

# Delicious Authentic Korean Recipes

## Kimchi Dumplings (Kimchi Mandu)

Serves 25 dumplings | Prep. time 40 minutes | Cooking time 30 minutes

### Ingredients

- 25 large dumpling wrappers
- Cooking oil
- ¼ cup water

### Filling

- 7 ounces mung bean sprouts, parboiled and finely chopped
- 4½ ounces ground pork or beef
- 1½ cups 2-week-old kimchi, finely chopped
- 9 ounces firm tofu, minced
- ½ onion, finely chopped
- ⅓ ounce garlic chives, finely chopped
- 1 egg
- 1 teaspoon sesame oil
- ½ teaspoon minced garlic
- 1 teaspoon fine sea salt
- Few dashes ground black pepper

### Directions

1. Combine the filling ingredients in a mixing bowl.
2. Arrange the wrappers; divide the filling and add some to the center of each wrapper.
3. Wet your fingertips and fold the edges of the wrappers to create a seal.

### Fried

1. Heat oil in a medium saucepan or skillet over medium heat.
2. Add the dumplings in batches and fry, turning once, until golden brown on both sides, about 2–3 minutes.
3. Drain over paper towels and serve.

### Steamed

1. Line a steamer with baking paper or some cabbage leaves.
2. Arrange the dumplings with some space between them.
3. Add water to the steamer, close the lid and steam for 15–20 minutes over medium-low heat.
4. Serve warm with some Korean dumpling sauce.

### Nutrition (per serving)

Calories 49, fat 1 g, carbs 5 g, protein 2 g, sodium 145 mg

# Classic Korean Bulgogi Beef

Serves 4 | Prep. time 50–60 minutes | Cooking time 10 minutes

## Ingredients

- ½ onion, sliced
- 4–5 dried anchovies
- 2 pounds beef rib-eye, thinly sliced (about ⅛ inch thick)
- ½ Asian pear, cored and chopped
- 2 pieces Dashima
- 1 cup water

## Marinade

- 3 cloves garlic, finely minced
- 1 tablespoon sesame oil
- 2 tablespoons Mirin
- 7 tablespoons low-sodium soy sauce
- 3–4 tablespoons sugar
- 2 teaspoons toasted sesame seeds
- 1 teaspoon black pepper, ground

## Directions

1. Arrange paper towels on a cutting board and place the beef slices on top in a single layer (do not overlap). Cover and set aside for 10 minutes to absorb blood.
2. In a blender, blend the pear and onion to make a smooth puree. Strain the liquid and discard the fibers.
3. Add the beef to a bowl and top with the pear liquid. Combine and refrigerate for 30 minutes.
4. Heat a medium saucepan or skillet over medium heat.
5. Add the water, anchovies and sea kelp; bring to a boil and then simmer for 5 minutes.
6. Remove from heat and set aside for 20 minutes. Remove the kelp and anchovies. Reserve ½ cup of stock for later use.
7. To prepare the marinade, combine the sauce ingredients in a mixing bowl.
8. Add the soy sauce mixture and reserved stock to the beef bowl. Cover and marinate in the refrigerator for 4 hours or overnight.
9. Heat a medium saucepan or skillet over medium heat.
10. Add the marinated meat without the marinade liquid; stir-cook to brown evenly for 1–2 minutes. The meat will release some juice.
11. Serve immediately with the juice and cooked rice.

## Nutrition (per serving)

Calories 575, fat 43 g, carbs 26 g, protein 46 g, sodium 1390 mg

# Fire Chicken (Buldak)

Serves 4 | Prep. time 10 minutes plus 30 minutes marinating time | Cooking time 20 minutes

## Ingredients

- 8 chicken thighs, washed
- 2 tablespoons cooking oil

## For the marinade

- 2 tablespoons rice wine
- 1 tablespoon soy sauce
- 1 tablespoon olive oil
- 1 tablespoon sugar
- 1 tablespoon honey
- Black pepper

## For the sauce

- 2 tablespoons *gochujang* (chili paste)
- 2 tablespoons soy sauce
- 1 tablespoon sesame oil
- 2 tablespoons honey
- 1 tablespoon sugar
- 2 teaspoons *gyeolja* (Korean yellow mustard) or karashi mustard
- Hot chilies, to taste
- 3 cloves garlic
- ½ large onion
- ½ large pear, cored and seeded

## Directions

1. Pat the chicken dry with paper towels.
2. Whisk the marinade ingredients together. Add the chicken and turn it to coat well. Let it marinate for at least 30 minutes.
3. Place the sauce ingredients in a blender and pulse until smooth.
4. Heat the cooking oil in a skillet over medium heat.
5. Add the chicken and brown on one side, about 10 minutes.
6. Turn and brown the other side, about 5 minutes.
7. Add the pureed sauce mixture. Reduce the heat and mix well.
8. Let it simmer until the chicken is done, about 5 more minutes.

## **Nutrition (per serving)**

Calories 477, fat 19 g, carbs 50 g, protein 27 g, sodium 1890 mg

# Spicy Korean Tofu

Serves 4 | Prep. time 10 minutes | Cooking time 15 minutes

## Ingredients

- 10 ounces firm to extra firm tofu, cubed
- Cooking oil

## Sauce

- ½ tablespoon soy sauce
- ½ tablespoon honey
- 3 tablespoons ketchup
- 1–1½ tablespoons Gochujang
- 1 teaspoon sesame oil
- 1 teaspoon minced garlic
- Toasted sesame seeds (optional)
- Green onions, finely chopped (optional)

## Directions

1. Combine the sauce ingredients in a bowl. Mix well and set aside.
2. Pat the tofu dry with paper towels.
3. Heat the oil in a medium saucepan or skillet over medium heat.
4. Add the tofu and stir-cook until soft and golden brown, about 2–3 minutes per side.
5. Remove and set aside.
6. Add the sauce to the pan and cook over medium heat for 10 seconds.
7. Add the tofu, green onions and sesame seeds; combine to coat well.
8. Serve with steamed rice.

## Nutrition (per serving)

Calories 134, fat 11 g, carbs 7 g, protein 11 g, sodium 242 mg

# Spicy Korean Short Rib Ramen

Serves 4 | Prep. time 30 min | Resting time 8-12 hours | Cooking time 4h30

## Ingredients

- Ramen noodles for 4, cooked according to the packaging instructions

### For the kelp infusion

- 4 cups water
- 1 piece *kombu* or sea kelp
- 2 ounces *katsuobushi* or bonito flakes

### For the basic broth

- 1-2 tablespoons cooking oil
- 2 pounds beef short ribs
- 1 medium onion, chopped
- 1 knob fresh ginger, peeled and cut into chunks
- 6 cloves garlic, peeled and smashed
- 2 tablespoons *gochujang*
- 1 tablespoon *doubanjiang* (Chinese chili bean sauce)
- 6 cups chicken stock
- Kelp infusion

### For crisped beef and mushrooms

- 1 tablespoon cooking oil
- 1 cup shiitake mushrooms, finely sliced
- Meat from the ribs (cooked in making broth)

### For the final soup

- 1 tablespoon *gochugaru*, or to taste
- ⅛ cup kimchi juice or liquid
- 2 cloves garlic, minced into paste or puree
- 1 tablespoon soy sauce
- Korean sea salt or *sogum* and freshly ground black pepper

### For the toppings

- ½ cup kimchi, drained (juice used for soup)
- 4 scallions, peeled and sliced thinly
- Crisped beef and mushroom mixture
- 4 soft-boiled eggs, halved

## Directions

### To make the kelp infusion

1. In a pot, soak the kombu in the water and bring it to a boil. Reduce the heat to low and add the bonito flakes. Simmer at low heat for 15 minutes, and then drain. Set the broth aside.

### To make the basic broth

2. In a large, heavy-bottomed pot, heat 1 tablespoon of oil. Sear the ribs evenly, about 10 minutes, adding more oil if needed. Remove the ribs to a dish and set them aside.
3. Using the same oil and pot, sauté the onions and ginger until browned, about 5 minutes. Add the garlic and cook until browned but not burned, about 3 minutes.
4. Add the gochujang and doubanjiang to the pot.
5. Return the browned ribs to the pot as well, and stir to coat evenly with the sauce.
6. Pour in the chicken stock and the kelp infusion. Bring it to a boil.
7. Reduce the heat and let it simmer until the meat is tender and begins to separate from the bone (about 4 hours).
8. Allow the soup to cool, and refrigerate overnight.
9. After overnight chilling, skim off the fat and strain the solids. Reheat, if needed.
10. Transfer the ribs to a cutting board and discard the other solids.
11. Pull and shred the meat. Discard the bones. Set the shredded meat aside to make the crisp topping.

To make the crisped beef and mushroom mixture

12. Meanwhile, prepare crisped beef and mushroom mixture. Heat the oil in a skillet and brown the mushrooms, about 4 minutes. Add the shredded beef and cook until crisp, about 5 minutes. Remove it from the heat.

To make the final soup

13. Bring the skimmed and strained basic broth to a boil.
14. Add the other ingredients for the final soup. Adjust the flavor with seasonings and spices according to taste. Maintain at a low simmer to keep it warm.

To assemble the ramen

15. Place cooked ramen in individual bowls. Pour the soup over the noodles. Top with kimchi, sliced scallions, crisped mushrooms and beef, and a soft-boiled egg.
16. Serve while hot.

***Nutrition (per serving)***

Calories 403, fat 16 g, carbs 30 g, protein 32 g, sodium 1754 mg

# Vegetarian Hot Stone Bibimbap

Serves 2-4 | Prep. time 30 minutes | Cooking time 30 minutes

## Ingredients

- 4 cups cooked rice
- *Chamgireum* (toasted sesame oil) to grease the bowls
- ½ sheet roasted seaweed, torn or cut into strips
- Toasted sesame seeds
- Gochujang

### For the cucumber

- ½ cucumber, thinly sliced
- Salt

### For the tofu

- 1 cup firm tofu
- 1 tablespoon *chamgireum*

### For the carrot

- 1 large carrot, julienned
- 1 tablespoon *chamgireum*
- Pinch salt

### For the bean sprouts

- 1 cup soybean sprouts
- 1 teaspoon *chamgireum*
- Pinch salt
- Pinch sesame seeds

### For the spinach

- 5 cups spinach leaves
- 1 teaspoon *chamgireum*
- Pinch salt
- Pinch sesame seeds

### For the eggs

- 2 eggs
- 2 tablespoons sesame or cooking oil
- Salt and pepper, to taste

## Directions

### For the cucumber

1. Sprinkle the cucumber slices with salt.
2. Place the slices in a colander to drain, about 20 minutes.
3. Squeeze out any excess water.

### For the tofu

4. Rinse the tofu and wrap it in towels.
5. Place a weight on top to press out the excess liquid. Leave it for 15 minutes.
6. Drain and dry thoroughly.
7. Heat 1 tablespoon of sesame oil in a non-stick pan.
8. Brown the tofu on both sides.
9. Remove it from the pan and let it cool slightly.
10. Cut it into bite-sized cubes.

### For the carrot

11. Sauté the carrot in heated sesame oil until tender, about 3 to 5 minutes.

### For the bean sprouts

12. Boil water with a pinch of salt.
13. Drop in the bean sprouts and place a lid on the pot.
14. Boil for 5 minutes without opening the lid.
15. Strain out the hot water and rinse with cold water. Drain without squeezing.
16. In a bowl, mix with sesame oil, salt, and sesame seeds.

#### For the spinach

17. Boil water with a pinch of salt and blanch the spinach by immersing it for 1 minute. Remove it from the hot water and rinse with cold water. Squeeze out any excess water and drain well. Pat dry with paper towels, if needed.
18. Mix with sesame oil, salt, and sesame seeds in a bowl.

#### For the eggs

19. Heat the oil in a skillet or non-stick pan.
20. Fry the eggs sunny-side up and season them with salt and pepper.

NOTE: You may also use raw eggs, as they will cook when placed in the hot stone.

#### To prepare the stone bowls or dolsot and to assemble

21. Heat the stone bowls in a skillet over low to medium heat.
22. Swirl a small amount of sesame oil in the bottom of each bowl.
23. Fill each bowl with about a cup each of rice, pressing down lightly.
24. Arrange the other ingredients on top, positioning them in sections for an attractive presentation.
25. Sprinkle with sesame seeds.
26. Serve with gochujang and sesame oil on the side

#### ***Nutrition (per serving)***

Calories 286, fat 12 g, carbs 33 g, protein 12 g, sodium 417 mg

\*\*\*These recipes and more can be found in Sarah Spencer's *A Taste of Korea: Korean Cooking Made Easy with Authentic Korean Recipes*. To get your copy, click on the cover below or click [here](#).

