean foods and beverages around the world. Its European Office based in Paris is in charge of promoting Korean ingredients in Europe.

In 2021, aTCenter Paris brought together Grand Ambassadors and K-Food lovers from all over Europe to highlight in a delicious fashion K-Food products.

By becoming active K-Food Ambassadors, they put their skills and palate at your service to create and share tasty recipes for you! Follow in their steps to enjoy dishes inspired by Korean gastronomy.



Fusion food



You enjoy Korean traditional dishes but are afraid or find it to difficult for you to cook it at home? You love cooking Korean food but you are worried that you won't use the products regularly enough and that it might go to waste? Don't worry, you can also enjoy Korean flavors by integrating them to your everyday meals, spice up your local dishes or add an amazing Korean twist to your own specialities!



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Cooking *from the heart*



Thank you to all our K-Food Ambassadors for showing your passion about Korean gastronomy and sharing with us amazing delicious recipes!



Korean basic cooking ingredients



Gochujang

Korean fermented red pepper paste. Traditionally used in a lot of dishes such as stir-fry, bibimbap and stew.



Ganjang - Soy sauce

Traditional soy sauce is an indispensable seasoning for Koreans, which is produced from boiled soybeans fermented in salt water. As a fermented food, soy sauce has health-giving properties thanks to its many probiotics.



Kimchi

It is a fermented food made by mixing vegetables such as cabbage, radish, and cucumber with various seasonings (red pepper powder, garlic, ginger, green onion, radish, etc.). The most iconic one is made with cabbage and can be eaten as a side dish or cooked in stew, rice, pancakes and many more dishes...



Ssamjang

Seasoned fermented soybean paste. A mix of gochujang and doenjang seasoned with additional ingredients. The best dipping sauce for Korean BBQ and vegetables.



Gim - seaweeds

Korean seaweeds comes in all kind of form . natural, roasted, seasoned, in flakes, sheets or chips. Make kimbap, add flavors to your dishes with seaweeds flakes, eat as snacks or enjoy them just with rice...



Meshil Cheong

Korean plum extract obtained through a fermentation process. Can be used as a drink or marinade. Koreans usually replace sugar with meshil cheong in their recipes.

Korean basic cooking ingredients



Cho-gochujang

Chogochujang is made from normal cochujang with vinegar and sesame. It's sweeter than the normal cochujang and is traditionally used as a dipping sauce for seafoods and vegetables.



Yujacha - Yuza marmelade

In Korea, it is traditionally used to make tea by diluting it in hot water. The pieces of yuza in it are edible and can also be used to make desserts or sweet and savory dishes. Koreans eat it a lot in winter because it is effective against cold symptoms.



Ssalyeot - Rice syrup

It is used in Korea as a sweetener in a lot of dishes such as Tteokbokki or Korean fried chicken. It's the secret Korean ingredient to give a special glow and taste to dishes.



Doenjang

Made with fermented soybeans and brine. This paste offers a deep and complex common taste in Korean dishes. It's one of the essential fermented seasonings in Korean cuisine, typically used for stews and soups. When seasoned, it is used as dipping sauce or to marinate food.

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Surprisingly it goes well with chocolate and caramel for desserts.



Sesame oil

A characteristic ingredient of Korean cuisine, Korean sesame oil has a rich and distinctive taste that brings dishes to life.

It is widely used in many Korean side dishes, with fried rice, Korean barbecue and in various Korean sauces or as a finishing touch to some dishes.



Eryngii

The biggest mushroom of its kind. The Eryngii has a texture similar to meat or oyster which makes it the perfect meat replacement for vegans/vegetarians. Just grill or marinated it. It doesn't shrink like others mushrooms when cooked.



Grand Ambassadors Recipes

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Roman squid sandwich with kimchi

by @loletabyloleta



Gochujang chicken skewers

by @loletabyloleta



Chogochujang pork rib tacos

by @LauraPonts



Japchae

by @LauraPonts



Sweet & spicy chicken wings with vegetables korean glass noodles

by @umihito_vlog



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by @lorenzo.biagiarelli



Samgyetang

by @missrachelphipps



Steak Kimchi Sauce

by @missrachelphipps



Octopus, kimchi, mustard honey & stracciatella buns

by @soniaperonaci



Veggie Kimbap

by @missrachelphipps





Korean Barbecue-style Chicken Lettuce Wraps

by @missrachelphipps



Korean Ice green tea

by @missrachelphipps



Omija Syrup Mojito

by @missrachelphipps



Ingredients

- 300g squid rings
- 100 ml of water
- 150 ml milk
- 5 g. chemical yeast
- 5 g salt
- 170g flour + 2 tablespoons
- Frying oil (500 ml)

For the mayonnaise

- 1 egg
- 250ml sunflower oil
- 1 teaspoon kimchi sauce

For the sandwich

- 1 can kimchi
- a handful of arugula



Roman squid sandwich with kimchi

by @loletabyloleta



Serving Size
5 sandwiches



Prep Time
30 Minutes



Difficulty
easy

1. For the mayo, put in a hand blender glass the egg with a little sunflower oil and continue to add the oil very little by thread.

2. When the mayo is thick, add a teaspoon of Kimchi sauce. Mix well by hand and set off in the fridge.

3. To make the battering of the squid, dry the squid well.

4. On a plate, put 2 tablespoons of flour and dip the squid with the flour one at a time. Put them on a tray or a large plate.

5. In a bowl mix the rest of the flour with the yeast, salt and milk with half the water.

6. Mix well until thick to cover the squid but drain. To do this add the necessary water (I added it all).

7. In a saucepan or saucepan, heat plenty of oil. Dip the squid one at a time in the mixture and fry them in oil for a couple of minutes on each side until crisp and golden.

8. For the assembly of the sandwich, we put a layer of kimchi and on top of the squid. We're done with the mayonnaise and some arugula leaves.

Gochujang chicken skewers

by @loletabyloleta

Ingredients

- 1 kg of boneless and skinless chicken
- 1/2 tsp of gochujang
- 1 tsp of flower honey
- 1 teaspoon of ras-el-hanut (or a mixture of ground cumin, black pepper, coriander and turmeric)
- 1 tablespoon of soy sauce
- a little salt



Serving Size
12 skewers



Prep Time
15 Minutes



Difficulty
easy



1. Preheat the oven to 190°C. Prepare an oven tray with a baking paper.
2. Cut the chicken into tacos of about 3 cm x 3 cm.
3. Put the chicken in a bowl and add all the ingredients.
4. Mix carefully so that all chicken pieces are well impregnated.
5. Assemble the skewers on wooden sticks.
6. You can alternate chicken with vegetables or do half and half as you prefer.
7. Place the skewers on the prepared oven tray.
8. Bake for about 10-12 minutes until well browned.

Chogochujang pork rib tacos

by @lauraponts



Serving Size
3 People



Prep Time
20 Minutes



Cook Time
3 Hours



Total Time
3h 20 Minutes

- 2 chillies
- half a red onion
- radishes
- 1 lime
- 1 avocado
- toasted sesame
- 1/4 purple cabbage
- pickles
- cilantro
- 400gr caramelized pork rib with soy sauce, chogochujang sauce, sunflower oil and honey.

1. Cut and season the pork rib and put it in the oven with honey, soy sauce, sunflower oil and chogochujang sauce for 3 hours at 125°C.
2. You can reduce the sauce with a little butter and then incorporate it into the tacos.
3. To give the tacos a fresh flavor, make a picadillo with the pickles, radishes, chilli, lime, sesame oil, red cabbage, red onion, salt, pepper and chopped coriander.
4. Put the wheat tortillas in the pan and fill the tacos with the shredded rib, the picadillo and a little chogochujang sauce
5. Add some toasted sesame seeds and a bit of avocado.



For the meat marinade

- 250gr of beef cut into strips
- 15ml of soy sauce
- 15gr of sugar
- 7ml of sesame oil
- 7ml of sweet soy sauce
- 1 clove of minced garlic
- Ginger

For the vegetables and the omelette:

- 2 eggs
- Half an onion, thinly sliced
- 1 red pepper in julienne
- Half a large carrot cut in julienne
- 5 thinly sliced pyogo mushrooms (shiitake)
- 350gr of spinach
- Salt and vegetable oil.
- 400gr of Korean Dangmyun (sweet potato noodles)

For the sauce:

- 80ml of soy sauce
- 80ml of honey or sugar
- 30ml of sesame oil
- 15g of sesame seeds
- 3g ground black pepper

1. Marinate the meat for 1 hour with all the ingredients.
2. Make a French omelette and reserve it. Stir fry all the vegetables separately to keep their flavor. Boil the spinach and put aside.
3. Put the water to boil with a little salt. Boil the spinach for 10 seconds. Immediately put them in ice water. Reserve the water to boil the Korean noodles for about 8 minutes.
4. In a frying pan we add a little oil and stir-fry the meat for 5 minutes until it is cooked.
5. Cut the omelette in julienne
6. Mix half of the sauce on top of the drained noodles so that all the sauce is absorbed. Mix together the vegetables, noodles, spinach, marinated meat and the other half of the sauce.
7. Decorate with sesame seeds.

Sweet & spicy chicken wings with vegetables korean glass noodles

by @umihito.vlog

- 20 Chicken Wings
- Salt, pepper
- sunflower oil
- Gochujang
- sesame seeds
- korean fried chicken sauce
- 2 packs of Sweet Potato glass noodle
- 1 big sweet potato
- Carrots
- Paprika
- Pak Choi
- Broccoli
- Egg
- Cucumber
- Chilipowder
- Vinegar
- Olive oil
- Sugar
- Fresh garlic chives



1. Make 3 cuts on each chicken wings.
2. Mix 1 teaspoon of salt, 2 tablespoons of sunflower oil, 2 tbsp of Gochujang, 1 tbsp of sesame seeds, 3 tbsp of korean fried chicken sauce.
3. Massage the wings with the marinade ingredients and cook them on a pan until both sides are done.
4. Add the glass noodles in hot water, cook it then filter out water. Then mix with the noodles 3 tbsp of olive oil, 1 teaspoon of salt, 1 tbsp of Gochujang, 1 tbsp of sesame seeds, 1 tbsp of black sesame
5. Cook each of the following vegetables separately with each 1 tbsp of sunflower oil and ½ teaspoon salt on the same pan : Carrots, Paprika, Pak Choi, Broccoli (after being cooked in water once)
6. In a different plate, mix together 1 cucumber, cut into long slices peeled or non peeled with 2 tbsp of chili powder, 2 tbsp of vinegar, 1 tbsp of olive oil, ½ teaspoon of salt, 1 teaspoon of sugar and add fresh garlic chives on top
7. Oil a laddle with sunflower oil and place egg on it. Hold ladle on top of cooking water in a pot until done.
8. Cut 1 big sweet potato into french fry like slices. Mix it with 1 tbsp of sunflower oil, ½ teaspoon salt, ½ teaspoon pepper and cook 20 minutes in the oven at 200° C
9. Serve like in picture, with kimchi on a separate plate and enjoy!

Homemade noodles with nduja-kimchi sauce

by @lorenzo.biagiarelli



Ingredients

For the pasta

200 gr of 'semola rimacinata' flour (but all purpose flour will fit as well)

2 eggs

A sprinkle of salt

Cold Water (if needed)

For the sauce

1 Tbsp Soy sauce

1 Tbsp Nduja (spreadable spicy salami)

1 Tbsp Honey

1 Tbsp Raw sugar

1 tsp sesame oil

1 tsp white wine vinegar

For the stir fry

1 red onion, sliced

1 can of Kimchi, drained (keep the liquid)

1 tsp minced garlic

2 tbsp EVO oil (plus more if needed)

For the garnishing

2 egg yolks

2 Tbsp Gim Jaban

Chopped chives

Directions

1. In a large bowl, mix all the pasta ingredients until they form a firm dough. If it doesn't come together, you can add a splash of water, but keep in mind that the dough mustn't be soft.
2. Wrap in plastic film and let it rest for 30 minutes, room temperature.
3. Pour olive oil in a hot large pan and then sautee the 'stir fry' ingredients on a high flame for five to ten minutes, stir frying them until almost soft and quite scorched.
4. Mix together the sauce ingredients starting with nduja and honey, then adding sugar and the rest of the liquids. Set aside.
5. Now roll the dough with the help of some flour until you get a 2-3 mm sheet,
6. Fold it multiple times and cut it by knife to get a thin linguine shape (or use the 'big spaghetti' gear of your pasta machine). Boil in salted water until it float.
7. Drain the pasta and put in the stir fry. Add the sauce and whisk vigorously on high flame. Add some kimchi liquid if it seems too dry.
8. Garnish each plate with an egg yolk, generous sprinkles of seaweeds flakes and chopped chives.

Samgyetang

Nourishing Korean Chicken Ginseng Soup

by @missrachelhipps

1. Peel the garlic cloves and thinly slice the ginger into coins – don't worry about peeling it!

2. Combine the soaked rice, 3 of the garlic cloves, 1/2 tsp of sea salt and the dried dates from the samgyetang kit if you're using whole aromatics rather than a sachet.

3. Stuff the rice filling into the cavity inside the poussin. To secure the filling, cross the legs of the chicken across the cavity entrance and tie them tightly together with a piece of kitchen string. If you don't have any, un-dyed, plain white cotton from the sewing box or a hotel mending kit will do!

4. Place the stuffed bird, remaining garlic cloves, ginger coins and either the remaining dried aromatics or the samgyetang sachet in a heavy bottomed casserole or lidded saucepan. Cover so the poussin is just covered with cold water and add the remaining 1 tsp of salt.

5. Clap on the lid and set the pan over a high heat and bring to the boil. Reduce to a simmer and leave to cook for 1 hour. Don't be tempted to flip over the bird over to make sure the rice gets cooked through – this will dry out your breast!

6. Remove the poussin from the pan and season the broth to taste with a little more salt.

7. To serve, spoon a couple of ladles of the broth over the poussin either whole to serve one, or halved down the middle to serve two in a deep but shallow bowl.

8. Trim and slice the spring onions before sprinkling them over the top along with a light drizzle of toasted sesame oil. Serve the kimchi on the side.



- ✓ 60g (2 oz) white rice, soaked overnight
- ✓ 6 garlic cloves
- ✓ thumb size piece fresh ginger
- ✓ 1 x Samgyetang kit
- ✓ 1 1/2 tsp sea salt
- ✓ 1 x poussin
- ✓ cold water or fresh chicken stock
- ✓ 2 large spring onions, for serving
- ✓ toasted sesame oil, for serving
- ✓ kimchi, for serving

Kimchi Sauce Steak

by @missrachelhipps

- 2 aged steaks, at room temperature
- light oil
- freshly ground sea salt & black pepper
- 100g (3.5 oz) Korean cut cabbage kimchi, plus extra for serving
- 2 tbsp light mayonnaise
- 1 tsp rice wine vinegar
- 1 tsp toasted sesame oil
- fresh chives, finely chopped



1. Spritz the steaks with oil and season both sides generously with salt and pepper.

2. Set aside while you prepare the barbecue for cooking or heat the griddle pan.

3. Blitz together the kimchi, mayonnaise, rice wine vinegar and sesame oil until smooth.

4. Cook the steaks as preferred. Rest for 5 minutes before slicing and transferring to a pair of plates or a warmed serving platter.

5. Spoon over the sauce, scatter with a little extra kimchi and finish with a generous shower of chopped chives.



Serving Size
2 People



Prep Time
5 Minutes



Cook Time
5 Minutes



Total Time
10 Minutes

Kimchi & Octopus Bun

1. Wash the vegetables and cut them into coarse pieces.
2. Rinse the octopus under running water and remove the eyes and the central tooth placed between the tentacles (rostrum).
3. Bring a pot of salted water to a boil and immerse the octopus tentacles repeatedly several times to make them curl, after which you can also completely immerse the octopus, add the vegetables and herbs and cook it over low heat for about 20 minutes for each kg.
4. Once cooked, turn off the heat and let the octopus cool completely immersed in water. When it is cold, take it out of the water, divide the tentacles and sprinkle them with a little extra virgin olive oil and salt.
5. Place them on a hot plate for a few minutes until crispy, then keep them aside.
6. Make the sauce by mixing together the mustard with honey and the grated lime zest, then set aside.



by @soniaperonaci

7. To assemble your sandwich, cut a turmeric sandwich in half and start stuffing it. Spread a spoonful of honey mustard on the bottom of the bread, place two tentacles per sandwich, about 50 g of buffalo stracciatella and about 60 g of kimchi cut into small pieces, then close it.
8. Prepare the other buns in the same way and then serve them immediately!

Ingredients

FOR THE HONEY MUSTARD

- Mustard 100 g
- Honey 30 g
- Lime the zest by 1/2

TO MAKE IT

- Stracciatella 200 g
- EVO oil q.s.
- Kimchi 240 g
- Salt to taste.
- Pepper as needed.

FOR THE OCTOPUS

- Octopus 1 of 8/900 g
- Carrots 150 g
- Onions 150 g
- Celery 100 g
- Bay leaf 2 leaves
- 1 clove garlic
- Salt to taste.
- Extra virgin olive oil to taste

Veggie Kimbap

by @missrachelphipps

Filled with your choice of vegetables, egg ribbons, kimchi and flavoured with sesame. Kimbap is perfect for filling lunchboxes or for taking on picnics!

Measure the rice into a small lidded saucepan with 350ml (1 1/3 cups) cold water. Bring to the boil then lower the heat to a simmer. Clap on the lid and leave to simmer on the heat for 10 minutes.

Remove the pan from the heat, making sure to keep the lid on. Leave to steam with the lid on for 15 minutes.

Using a metal spoon, fold the salt and toasted sesame oil into the rice and set aside, lid off, to cool.

Next, make the fillings. Beat the egg with a little salt. Heat a small non-stick frying pan with a splash of oil over a medium high heat. Cook the egg in a single layer for 2-3 minutes on each side before sliding out of the pan to cool. Slice into thin ribbons.

Meanwhile, peel and slice the carrot into very thin batons, and snap the woody ends off of the asparagus.

Add a little more oil to the pan and add the carrot, turning the heat up to high. Cook for a few minutes until the carrot is soft but still has a little bite, and is slightly charred. Set aside, then repeat with the asparagus. Slice the cucumber into batons.

To assemble the kimbap, lay a seaweed sheet shiny side down on a bamboo sushi rolling mat. Using a bamboo sushi paddle or wet fingers press 1/3 of the rice into the sheet leaving about 2cm clear at the edge furthest from you.

Lay 1/3 of each of the fillings down the middle of the rice, and sprinkle with a generous amount of sesame seeds.

Starting at the edge of the kimbap nearest you and using the sushi mat to guide you tightly roll the kimbap away from you, making sure not to roll the mat into the roll. Allow the kimbap to fall out of the mat and leave it to rest, seam side down until you have repeated the steps with the other two seaweed sheets and the rest of the filling.

Transfer the kimbap rolls to a cutting board. Brush a very sharp knife with a little more toasted sesame oil before slicing, adding a little more to the knife between each roll.

Ingredients

For the Kimbap

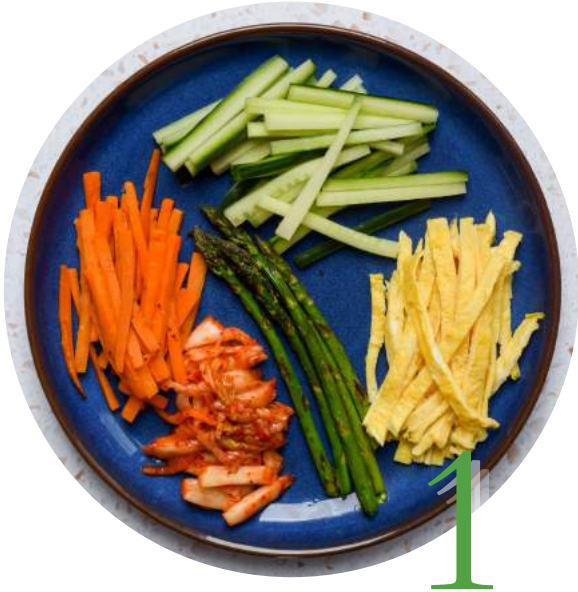
- 125g (4.5 oz) sushi rice
- 125g (4.5 oz) jasmine rice
- 1/2 tbsp toasted sesame oil, plus extra for assembly
- 1/2 tsp fine sea salt
- 3 sheets Korean nori seaweed sheets

For the Fillings

- 2 eggs
- sea salt
- light oil
- 1 large carrot
- 6 thin asparagus spears
- 1/4 cucumber
- 3 tbsp kimchi
- toasted sesame seeds



How to....



Prepare the filling



Take the Korean dried seaweed sheets for kimbap



Assemble the kimbap with the rice and filling then roll the seaweed sheet.



Slice the kimbap rolls with a very sharp knife after adding a little of toasted sesame oil to the knife.

Korean Vegan BBQ

by @hervecuisine



Difficulty
easy



Prep Time
20 Minutes



Cook Time
10 Minutes



Total Time
30 Minutes

- Eryngii mushrooms
- Kimchi (fermented cabbage)
- eggplant, broccoli and bean sprouts grilled in sesame oil, garlic and soy sauce
- rice
- salad leaves (sucrine, lettuce...)
- fried seaweed leaves
- Ssamjang sauce
- ChoGochujang sauce
- sesame oil

1. Marinate the mushrooms for a few hours, cut in half and scored, in a marinade: ChoGochujang sauce, garlic, sesame oil
2. Cut and slice the remaining mushrooms in half and grill them in a pan over high heat with sesame oil
3. Grill the marinated mushrooms in the same pan
4. Cut the grilled mushrooms into slices
5. Take a leaf of salad which will be your container, put the mushroom on it then garnish with the bean sprouts, broccoli, eggplant, kimchi, rice (possibility to serve it as a side dish), ssamjang sauce & enjoy!

Ingredients

- 2 green tea bags
- 2 Korean brown rice green tea bags
- 800ml (3 1/3 cups) cold water
- lemon and lime slices, to serve
- ice cubes, to serve



Instructions

- 1 Pour the cold water over the tea bags in a jug or water bottle.
- 2 Refrigerate for 6 hours.
- 3 Remove the tea bags and serve over ice with lemon and lime wedges.
- 4 Store in a bottle in the fridge for up to 3 days.

Refreshing Korean green tea

by @missrachelhipps

Korean BBQ-style Chicken Lettuce Wraps



1. First, marinate the chicken. Combine all the marinade ingredients – the onion, garlic and ginger without their skins – in a blender and blitz until you have a smooth marinade.
2. Cut each chicken thigh into 4 pieces and using the palm of your hand bash them down to flatten them a bit so they're all of an even thickness.

Ingredients

For the Korean Barbecue-style Chicken

- 1 1/2 tbsp soy sauce
- 1 tbsp gochujang
- 1 tbsp doenjang
- 1 tbsp rice vinegar
- 1 tbsp Korean plum syrup (meshil cheong)
- 1/2 tbsp toasted sesame oil
- 1/2 small brown onion
- 2 large garlic cloves
- thumb size piece ginger
- 4 skinless boneless chicken thighs

For the Lettuce Wraps

- 2 gem lettuces
- 60g (2 oz) jasmine rice
- seasoned Korean seaweed flakes

For the Korean Sweet Chilli Sauce

- 2 tbsp gochujang
- 1 1/2 tbsp rice vinegar
- 1 tbsp runny honey
- 1 tsp toasted sesame oil

3. Leave to marinate for at least 1 hour, but preferably overnight.
4. Cook the rice and separate the gem lettuce leaves into cups.
5. Meanwhile, whisk together all the Korean sweet chilli sauce ingredients and set aside.
6. Heat a griddle pan on high or get the barbecue going.
7. Cook the chicken pieces for about 5 minutes on each side until they're nicely charred and totally cooked through – if you're working inside you'll want to open the windows as the sugar content in the plum syrup does produce a bit of smoke along with a beautiful char!
8. Bring everything to the table so everyone can build their own lettuce cups!

Omija Syrup Mojito

by @missrachelphipps



1. Pick the leaves off 3 of the mint sprigs and drop them into the bottom of a large glass or cocktail shaker with 1 1/2 of the limes cut into wedges (set the rest aside for the garnish), the omija syrup and the rum.
2. Muddle everything together with a muddler or the end of a rolling pin until the mint leaves are bruised and the lime wedges have given up all their juice.
3. Fill a large glass 2/3 full with ice, the remaining lime half cut into wedges, and the remaining mint sprig.
4. Strain the liquid in the cocktail shaker over the ice and top up with soda water.
Stir to combine, and enjoy!

Ingredients

- 4 fresh mint sprigs
- 2 fresh limes
- 2 tsp omija syrup
- 60ml (4 tsp) white rum
- 90ml (5 tbsp) soda water
- lots of ice



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Baked Sushi

by @youcancookwithmi

Ingredients

Sushi Rice:

- 1 cup sushi rice
- 1 teaspoon rice vinegar
- 1/2 teaspoon sugar
- 1/2 teaspoon salt

Base:

- 1 cup Japanese mayonnaise
- 1-2 tsp Gochujang
- 1 tub cream cheese
- 1 salmon or 1 can of tuna
- 4-5 pieces of crab stick (shredded)
- spring onion
- 1-2 tbsp crushed seaweeds + sesame seeds

Toppings:

- Spring onion
- Bonito Flakes/Crushed crisps
- Sliced avocado (optional)
- Sliced mango (optional)
- Japanese mayonnaise
- Gochujang (optional)

Directions

1. Wash your sushi rice thoroughly to remove starch. Cook as normal.
2. Once cooked, add vinegar, sugar and salt. Mix and cool down.
3. If using salmon, heat the oven to 180°C and roast for around 10-15 minutes. Use a fork and shred into tiny pieces. If using tuna, drain oil/water from can and set aside to be used later.
4. In a mixing bowl, add Japanese mayonnaise, cream cheese and Gochujang. Mix thoroughly.
5. Add shredded salmon/tuna, crab stick, spring onion, crushed seaweeds and sesame seeds. Mix thoroughly.
6. Heat your oven again to 180°C.
7. While heating, get a baking tray. Add the rice, flatten and carefully spread across the tray. Add base mixture and spread across tray as well.
8. Pop the tray into the oven and bake for 15-20 minutes.
9. Cool down for 1-2 minutes and add desired toppings. Enjoy!

Ingredients

- 600g chicken cutlets
- Garlic powder
- Gochujang
- Cloves of garlic
- Salt
- Pepper
- Corn flour
- Butter
- 1 egg
- Salted soy sauce
- Sesame seeds
- Honey

Crispy & Spicy Korean chicken

by @emilie.slife

1. Cut the chicken, then sprinkle it with powdered garlic, salt and pepper. Pour in 2 tablespoons of cornstarch and add the egg. Stir everything well.

2. When the chicken is ready and wet, dip each piece in cornstarch. Each side must be well impregnated with the cornstarch.

3. In a hot pan, pour olive oil (about 1 cm) and immerse the chicken pieces. Leave to brown each side for 3 minutes. Once the chicken is browned, remove the pieces and place them on a plate with paper towel to remove as much oil as possible.

4. In a clean pan, put a tablespoon of the gochujang, butter, honey, minced garlic and a tablespoon of soy sauce. Mix the sauce so that everything is homogeneous.

5. Dip the chicken in the sauce and stir well so that the chicken is well soaked. Leave to cook while stirring for 5-10 min.

6. Sprinkle a little sesame seeds on the chicken and serve with white rice.



Jjajang Tteokbokki

by @andiandie20

To enjoy the famous Korean Tteokbokki in another way!

1. Cut all the vegetables into bite-size pieces, you can cut them smaller or bigger depending on how you like them.
2. In a heated pot, add the oil and all the vegetables. Stir-fry them with the garlic.
3. Add 600ml of water and boil until all the ingredients are cooked.
4. When the vegetables are cooked, turn the heat off.
5. Dissolve the packet of Ottogi Jjajang in 100 ml of water separately and stir until completely dissolved.
7. Add to the pot of cooked vegetables and mix well.
8. Turn the heat back on and keep on stirring for 2~3 minutes, or until the Jjajang thickens a bit.
9. Cut the green onion into bite-size pieces.
10. Add the water, brown sugar and Gochujang to a pan and mix well.
11. Add the Jjajang sauce with vegetables and keep mixing.
12. Add the rice cakes and hard-boiled eggs and let them boil for a few minutes.
13. When the rice cakes are cooked, add the green onion.
14. Serve hot or warm.

Ingredients

Jjajang sauce

- 1 packet of Ottogi Jjajang (100g)
- 1 big onion or 2 small onions (300g)
- 1 medium potato (200g)
- 1/2 zucchini (100g)
- 1 carrot (80g)
- 1/2 tbsp garlic (6g)
- 3 tbsp cooking oil (45g)
- 2 big cups of water (700ml)

Jjajang Tteokbokki

- rice cakes (300g)
- green onions (60g)
- Jjajang sauce (200g)
- 1 big cup of water (250ml)
- 1/2 tbsp Gochujang (10g)
- 1 tbsp brown sugar (10g)
- 2 hard-boiled eggs



Gochu Pretzel



by @kculture4u

For the dough

- 500g wheat flour
- 1 pack of dry yeast
- 280ml lukewarm water
- 50g soft margarine
- 1 tsp sugar
- 75g gochujang

For the lye (solution to make the outside crunchy)

- 50g baking soda (sodium bicarbonate)
- 1 1/2 L water

For the toppings:

- 12 tsp gochugaru
- (Korean red pepper flakes - optional)
- 12 tsp coarse salt (optional)

1. For the dough, mix the wheat flour with the dry yeast, sugar and gochujang. Add the lukewarm water and knead it together with the margarine into big lump. In case it is sticking to your hands, you can carefully add more flour. Keep working it out for another 10 minutes, cover it with a cotton cloth and let it rise in the fridge overnight.

2. In the next morning, take it out the fridge, split it in 10 equal pieces and roll them into strands which are slightly tapered at the ends. To prevent the dough from sticking to the working surface you can cover it with a little additional flour. Form a “U” shape out of the dough strand, cross the ends once. Now take the protruding ends and fold them back onto the thickest part of the strand so that the typical pretzel shape is created.

3. Place the pretzels onto a baking tray covered with baking paper and put it into the fridge for another 15 minutes to harden a little.

4. In the meantime, prepare the lye by bringing the water to a boil and very carefully and slowly pouring in the baking soda (Avoid getting the lye water onto your bare skin!)

5. Take the dough pretzels out the refrigerator, place them onto a slotted spoon and dunk them into the slightly boiling lye for about 30 seconds. If possible, detach the pretzel from the spoon and just let it swim so that it is completely covered in lye. Afterwards take the pretzel out and put it back onto the baking tray.

6. If you want you can now sprinkle some gochugaru and/or coarse salt on top.

7. Heat the oven to 200°C circulating air and bake the pretzels for about 10 to 12 minutes until they are nicely brown and crispy. Best to enjoy warm!

Spicy Squid stir-fry

by @ynot.korean

1. Stir fry the leek in oil
2. Stir fry squid, add .5 tbs sugar and stir
3. Mix together all the ingredients to make the sauce
4. Add sauce and stir and fry till cooked
5. Add vegetables and cook until they are just wilts but still crunchy.
6. Finish with 1 tbs sesame oil.



Ingredients

- 6 tubes of squid
- 1 small onion
- 1 carrots
- 5 Chinese leaves
- 1 leek.

For the sauce:

- 1 tbs gochujang
- 2 tbs gochugaru
- 1 tbs soy sauce
- 1 tbs crushed garlic
- 1/2 cup water

Currywurst Kimbap

by @kculture4u

- 500 g short grain rice
- 6 sausages
- 1 onion
- 2 tbsp. vegetable oil
- 2 tbsp. curry powder,
- 1 tbsp. paprika
- 2 tbsp. tomato paste
- 1 tsp. soy sauce
- 100 ml apple juice
- 500 ml sieved tomatoes
- pepper, salt, cinnamon
- 2 tbsp. sesame oil
- 6 leaves dried seaweed



Serving Size
6 rolls



Prep Time
20 Minutes



Cook Time
20 Minutes



Total Time
40 Minutes

1. Wash the short grain rice and cook it.
2. In the meantime, fry the sausage of your choice (you can also use vegetarian ones) in a little oil until nice crispy brown.
3. For the sauce peel and chop the onion finely. Sauté it in some vegetable oil and add the curry powder, paprika, tomato paste and soy sauce. Fry everything together constantly stirring.
4. Deglaze it with the apple juice and pour the sieved tomatoes in.
5. Season the sauce to taste with salt, pepper and cinnamon.
6. When the rice is cooked, add the sesame oil and the salt, mix well and let it cool down a little.
7. Take a seaweed leaf, place it on your sushi mat with the glossy side downwards and the imprinted stripes perpendicular to you and cover 2/3 with the cooked rice. Pour a stripe of sauce on to it (parallel to you) and place the fried sausage on it.
8. Now take the lower edge of the sushi mat and wrap the rice-covered seaweed leaf around the sausage and the sauce. Keep rolling until the whole seaweed leaf encloses the filling and press it gently.
9. Lastly, cut the finished rolls into slices and serve them with a little sauce and curry powder on top.

Tteokbokki

Korean spicy rice cakes

by @slccoree

Boil 1L of water and add one pack of Korean soup stock. This pack contains anchovies, kelp seaweeds and shiitake mushrooms.

You can add one pack of Korean soup stock or dashida (beef or anchovy) soup stock instead.

After 10 minutes, remove the Korean soup stock pack from the boiling water.

Add gochujang, sugar, garlic and chili pepper powder.

Cut the cabbage, the green onion and the fish cakes.

Add the vegetables to the soup. Rinse the rice cakes.

Add the rice cakes. Let it cook for 5 minutes. Add the fish cakes. Lower the heat and let it cook until the sauce thickens. Enjoy your meal !



Ingredients



- 1 pack of Korean soup stock
- 1L of water
- 400g of rice cakes
- 150g of cabbages
- One green onion
- 150g of fish cakes
- 80g of gochujang
- 40g of sugar
- 2 garlic cloves
- 20g of chili pepper powder

Black bean noodles

by @lasdeliciasdeariadna

Marinate the pork. Combine pork shoulder, mirin, ginger, salt, and pepper and stir together. Set aside for more than 3 hours.

Prepare the sauce. Place a large skillet over medium heat and add oil. Once oil is hot, add black bean paste and sugar and stir together to toast. Continuously stir for 4 minutes. Keep aside.



Add 1 tablespoon oil and sauté marinated pork. Transfer to a plate and set aside.

Add remaining oil and sauté onion for 5 minutes. Add zucchini and cabbage and continue to sauté for an additional 3 minutes. Pour pork back into the skillet and continue to sauté for 3 minutes.

Stir toasted black bean paste into meat and vegetable mixture until evenly coated.

Stir water into skillet mixture until sauce is smooth and simmering.

Mix the cornstarch with 3 tbsp of water and add it. Stir together until sauce thickens. Remove from heat and keep warm.

Boil the noodles following the instructions of the packet. Place them in a colander and rinse them.

Mix the sauce with the noodles.

Ingredients

Pork marinade:

- 350 g diced (boneless) pork shoulder.
- 1 tablespoon mirin.
- 1 teaspoon minced ginger.
- 1/2 teaspoon salt.
- A pinch of black pepper.

Toasted jajang:

- 2 tablespoons neutral oil.
- 1/2 cup chunjang (Korean black bean paste).
- 1 tablespoon sugar.

Rest of the dish:

- 2 tablespoons neutral oil.
- 1 diced onion.
- 2 diced zucchini.
- 2 cups sliced cabbage.
- 1 cup water.
- 1 1/2 tablespoons cornstarch.
- 350 g dried Korean udon noodles.

Bulgogi Miniburguers

by @lasdeliciasdeariadna



Serving Size
6 mini hamburgers



Prep Time
5 Minutes



Cook Time
5 Minutes



Total Time
10 Minutes

- 1/2 kg of minced beef.
- 3 tablespoons of Bulgogi sauce.
- 1/4 cup of mayo.
- 1/4 cup of gochujang.
- Baby leaves.
- 6 mini burger buns

1. Mix the Bulgogi sauce with the meat. Let marinate for 1 hour.
2. Form 6 hamburgers and grill them.
3. Place the leaves on the bread and put the hamburger on top.
4. Mix mayo with gochujang and pour over it. Close with the other half of the bun.

Ssamjang, ham and cheese wraps

by @youcancookwithmi



Ingredients

- quesadilla wraps
 - ham
 - ssamjang paste
 - salad
 - mozzarella cheese
 - olive oil
- (the fillings can be modified as you like)



Directions

1. Get your quesadilla wraps.
2. Visualise them in quarters and do a small cut in the center.
3. Cook the ham.
4. Put your fillings ingredients in each quarter of the quesadilla : cooked ham, Ssamjang paste, salad, and mozzarella cheese.
5. Fold the quesadillas.
6. Toast in the pan for a couple of seconds to melt the cheese.

Ajoblanco with Seabass Gochujang Tartare

by @mamaquehay

- 150g of peeled and raw almonds
- 2 cloves of garlic
- 70g of extra virgin olive oil
- 30g of sherry vinegar
- 100g of white bread crumbs from the day before
- 6g of salt
- 800g cold water
- 200g of sea bass without skin or bones (previously frozen for 72 hours)
- 1 teaspoon Gochujang Sauce
- 3 tablespoons of Soy Sauce
- Grapes and Almonds to finish the dish.



1. Crush all the ingredients of the ajoblanco until you obtain a homogeneous cream (raw almonds, garlic, olive oil, sherry vinegar, bread crumbs, salt, cold water).

2. Let it cool for at least 2 hours in the fridge.

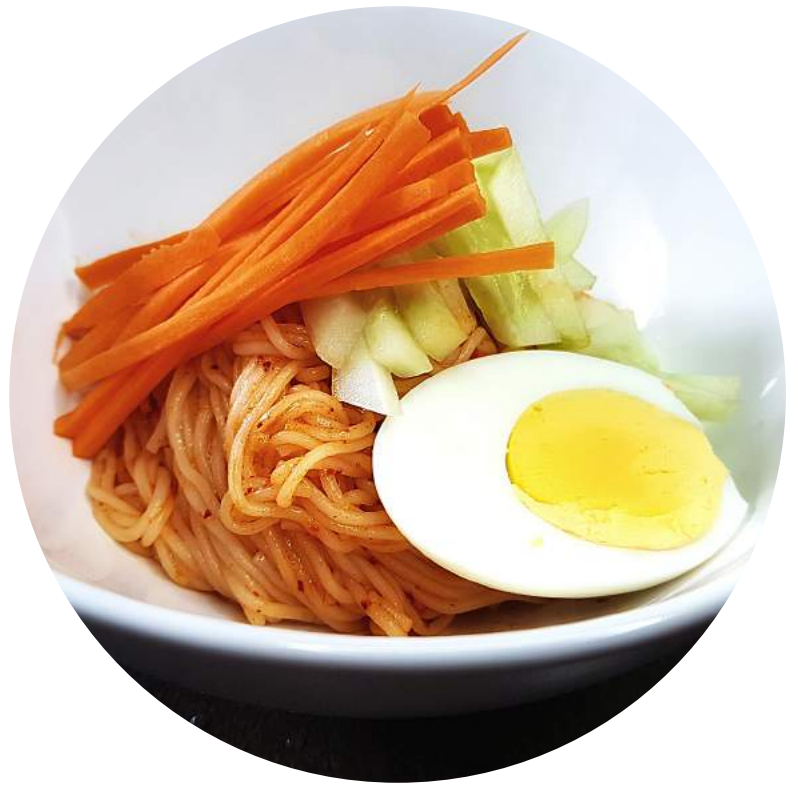
3. Cut the sea bass loin into small cubes.

4. Add the Gochujang and the Soy sauce, mix well and leave it to marinate in the fridge while the ajoblanco cools.

5. Serve the ajoblanco accompanied by the sea bass tartare, some grapes and some almonds.

Ingredients

- 90g of wheat noodles (somyeon)
- Water
- 1 tbsp of ssamjang sauce (seasoned soybean paste)
- 1 tbsp of chili pepper powder
- 1 tbsp of rice vinegar (or apple cider vinegar or white vinegar)
- 1 tbsp of sugar
- 1 tbsp of sesame oil
- garlic clove (optional)
- 1 half of carrot
- 1 quarter of cucumber
- 1 hard-boiled egg



Instructions

1

Boil some water. Add the wheat noodles in the boiling water for 3 minutes. Drain and rinse with cold water. Let it drain.

2

Into a bowl, mix the ssamjang sauce, rice vinegar, sesame oil, chili pepper powder, sugar and garlic. Mix the wheat noodles with the sauce.

3

Cut the hard-boiled egg in two. Cut the carrot and the cucumber into julienne.

4

Put some wheat noodles into a bowl. Add the carrot, the cucumber and the hard-boiled egg.

Ssamjang Bibimguksu

by @slccoree

KOREAN TWIST LOADED FRIES

by @kittycatchen



INGREDIENTS:

- fries
- chicken or protein of your choice

SAUCE:

- 1 tbsp soy sauce
- 2 tbsp rice syrup
- 1 tsp Korean soybean paste
- 2 tbsp water
- 1 tsp gochujang, Korean red pepper paste (optional)
- 1 tsp gochugaru, Korean red pepper flakes (optional)

TOPPINGS:

- cheese
- sesame seeds
- seaweed
- gochugaru
- sriracha mayo

INSTRUCTIONS:

1. Bake fries in a pre-heated oven (200°C) for around 30 minutes.
2. In the meantime fry the chicken for 3 - 5 minutes until each side is brown. Use two forks to make pulled chicken.
3. Mix the sauce.
4. Pour the sauce into the pan and cook it together with the chicken until it's well combined.
5. Spread the pulled chicken on top of the fries. Bake again until melted.
6. Serve it with toppings & your favorite sauce.

Kimchi Rice, Blood Sausage and Prawns

by @mamaquehay

- 1 small garlic clove
- 30g onion
- 30g red pepper
- 1 small can of kimchi 160g
- 1 blood sausage
- 175g Bomba rice
- Water (3 times the amount of rice)
- Salt
- 1 ounce of Saffron
- Sesame oil
- Olive oil
- 7 big prawns
- Chogochujang

To make the broth to cook in the rice, peel the prawns and fry their skins and heads, crushing them to release the juice, cover with the water, salt and cook covered for 10 min. Add the saffron and reserve.

Stir-fry in sesame oil a clove of finely chopped garlic and before it browns add the minced onion and the pepper. Let it fry.

Add the drained kimchi and pour the liquid into the broth that we have prepared. Give a few turns with the rest of the sauce and add the rice, a few more turns and pour the broth.

Place the sliced blood sausage and raise the heat until it starts to boil. Lower the heat and leave it to medium / low heat for 15-18 min. When it is almost done, put the prawns and cover with a cloth or newspaper and let it rest for five minutes, which is when it will finish cooking.

Put a little spots of chogochujang sauce and the rice is ready to eat.



Spanish Omelette In Jjajang Sauce

by @mamaquehay



Prep Time
5 Minutes



Cook Time
5 Minutes



Total Time
10 Minutes

- 600g potatoes
- 80g onion
- 5 eggs
- Salt
- 50g jjajang sauce powder
- 350g of water

1. Chop the onion into quarters and thinly slices and fry it over very low heat in olive oil
2. Add the potatoes, peeled and cut into quarters, thinly sliced and with salt. Let it fry over low heat until the potato is soft.
3. Beat the eggs and mix well with the drained potato and onion.
4. Put a little oil in the pan and add the mixture, cook 2 min over low heat, turn it over and let it cook on the other side.
5. While making the omelette, put the water to boil, add the sauce and let it cook for a few minutes over low heat until it takes on body.
6. Pour the sauce over the tortilla and cook it for a couple of minutes.
7. Serve it with some crunchy seaweed on top.

Samgyeopsal

Korean BBQ

by @winedefood

To macerate the pork, grind the onion, along with the rest of the ingredients, creating a kind of sauce. Use it to marinate the pork during 30 mins at room temperature, or overnight in the fridge.

Cut the vegetables into julienne strips and put them in a pan over medium / high heat and bathe them with Korean plum syrup (meshil cheong) to cook in this juice.

Cook the rice, and prepare the lettuce leaves that will be used as a wrap.

Cook the marinated pork on a pan or a grill. Then put some rice, vegetables and a few pieces of pork on each lettuce leaf. Add a little of ssamjang and enjoy!



Ingredients

- 6 strips of bacon (pork belly)
- 2 tbsp of Gochujang
- 1 pear
- ssamjang

- 1/4 mango
- 1 garlic clove
- 20 ml soy sauce
- 1 onion
- Fresh ginger and toasted sesame seeds

For the vegetables, you can use the ones you like the most, here :

- Red, green and yellow peppers
- Zucchini
- Onion
- mushrooms

Vegan Doenjang Jjigae

by @Kimchi&Basilico



Prep Time
5 Minutes



Cook Time
15 Minutes



Total Time
20 Minutes

- 2 spoons of doenjang
- 1 square 5x5cm of seaweed for broth - dasima
- half zucchini
- half onion
- 1 spoon gochugaru
- 1 chilli
- 1 green onion
- 200 g firm tofu
- 500 ml water (from rinsing rice)

1. Clean all the vegetables.
2. Slice the onion, and chop the green onion and chilli pepper. Cut the tofu in cubes and slice the zucchini
3. Heat up an earthenware pot on medium fire. Pour water (from rinsing rice) Place the piece of dasima. Bring it to boil and let it boil for 3-4 min before removing the dasima.
4. Add sliced onion, zucchini, 1/2 red chili pepper (keep the other half for garnish)
5. When it starts boiling, add 2 tbs of bean paste, stir the stew, and keep cooking for another 10 minutes.
6. Add tofu and cook another 5 minutes.
7. Stir occasionally
8. Add a spoon of gochugaru, garnish with chopped green onion and chilli pepper.

Bibim Naengmyeon

by @cicciaberni



Prep Time
2/3 hours



Cook Time
5 Minutes



Total Time
2 Hours 5 Minutes

- *dried naengmyeon noodles*
- *1 package of broth base that comes with noodles*
- *1 cucumber*
- *1 hard boiled egg*
- *1/4 cup toasted sesame seeds, ground*
- *2 garlic cloves*
- *1/2 teaspoon ginger*
- *2 tablespoons worth of onion*
- *2 green onions chopped*
- *2 tablespoons gochujang*
- *2 tablespoons red pepper flakes*
- *1 teaspoon soy sauce*
- *1 teaspoon salt*
- *3 tablespoons sugar*
- *2 tablespoons white vinegar*
- *2 tablespoons toasted sesame oil*
- *Ice cubes*

Ingredients preparation:

Mix the broth base with 2 cups of water in a bowl. Freeze for 2 to 3 hours until it turns slushy. Cut the cucumber into thin matchsticks. Put garlic, ginger, onion, green onions, hot pepper flakes, gochujang, soy sauce, salt, sugar, vinegar, and toasted sesame oil in a Food processor and grind until creamy.

Noodles preparation:

Bring a large pot of water to boil. Add the noodles and stir with a wooden spoon. Let them cook for 3 to 5 minutes. Strain the noodles and rinse in cold running water. The noodles should get cold.

Bibim naengmyeon:

Take the icy broth out of the freezer and pour some into each serving bowl. Put some spicy sauce over the noodles. Place the cucumber on top of the noodles. Sprinkle a heap of sesame seeds powder over the top. Add a half egg on the top of the bowl.



- 80g of sweet potato glass noodles
- Frying oil
- One small carrot
- One green onion
- 2 seaweed sheets
- A pinch of salt
- A bit of black pepper
- One teaspoon of sugar
- 20g of flour
- 20g of corn starch
- 50ml of water
- A pinch of salt
- One tablespoon of soy sauce
- One tablespoon of rice vinegar (or apple cider vinegar or white vinegar)
- One tablespoon of chili pepper powder
- One chive

1.Preparation of the seaweed glass noodle rolls:

Add the sweet potato glass noodles into a pan of boiling water during 7 minutes. Wash and peel the carrot and cut it into julienne. Wash the chive and cut it. After 7 minutes in the boiling water, drain the sweet potato glass noodles and rinse them under cold water. Let them drain for 10 minutes. Add the sweet potato glass noodles in a bowl and cut them. Add the sugar, the pinch of salt and a bit of black pepper and mix it. Add the carrot and the chive and mix it.

2.Cut each seaweed sheet in two. Add the garnish on the two third of a seaweed sheet. Roll it. You can add a bit of water at the edge of the seaweed sheet to seal it. Cut each roll in three.

3.Preparation of the batter:

Heat the frying oil in a pan. Add the flour, the corn starch, a pinch of salt and water into a bowl. Mix them until the batter becomes smooth. Put the rolls into the batter and add them to the hot frying oil. When the rolls start to turn brown, remove them from the frying oil and put them on a kitchen towel. Add the rolls into the hot frying oil a second time to get extra crispy rolls. When the rolls are golden brown, remove them from the frying oil and put them on a kitchen towel.

4.Preparation of the sauce: Mix soy sauce, rice vinegar, chili pepper powder and chopped chive.

Korean deep-fried seaweed glass noodle rolls

by @slccoree

Ingredients for 1 roll

- 70g korean or round rice
- 1 sheet of Korean nori seaweed
- 3 slices of Serrano ham
- 1/2 tomato
- 1 teaspoon Ssamjang sauce
- 1 teaspoon Spicy Chicken Flavored Korean Mayonnaise
- Soy sauce to accompany



Instructions

- 1 Cook cook round rice with double the water and let it cool in the pot.
- 2 Put the seaweed sheet on a mat and wet your hands to spread a layer of rice on it, pressing it well.
- 3 Spread a little Ssamjang sauce and place some tomato strips. Put the slices of serrano ham and a little spicy chicken flavor Korean mayonnaise.
- 4 Roll the seaweed over the ingredients, squeezing at each step. Moisten the edge of the roll to seal the seaweed and with the help of a very sharp and damp knife cut into portions.

Spanish Fusion Gimbap

by @mamaquehay

Ingredients

- 4 farm cucumbers (or 2 regular cucumbers).
- 1 small onion
- 2 tsp of sesame seeds
- 2 cloves of garlic
- 1 spring onion
- 1-2 tsp Gochujang
- 1 tsp sesame oil
- 1 tsp rice syrup or sugar
- Salt



Instructions

- 1 Chop the cucumber in half moon shape.
- 2 Chop the onion, green onion and mince the garlic.
- 3 Put in a bowl the vegetables and add all the remaining ingredients to season them.
- 4 Sprinkle with sesame seeds and serve as a sidedish with any kind of main course.

Cucumber Salad Sidedish

by @cook.with.shiron



Ingredients

- 4 sheets of seaweed
- 4 rice papers
(used for making spring rolls – diameter 22cm)
- Frying oil Water

Seasoning of your choice

- gochugaru
- salt
- paprika
- cayenne pepper
- Instant noodles soup base powder

In a pan or big bowl containing hot tap water, completely soak one rice paper.

Put the rice paper on a seaweed sheet.

Let it dry for about 3 hours and turn them from time to time. The ideal is to let them dry outdoors or in a food dehydrator.

When the seaweed sheets are completely dry and hard, cut them into 8 parts.

Deep-fry them in a hot oily pan for a few seconds.
Remove them and put them on a kitchen towel.

You can add the seasoning of your choice: salt, paprika, Cayenne pepper, instant noodles soup base powder, etc... Serve and enjoy!

Gimbugak – Korean seaweed chips

Kimchi Stew

by @nabrisa_dias

For 2-3 servings:

- 300g of kimchi
- 200g of porc (optional)
- 100g of tofu
- Half an onion
- 1 spring onion
- 500 ml of anchovy broth (or beef dashima / or rice water)
- 1 tbsp of gochujang
- 1 tbsp of gochugaru (optional)
- 1tbsp of cooking wine (mirim/맛술)
- 1 tablespoon of soy sauce
- 1 tablespoon of minced garlic
- A little of sugar (optional)
- A little of pepper
- Sesame oil

Fry the meat with the garlic in a little bit of sesame oil for about 5 minutes, then add the kimchi with the cooking wine and fry it for another 3 minutes.

Extinguish it with the broth and add soy sauce, gochujang and cochugaru and bring the whole thing to a boil.

Let it cook for 15 minutes then taste to adjust with sugar of not depending on personal preference.

Add the tofu and sliced spring onion without stirring, pour gently the soup of it for a couple minutes.

Put the soup in a bowl and serve with rice on the side. Enjoy your meal.



Bulgogi BBQ

by @ajungcuisine



1. Create the marinade. Grind all the ingredients for the barbecue sauce in a blender (soy sauce, cooking wine, sesame oil, black pepper, pear, garlic, 1/4 onion). Mix with the finely cut meat and marinate for at least 30 minutes.

2. Cut the vegetables finely. For cooking: the onion and the leek in thin slices. For decoration: chili in thin slices.

3. Create a side sauce. Combine all the ingredients for the side sauce.

4. Cook the meat adding vegetables. Grill the meat in a highly heated pan with cooking oil. When the outside of the meat is well seared, add vegetables and cook.

5. Decorate the Korean barbecue. Sprinkle the dish with a bit of sesame seeds and chopped peppers.

Ingredients

For four people :

- 500g of beef
- 9 tbsp soy sauce
- 1 tbsp cooking wine
- 2/3 tbsp sesame oil Pinch freshly ground black pepper
- Half a pear (+1 tbsp sugar if you want a sweeter taste)
- A clove of garlic
- 1/4 of an onion
- 3/4 of an onion
- 100 g of leek (Mushrooms, carrots, zucchini are also suitable)
- A bit of sesame seed
- A bit of red pepper (optional)
- Side Sauce : 4 tbsp of Gochujang, 1 tbsp of rice vinegar (Or other vinegar)



Korean style cheese corn

by @winedefood



Prep Time
5 Minutes



Cook Time
20 Minutes



Total Time
25 Minutes

- 3 corn cob
- 1 tomato
- 1/2 hot pepper
- 1/4 yellow bell pepper
- 100 g Emmental cheese
- 100 g Cheddar cheese
- 100 g Gouda cheese
- 1 tbsp Gochujang sauce
- Pepper, chives and chili peppers for garnish.

1. Clean and shell the corn cob, cut the tomato and the peppers into very small squares (size of the corn), then mix in a bowl.
2. Scratch all the cheeses and add them.
3. Put all the ingredients in a clay pot, or oven-safe container. Bake for 15 minutes at 180°C + 5 minutes of grill.
4. Eat with chips and corn bread.

Korean Wheat Noodles with Soy Sauce

by @00calorie.homecook



1. Mix all the beef sauce ingredient together and use it to marinate the ground beef.
2. Boil water boil and add the noodles, be careful not to overcook them. Rinse under cold water to remove starch and drain well.
3. Stir-fry marinated ground beef with a little oil
4. Mix the noodles with soy sauce mixture and fried beef in a bowl. Add some Kimchi.
5. Cut Korean Yellow Pickled Radish into strips and put some on top of the noodles.

Ingredients

- *minced beef*
- *korean wheat noodles*
- *kimchi*
- *danmuji (korean yellow pickled radish)*

Beef sauce:

- *1 tbsp Soy sauce*
- *1 tsp brown sugar*
- *1 tsp garlic powder*
- *1/2 tbsp sesame oil*
- *pepper*

Noodle sauce:

- *3 Tbsp Soy sauce*
- *pepper*
- *1 tbsp sesame oil*
- *brown sugar*
- *garlic*
- *1 tbsp Korea rice syrup*



Chumokbap – Tuna Mayo Rice

by @00calorie.homecook



Prep Time
5 Minutes



Cook Time
5 Minutes



Total Time
10 Minutes

- 1 can of tuna
- 1/2 red onion
- 2 tbsp of japanese mayo
- 1 tbsp of soy sauce
- chives
- 1 tbsp of gochujang (optional)
- korean nori seaweed
- 1 bowl of cold glutinous rice
- sesame oil
- sesame seeds

1. Remove the water of the tuna and put the dry tuna in a bowl.
2. Chop the red onion and fry it a pan. Add it to the tuna.
3. Add the mayo, soy sauce, chives, gochujang and mix together.
4. Once the rice has cooled, season it with sesame oil and add sesame seeds.
5. To make the rice balls, take a plastic wrap and spread a portion of rice on it, add 1 tbsp of seasoned tuna in the middle.
6. Put some more rice on the tun and roll it to make a rice ball.
7. Cut a nori in bands and wrap each ball with a nori band.

Tofu-Kimchi Soup with Noodles

by @cook.with.shiron

For 2-3 servings:

- 150g pork belly
- 2 cloves of garlic
- 2 spring onions
- 200g tofu
- 1 cup of kimchi
- 1 teaspoon Korean soybean paste
- 1 teaspoon Korean chilli paste
- 1 tablespoon soy sauce
- 1 teaspoon fish sauce
- 1 teaspoon sesame oil
- 100g Enoki mushrooms
- 200g pasta
- 1 egg
- 1 nori sheet
- 700ml water



Fry the meat with the garlic in a little oil for about 5 minutes, then add the kimchi and fry it for another 3 minutes.

Extinguish it with water and add soy sauce, fish sauce, sesame oil, soybeans and chilli paste and bring the whole thing to a boil.

After a few minutes add the mushrooms and tofu and let the noodles cook at the same time.

Smear a little sesame oil on a ladle and open an egg in it, then hold it in the boiling pasta water until the egg is poached.

After the pasta is cooked, sieve it and wash it off with cold water. Now put the soup in a bowl, add the noodles and the egg and cut a nori sheet on top. Enjoy your meal.

Eryngii Mushroom fried rice kimbap

by @00calorie.homecook



1. Slice 1 eryngii mushroom in long strips, stir fry until brown on each side and season it with 1 tbsp of soy sauce. Put aside.

2. Mince the remaining eryngii mushroom with green onion.

Stir-fry them with a bit of oil, add the cold rice and season with a bit of pepper, salt, soy sauce and sesame oil. You can also add gochujang for a spicy version. Let the rice cool down.

3. Take a korean seaweed nori for kimbap. Spread the fried rice over 3/4 of the nori. Add the eryngii strips and korean yellow radish strips as well. Roll up the kimbap and cut it in portions. Sprinkle sesame seeds over them.

4. To make a dipping sauce, mix together a bit of mayo and gochujang (or chogochujang) with a little bit of rice syrup or meshil cheong. Enjoy!

Ingredients

- 2 Eryngii mushrooms
- soy sauce
- sesame oil
- salt, pepper
- gochujang / chogochujang
- korean seaweed nori for kimbap
- korean yellow radish (danmuji)
- sesame seeds

For the sauce :

- mayo
- rice syrup or meshil cheong
- gochujang or chogochujang



Jeyuk Bokkeum

by @coreanews



Serving Size
2-3 People



Prep Time
10 Minutes



Cook Time
10 Minutes



Total Time
20 Minutes

Ingredients

- 200g of porc
- 1tbsp of gochujang
- 1 small onion
- 1tbsp of soy sauce
- 1tbsp of minced garlic
- 1 small carrot (optional)
- 1 handfull of green onion
- 1 tbsp of sesame oil
- a bit of pepper
- 1 teaspoon of gochugaru (optional)
- 1 tbsp of sugar, rice syrup or grated apple

Directions

Cut the the pork and vegetables in thin slices.

Mix together the gochujang, soy sauce, sugar (or alternatives), gochugaru, minced garlic, sesame oil and pepper.

It's better if you can marinate the pork and vegetables together with the sauce for at least 1 hour before cooking on a pan or grill.

If you don't have time to marinate, just cook the pork with a bit of sesame oil, add the sauce ingredients then the onion and carrot. Cook for 10 minutes while mixing everything together.

Serve with rice and lettuce to wrap the meat.



Ingredients

- 1 Shin Ramyun
- 150g puffed rice
- 1-2 boiled potatoes
- 60g chickpeas (soaked overnight)
- 2-3 chopped green chilis
- 1 finely chopped onion (preferably red)
- 1 finely chopped tomato
- 1/2 lemon
- 1 Tbsp red chili flakes or Gochugaru (for a sweeter taste)
- 1/2 Tbsp cumin seed powder
- 1/2 Tbsp salt
- 1 Tsp cooking oil
- Some coriander leaves (finely chopped)

1. Break the Shin Ramyun into very small pieces and set aside.
2. Finely chop the chilies.
3. Finely chop the coriander leaves.
4. Finely chop the onion.
5. Finely chop the tomato.
6. Dice the potatoes.
7. Now put chickpeas, potatoes, tomato, onion, ramyun noodles, chilis and the coriander leaves into a bowl. Then add salt, Shin Ramyun soup base, cumin powder, red chili flakes and lemon juice. Mix well.
8. You should now add the puffed rice, cooking oil and mix it thoroughly.
9. Serve the Chana Chatpate in a bowl or a cone.
10. Enjoy!

Korean Fusion Chana Chatpate

Watermelon spicy cold noodles

by @thekaiabear

- 1 half watermelon (seedless is recommended)
- 1 spring onion
- 2 cloves garlic
- 1 hand width piece of cucumber
- 1 tablespoon gochugaru (korean pepper flakes)
- 1 tablespoon gochujang
- 2 tbsp. soy sauce
- 1 tsp. sesame oil
- 1 tsp Korean rice syrup
- 100ml green tea (cooled)
- 1 tbsp vinegar
- 1 portion korean somyeon noodles
- 1 boiled egg
- Sesame seeds



Make a hole in the middle of your half watermelon to use it as a serving bowl. Put aside the watermelon and juice you removed.

Add to the watermelon put aside, sliced chives, garlic, gochugaru, gochujang, vinegar, sesame oil, rice syrup and green tea. Blend all together with a mixer.

After the noodles are cooked, sieve it and wash it off with cold water. Now put the noodles in the watermelon hole, add the mixed sauce, thinly sliced cucumber, boiled egg and some chives. Sprinkle some sesame seeds over and enjoy your meal.



Ingredients

- sweet potato noodles 120g
- spinach 100g
- carrot 20g
- fish paste (eomuk) 30g
- yellow radish 30g

For the sauce

- gochujang 1 tbsp (15g)
- chilli powder 1/2 tbsp (8g)
- soy sauce 1 tbsp (15ml)
- honey 1 tbsp (15ml)
- crushed garlic 1/2 tbsp (8g)
- sesame oil 1 tbsp (15ml)
- sugar 1 tbsp (15g)

1. Prepare the sauce by mixing all the ingredients
2. Cut the carrot, fish paste and yellow radish into julienne strips
3. Cook the sweet potato vermicelli (dangmyun) in boiling water for 8 minutes, then drain and rinse in cold water.
4. Add sesame oil to the cooked vermicelli to prevent them from sticking together.
5. Blanch the spinach in hot salted water for 1 minute then rinse in cold water and squeeze out the water
6. Boil the carrot pieces for 10 seconds, then do the same with the fish paste
7. Arrange all the vegetables and fish paste nicely on the dangmyun, add the sauce in the middle.
8. Mix well before eating!

Bibim Dangmyeon

by @cuitelier

Yuza Porridge

by @and.a_flower



Ingredients

- Dark chocolate
- Melon fruit
- 70g of greek yogurt
- 50g of oat flakes
- 100 ml of milk
- Korean yuja marmelade (yujacha)



Directions

1. Pour milk in a pan, add 100 ml of water.
2. Add oat flakes. Bring to a steady simmer for 3-4 minutes.
3. Add 1 spoon of yuja marmelade (yujacha)
4. Keep stirring until you reach the smooth creamy porridge texture.
5. Serve in a bowl, add greek yogurt, sliced melon with some dark chocolate.
6. Complete it with 1/2 spoon of yuja marmelade.

Cinnamon rolls

by @00calorie.homecook



1. To make the frosting beat cream cheese and milk in chilled bowl on low speed until smooth; beat in whipping cream and powdered sugar. Beat on high speed, scraping bowl occasionally, until stiff peaks form.

2. Follow the Korean Hotteok Mix instructions : mix the yeast with a bit of warm water then add it to the flour mix. Mix well during 5 to 10 minutes while adding the remaining water or milk little by little until you form a dough. Cover the dough with a plastic wrap and let it rest until it double its size.

3. Melt a bit of butter to put on your fingers to handle the dough and work it a little bit more. Put a plastic wrap over your table and spread the dough over it in a rectangle. Brush some melted butter over it then spread your jam mix with walnut. Roll the dough.

4. Cut the dough in 7-8 portions then dispose them next to each other on a baking plate to form a nice flower visual. Brush the top with the egg wash then bake in the oven for 15-20 minutes at 165°C (330°F) until golden brown.

5. Add your frosting over the baked cinnamon rolls and enjoy.

Ingredients

- 1 Package of Korean Hotteok Mix
- 180ml Warm water or milk
- 2T Melted butter
- Walnut
- Egg wash (1 egg yolk and 2T water)

Whipped cream cheese frosting:

- 1 package cream cheese, softened
- 1 tbsp milk
- 2 cups whipping heavy cream
- 2/3 cup powdered sugar



Ingredients

- 200g of flour
- 80g of sugar
- A sachet of baking powder
- 150ml of milk
- 2 whole eggs and one yolk
- Zest and juice of one lemon
- Lime zest (optional)
- 2 tablespoons of yuja jam (yujacha)



Instructions

1

Mix all the ingredients together.

2

Get ready muffins individual plate.

3

Cook around 20 minutes at 180°C depending on the muffins size

4

You can spread some more yujacha over the muffins as soon as you take them out the oven

Yuza Muffins

by Martina Zampieri



Make your own
K-Food

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Tofu soupeux et
concombre à la
coréenne

Vin chaud au yuja
(yuzu)

Soupe coréenne
aux champignons
shiitake et
gateaux de riz

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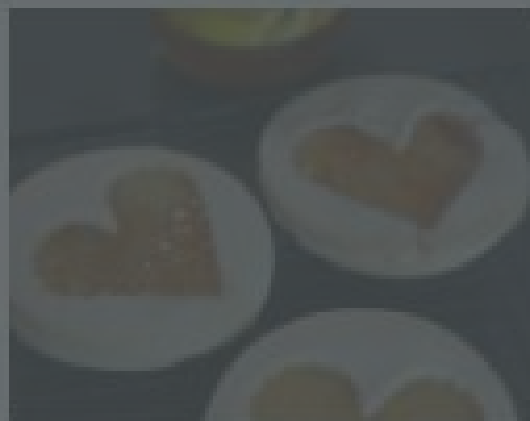
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DÉCOUVRIR LA RECETTE



Sorbet minute et
salade de fruits
ultra fraîche au
Makgeolli coréen

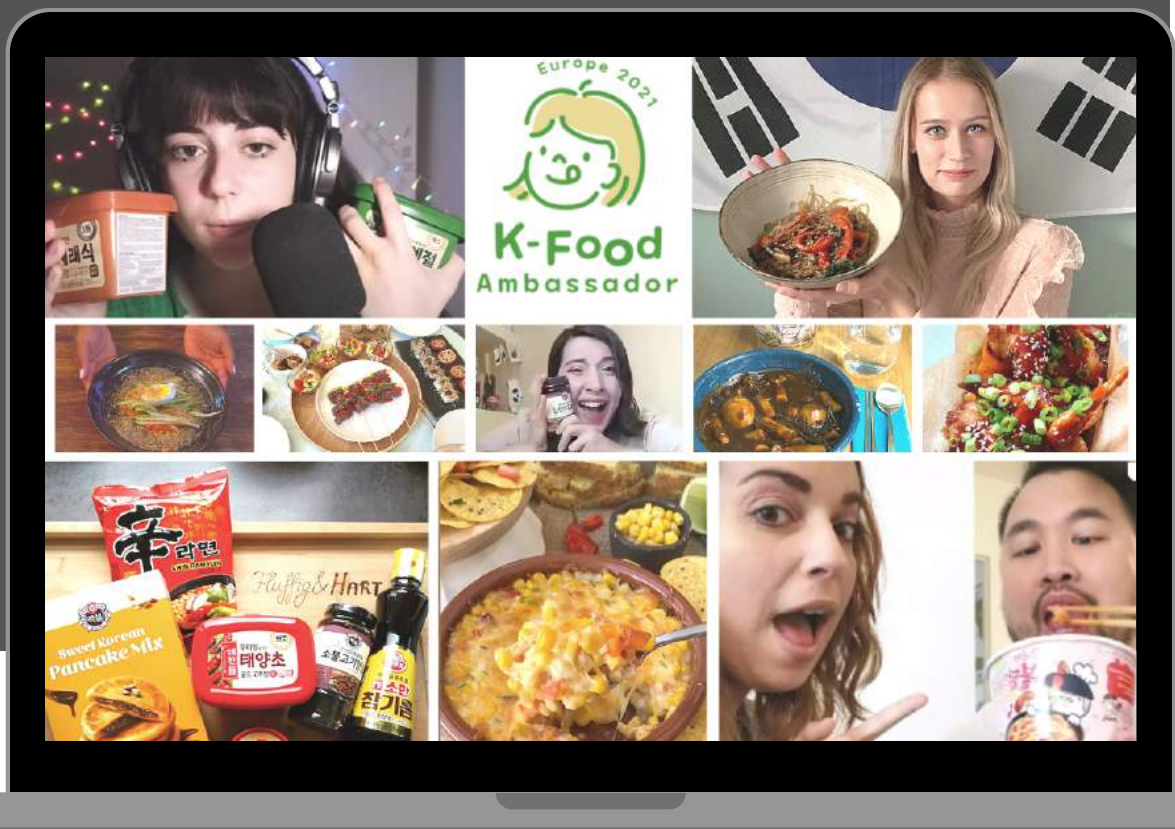


Sablés à la
marmelade de
yuzu (yujacha)



Bibimbap au
boeuf

Our K-Food Ambassadors contents



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FAQS

My fresh kimchi packaging is about to explode, is it unsafe to eat?

Even in its packaging, the fermentation process of the kimchi is not fully stopped which can lead to create a gaz and make the packaging blow up. However since kimchi doesn't spoil, it is still totally safe to consume. Just be careful not to paint your whole kitchen with kimchi when you open it!

How to give more flavors to my korean dishes?

Instead of adding plain water in a lot of recipes, Koreans use dashima broth made with dried anchovy, radish and seaweed. If you can't make this broth, you can use the water used to rinse your rice instead. If you are vegan or just need a ready to use product, you can purchase the Korean vegetable essence Yondu.

How long can I keep my gochujang, doenjang and ssamjang open?

A lot of people worry that they won't be able to use all of their products in just a couple weeks or months... Don't worry fermented food such as Korean gochujang, doejang, ssamjang don't spoil. You can keep them for a year in the fridge. Afterwards it can still be consumed but the taste might not be as good.

Where can I find Korean ingredients in Europe?

You can find Korean ingredients in asian grocery stores in your country. If you live too far away from them or can't find them, you can order online. k-shop.eu delivers in all Europe. If you are in the UK you can order through gourmetkorea.co.uk. In France you can order at coreewa.com or check the list of grocery stores on our website.

How to make Korean rice as good as in Korea?

Use short or medium grain rice. Don't forget to rinse the rice in cold water 2 or 3 time until the water is clear. Soak the rice in water for 30 minutes in summer and 1-2 hours in winter minimum. When cooking in a rice cooker or in a stove, the rice to water ratio is as follow : 1 part of rice & 1⅓ of water.





Recipe Card



Title _____

Ingredients

<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
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<input type="checkbox"/>	_____



Serving Size



Prep Time



Cook Time



Total Time

Directions



Grocery Checklist

Breakfast

☐☐☐☐☐☐☐☐☐

Lunch

☐☐☐☐☐☐☐☐☐

Dinner

☐☐☐☐☐☐☐☐☐



Grocery List

Breakfast

Lunch

Dinner

Snacks

Meal Planner



MON

TUES

WED

THURS

FRI

SAT

SUN



Meal Planner

Breakfast

Lunch

Dinner

Breakfast

Lunch

Dinner

Breakfast

Lunch

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30 Day Korean Cooking Challenge

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