

EASY KOREAN COOKBOOK

50 UNIQUE AND AUTHENTIC KOREAN RECIPES



CHEF MAGGIE CHOW

EASY KOREAN COOKBOOK

THE EFFORTLESS CHEF SERIES

2ND EDITION

By

Chef Maggie Chow

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STAY TO THE END OF THE COOKBOOK AND RECEIVE....



I really appreciate when people, take the time to read all of my recipes.

So, as a gift for reading this entire cookbook you will receive a **massive collection of special recipes.**

Read to the end of this cookbook and get my ***Easy Specialty Cookbook Box Set for FREE!***

This box set includes the following:

- 1. Easy Sushi Cookbook***
- 2. Easy Dump Dinner Cookbook***
- 3. Easy Beans Cookbook***

Remember this box set is about **EASY** cooking.

In the **Easy Sushi Cookbook** you will learn the easiest methods to prepare almost every type of Japanese Sushi i.e. *California Rolls, the Perfect Sushi Rice, Crab Rolls, Osaka Style Sushi*, and so many others.

Then we go on to *Dump Dinners*. Nothing can be easier than a Dump Dinner. In the **Easy Dump Dinner Cookbook** we will learn how to master our slow cookers and make some amazingly unique dinners that will take almost **no effort**.

Finally in the **Easy Beans Cookbook** we tackle one of my favorite side dishes: Beans. There are so many delicious ways to make Baked Beans and Bean Salads that I had to share them.

So stay till the end and then keep on cooking with my **Easy Specialty Cookbook Box Set!**



ABOUT THE AUTHOR.

Maggie Chow is the author and creator of your favorite *Easy Cookbooks* and *The Effortless Chef Series*. Maggie is a lover of all things related to food. Maggie loves nothing more than finding new recipes, trying them out, and then making them her own, by adding or removing ingredients, tweaking cooking times, and anything to make the recipe not only taste better, but be easier to cook!



For a complete listing of all my books please see my author page at:

<http://amazon.com/author/maggielow>

INTRODUCTION

Welcome to *The Effortless Chef Series*! Thank you for taking the time to download the *Easy Korean Cookbook*. Come take a journey with me into the delights of easy cooking. The point of this cookbook and all my cookbooks is to exemplify the effortless nature of cooking simply.

In this book we focus on the delicious food of Korea. You will find multiple fruit based desserts and various types of kimchee, amongst many other dishes. You will find that even though the recipes are simple, the taste of the dishes is quite amazing.

So will you join me in an adventure of simple cooking? If the answer is yes (and I hope it is) please consult the table of contents to find the dishes you are most interested in. Once you are ready jump right in and start cooking.

— Chef Maggie Chow

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LEGAL NOTES

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SPICY TOFU SALAD

Ingredients

- 3 green onions, chopped
- two tbsps. soy sauce
- two tbsps. toasted sesame seeds
- one half tsps. Korean chili pepper powder, or to taste
- one tsp. white sugar
- half tsp. toasted Asian sesame oil
- one half cups steamed Japanese rice
- half head of romaine lettuce (heart only), torn into bite-size pieces
- half cucumber - peeled, seeded, and chopped
- one (1 two ounce) package tofu, sliced

Directions

- Combine green onions, sesame seeds, Korean red pepper powder, soy sauce, sugar, and sesame oil in a regular sized bowl thoroughly
- Now put the rice in bowl and add a mixture of lettuce and cucumber before putting tofu over it.
- Now pour some sesame mixture over the tofu according to your tastes.

Amount per serving: (one large bowl)

Timing Information:

Preparation	Cooking	Total Time
10 mins		10 mins

Nutritional Information:

Calories	198 kcal
Carbohydrates	23.7 g
Cholesterol	0 mg
Fat	7.2 g
Fiber	1.9 g
Protein	10.4 g
Sodium	472 mg

* Percent Daily Values are based on a 2,000 calorie diet.

KIMCHEE SQUATS

Ingredients

- two lbs. chopped Chinese cabbage
- one tbsp. salt
- two tbsps. chopped green onion
- one clove garlic, crushed
- one tbsp. chili powder
- two tsps. minced fresh ginger root
- half cup light soy sauce
- half cup white wine vinegar
- two tsps. white sugar
- one dash sesame oil

Directions

- Let cabbage sit for 4 hours after adding some salt and massage it with your hands until you find that it is soft.
- Now drain all the liquid and add green onion, soy sauce, sugar, ginger, garlic and chili powder into this cabbage.
- Refrigerate for about 24 hours in a jar before serving.

Amount per serving: (6 total)

Timing Information:

Preparation	Cooking	Total Time
25 mins	10 mins	1 day 4 hrs 25 min

Nutritional Information:

Calories	36 kcal
Carbohydrates	6.8 g
Cholesterol	0 mg
Fat	0.5 g
Fiber	1.9 g
Protein	2.6 g
Sodium	1796 mg

* Percent Daily Values are based on a 2,000 calorie diet.

CARROT SALAD

Ingredients

- one lb. carrots, peeled and julienned (preferably with a mandolin)
- three cloves garlic, minced
- 1/4 cup vinegar
- one tbsp. white sugar
- two half tsps. salt
- 1/3 cup vegetable oil
- half onion, minced
- one tsp. ground coriander
- half tsp. cayenne pepper

Directions

- Add garlic over carrots in a bowl and separately mix vinegar, sugar, and salt thoroughly.
- Cook onions in hot oil for about 5 minutes and add coriander and cayenne pepper before adding everything to the carrot mixture.
- Also add vinegar dressing over the mixture and refrigerate in a sealed dish for about 24 hours while tossing it several times.

Amount per serving: (6 total)

Timing Information:

Preparation	Cooking	Total Time
30 mins	10 mins	1 hrs 30 mins

Nutritional Information:

Calories	119 kcal
Carbohydrates	8.9 g
Cholesterol	0 mg
Fat	9.3 g
Fiber	2 g
Protein	0.8 g
Sodium	767 mg

* Percent Daily Values are based on a 2,000 calorie diet.

SPICY RED PEPPER CUCUMBERS

Ingredients

- one tsp. vegetable oil
- two tbsps. sesame seeds
- two tbsps. kochujang (Korean hot sauce)
- 1/4 cup white vinegar
- one tbsp. sesame oil
- 1 green onion, chopped
- one cucumber, halved, seeded and thinly sliced

Directions

- Place sesame seeds in a large bowl after cooking in hot vegetable oil for about three minutes and add kochujang, green onion and sesame oil into the sesame seeds.
- Now add cucumber and mix well.
- Serve.

Amount per serving: (2 total)

Timing Information:

Preparation	Cooking	Total Time
10 mins	5 mins	15 mins

Nutritional Information:

Calories	1092 kcal
Carbohydrates	57.5 g
Cholesterol	155 mg
Fat	78.6 g
Fiber	1.8 g
Protein	39.1 g
Sodium	2501 mg

* Percent Daily Values are based on a 2,000 calorie diet.

SALAD WITH SESAME DRESSING

Ingredients

- one head red leaf lettuce
- 4 green onions (white part only)
- 1/4 cup soy sauce
- 5 tbsps. water
- two tsps. white sugar
- 1/4 cup distilled white vinegar
- two tbsps. sesame oil
- one tbsp. red pepper flakes

Directions

- Place lettuce leaves into a bowl after washing and cutting.
- Now add the sliced white portion of your sliced green onions into the bowl containing the lettuce leaves.
- In a separate bowl mix soy sauce, white sugar, vinegar, sesame oil, water, and red pepper flakes and pour this mixture over the bowl containing lettuce leaves and green onions.
- Serve.

Amount per serving: (5 total)

Timing Information:

Preparation	Cooking	Total Time
10 mins		10 mins

Nutritional Information:

Calories	80 kcal
Carbohydrates	6.1 g
Cholesterol	0 mg
Fat	5.9 g
Fiber	1.6 g
Protein	2 g
Sodium	740 mg

* Percent Daily Values are based on a 2,000 calorie diet.

KOREAN CUCUMBER SALAD

Ingredients

- three lbs. seedless cucumber, sliced paper-thin
- one half tbsps. sea salt
- half cup rice vinegar
- one tbsp. rice wine
- two tbsps. sesame oil
- two tbsps. honey
- two tbsps. freshly squeezed lemon juice
- 1 green onion, sliced
- one tbsp. toasted sesame seeds
- two walnut halves, finely chopped(optional)
- one clove garlic, minced
- one half tsps. Korean red pepper powder
- freshly ground black pepper to taste

Directions

- Drain liquid from cucumbers after putting some sea salt by letting it stand for about 15 minutes and wrapping it in a paper towel to get more water out of it.
- Now combine rice vinegar, rice wine, honey, green onion, sesame seeds, lemon juice, walnuts, garlic, sesame oil, Korean red pepper powder and ground black pepper in a medium sized bowl.
- In this mixture, add cucumbers and refrigerate for at least 30 minutes after wrapping with plastic paper.

Amount per serving: (10 total)

Timing Information:

Preparation	Cooking	Total Time
10 mins		40 mins

Nutritional Information:

Calories	117 kcal
Carbohydrates	15.8 g
Cholesterol	0 mg
Fat	6.1 g
Fiber	1.7 g
Protein	2.1 g
Sodium	1332 mg

* Percent Daily Values are based on a 2,000 calorie diet.

KIMCHEE JUN

(KIMCHEE PANCAKES)

Ingredients

- one cup kimchi, drained and chopped
- half cup reserved juice from kimchi
- one cup all-purpose flour
- two eggs
- 1 green onion, chopped
- one tbsp. vegetable oil
- salt to taste
- one tbsp. rice vinegar
- one tbsp. soy sauce
- half tsp. sesame oil
- half tsp. Korean chili pepper flakes (optional)
- half tsp. toasted sesame seeds (optional)

Directions

- Combine kimchi, flour, eggs, kimchi juice and green onion in a medium sized bowl.
- Cook pancakes made from $\frac{1}{4}$ cup of batter in hot vegetable oil for about 5 minutes each side.
- Now combine rice vinegar, sesame oil, chili pepper flakes, soy sauce and toasted sesame seeds in a bowl and serve this with pancakes.

Amount per serving: (8 total)

Timing Information:

Preparation	Cooking	Total Time
15 mins	15 mins	30 mins

Nutritional Information:

Calories	199 kcal
Carbohydrates	26.5 g
Cholesterol	93 mg
Fat	7.1 g
Fiber	1.6 g
Protein	7.4 g
Sodium	513 mg

* Percent Daily Values are based on a 2,000 calorie diet.

JAP CHAE

(GLASS NOODLES)

Ingredients

- one pkg. (8 serving size) sweet potato vermicelli
- half cup reduced-sodium soy sauce
- 1/4 cup brown sugar
- half cup boiling water
- three tbsps. vegetable oil
- one tsp. toasted sesame seeds

Directions

- Cover the vermicelli with hot water after cutting it into small pieces for 10 minutes and add a mixture of soy sauce, boiling water, and brown sugar into it.
- Cook this mixture in hot oil for about 5 minutes and just before serving, add noodles over it.

Amount per serving: (4 total)

Timing Information:

Preparation	Cooking	Total Time
15 mins	5 mins	20 mins

Nutritional Information:

Calories	363 kcal
Carbohydrates	65.2 g
Cholesterol	0 mg
Fat	10.7 g
Fiber	0.6 g
Protein	1.9 g
Sodium	1073 mg

* Percent Daily Values are based on a 2,000 calorie diet.

KONGNAMOOOL

(SOYBEAN SPROUTS)

Ingredients

- one lb. soybean sprouts
- two tbsps. soy sauce
- 1/4 cup sesame oil
- two tbsps. Korean chili powder
- one half tsps. garlic, minced
- two tsps. sesame seeds
- 1/4 cup chopped green onion
- two tsps. rice wine vinegar, or to taste

Directions

- Cook bean sprouts in salty boiling water for about 15 seconds and drain the water.
- Put sprouts in ice cold water for about three minutes to stop the cooking process and when these bean sprouts are cold, set them aside.
- Now combine soy sauce, sesame seeds, sesame oil and chili powder in a medium sized bowl and add bean sprouts to it.
- Now add some green onion and rice wine vinegar before refrigerating for some time.
- Serve

Amount per serving: (4 total)

Timing Information:

Preparation	Cooking	Total Time
10 mins	5 mins	15 mins

Nutritional Information:

Calories	376 kcal
Carbohydrates	21.4 g
Cholesterol	69 mg
Fat	21.9 g
Fiber	0.8 g
Protein	20.6 g
Sodium	1249 mg

* Percent Daily Values are based on a 2,000 calorie diet.

ZUCCHINI IN KOREA

Ingredients

- 5 medium zucchini, sliced
- one bunch green onions, sliced
- 1/4 cup white vinegar
- half cup soy sauce
- 1/4 cup water
- two tbsps. sugar
- two tbsps. sesame oil
- ground black pepper to taste

Directions

- Mix zucchini, vinegar, soy sauce, water, sugar, green onions and sesame oil in a saucepan before adding pepper and cooking for about 20 minutes to get the zucchini tender.

Amount per serving: (6 total)

Timing Information:

Preparation	Cooking	Total Time
20 mins	20 mins	40 mins

Nutritional Information:

Calories	1092 kcal
Carbohydrates	57.5 g
Cholesterol	155 mg
Fat	78.6 g
Fiber	1.8 g
Protein	39.1 g
Sodium	2501 mg

* Percent Daily Values are based on a 2,000 calorie diet.

KOREAN SPICY MARINATED PORK

(KOREAN STYLE PORK)

Ingredients

- 1/4 C. rice wine vinegar
- 2 tbsps soy sauce
- 1/2 C. gochujang (Korean hot pepper paste)
- 3 tbsps minced garlic
- 3 tbsps minced fresh ginger root
- 2 tbsps red pepper flakes
- 1/2 tsp black pepper
- 3 tbsps white sugar
- 3 green onions, cut into 2 inch pieces
- 1/2 yellow onion, cut into 1/4-inch thick rings
- 1 (2 lb) pork loin, cut into 1/4 inch slices
- 1/4 C. canola oil

Directions

- Get a bowl, combine: yellow and green onions, vinegar, sugar, soy sauce, black pepper, pepper paste, pepper flakes, ginger and garlic.
- Now add in the pieces of pork with the mix and place a covering of plastic around the dish.
- Place everything in the fridge for 4 hrs.
- Now stir fry your pork, in canola, until fully done, for about 7 mins.
- Cook the pork in batches.
- Enjoy.

Amount per serving (8 total)

Timing Information:

Preparation	Cooking	Total Time
45 m	15 m	4 h

Nutritional Information:

Calories	300 kcal
Fat	17.3 g
Carbohydrates	16.8g
Protein	19.2 g
Cholesterol	55 mg
Sodium	390 mg

* Percent Daily Values are based on a 2,000 calorie diet.

KOREAN BBQ SHORT RIBS

GAL-BI

(KOREAN RIBS)

Ingredients

- 3/4 C. soy sauce
- 3/4 C. water
- 3 tbsps white vinegar
- 1/4 C. dark brown sugar
- 2 tbsps white sugar
- 1 tbsp black pepper
- 2 tbsps sesame oil
- 1/4 C. minced garlic
- 1/2 large onion, minced
- 3 lbs Korean-style short ribs (beef chuck flanken, cut 1/3 to 1/2 inch thick across bones)

Directions

- Get a bowl, combine: vinegar, water, soy sauce, onion, brown sugar, garlic, regular sugar, sesame oil, and regular pepper.
- Add your ribs to this mix and cover the bowl with some plastic.
- Place the contents in the fridge overnight.
- Now grill the ribs for 6 mins per side on an oiled grate.
- Enjoy.

Amount per serving (5 total)

Timing Information:

Preparation	Cooking	Total Time
15 m	10 m	7 h 25 m

Nutritional Information:

Calories	710 kcal
Fat	55.5 g
Carbohydrates	23.2g
Protein	28.8 g
Cholesterol	112 mg
Sodium	2231 mg

* Percent Daily Values are based on a 2,000 calorie diet.

RED PEPPER POTATOES

Ingredients

- one half tbsps. soy sauce
- one pinch cayenne pepper, or to taste
- one half tbsps. vegetable oil
- three potatoes, cut into bite sized pieces
- 4 green onions, chopped
- one large red bell pepper, chopped
- two tsps. sesame seeds

Directions

- Mix cayenne pepper and soy sauce in a bowl and cook potatoes over hot vegetable oil for about 5 minutes or until golden.
- Continue to cook for another minute after adding onion bell pepper and sesame seeds.
- Add soy sauce mixture and cook for another 3 minutes.

Amount per serving: (4 total)

Timing Information:

Preparation	Cooking	Total Time
15 mins	20 mins	35 mins

Nutritional Information:

Calories	198 kcal
Carbohydrates	32.3 g
Cholesterol	0 mg
Fat	6.2 g
Fiber	5 g
Protein	4.6
Sodium	352 mg

* Percent Daily Values are based on a 2,000 calorie diet.

FIDDLEHEADS

Ingredients

- three cups fresh fiddlehead ferns, ends trimmed
- three tbsps. unfiltered extra-virgin olive oil
- one clove garlic, minced
- half tsp. sea salt
- half tsp. black pepper
- one tbsp. fresh lemon juice

Directions

- Cook fiddlehead ferns in salty boiling water for about 10 minutes and drain the water.
- Add pepper, and garlic in some hot olive oil along with the ferns for about 5 minutes and remove everything from the heat and add lemon juice before serving.

Amount per serving: (3 total)

Timing Information:

Preparation	Cooking	Total Time
15 mins	15 mins	30 mins

Nutritional Information:

Calories	376 kcal
Carbohydrates	21.4 g
Cholesterol	69 mg
Fat	21.9 g
Fiber	0.8 g
Protein	20.6 g
Sodium	1249 mg

* Percent Daily Values are based on a 2,000 calorie diet.

CRAB CAKES IN KOREA

Ingredients

- 1/4 cup mayonnaise
- two tbsps. chopped fresh cilantro
- one tbsp. chopped fresh ginger
- two tsps. Asian fish sauce (nuoc mam or nam pla)
- one (6 ounce) can crabmeat - drained, flaked and cartilage removed
- three ounces chopped shrimp
- one half cups fresh breadcrumbs, made from crustless French bread
- salt and pepper to taste
- one half tbsps. peanut oil

Directions

- Combine crab, shrimp, bread crumbs, fresh ginger, mayonnaise, fish sauce and cilantro together in a bowl before adding salt and pepper.
- Take one fourth of a cup of this mixture and place in a bowl containing the remaining bread crumbs, and make a patty out of it.
- Do the same for the rest of the crab mixture.
- Now fry your patties in hot oil over medium heat for about 5 minutes each side.
- Serve

Amount per serving: (4 total)

Timing Information:

Preparation	Cooking	Total Time
15 mins	35 mins	50 mins

Nutritional Information:

Calories	254 kcal
Carbohydrates	9.6 g
Cholesterol	75 mg
Fat	17.4 g
Fiber	0.5 g
Protein	14.5 g
Sodium	620 mg

* Percent Daily Values are based on a 2,000 calorie diet.

CORN AND CASHEW HUMMUS

Ingredients

- two cups corn kernels, thawed if frozen
- one cup cashews
- one tsp. lemon juice, or more to taste
- 1/4 tsp. salt
- 1/4 tsp. onion powder
- 1/4 tsp. garlic powder

Directions

- Place everything mentioned in a blender and blend it for about one minute.
- Serve with rice.

Amount per serving: (3 total)

Timing Information:

Preparation	Cooking	Total Time
5 mins		5 mins

Nutritional Information:

Calories	270 kcal
Carbohydrates	28.6 g
Cholesterol	0 mg
Fat	16.5 g
Fiber	3 g
Protein	7.8 g
Sodium	367 mg

* Percent Daily Values are based on a 2,000 calorie diet.

TOASTI

Ingredients

- half cup shredded cabbage
- half carrot, shredded
- one egg
- half tsp. soy sauce
- two tbsps. butter
- two slices bread, toasted

Directions

- Add egg and soy sauce into a mixture of cabbage and carrot, and mix thoroughly.
- Cook the patty made from this vegetable mixture in hot butter for about three minutes each side.
- Serve by placing contents between two slices of bread.

Amount per serving: (1 total)

Timing Information:

Preparation	Cooking	Total Time
10 mins	10 mins	20 mins

Nutritional Information:

Calories	431 kcal
Carbohydrates	30.9 g
Cholesterol	247 mg
Fat	29.8 g
Fiber	3 g
Protein	11.2 g
Sodium	751 mg

* Percent Daily Values are based on a 2,000 calorie diet.

BANANA WAFFLES

Ingredients

- one 1/4 cups all-purpose flour
- three tsps. baking powder
- half tsp. salt
- one pinch ground nutmeg
- one cup 2% milk
- one egg
- two ripe bananas, sliced

Directions

- Combine nutmeg, baking powder, flour and salt and add milk and eggs.
- Pour two tbsps. of batter over preheated waffle iron after spraying the iron with non-stick cooking spray.
- Now place two slices of banana on the mixture pour another two tsps. of batter over these slices of banana.
- Cook for about three minutes or until golden brown.
- Serve.

Amount per serving: (4 total)

Timing Information:

Preparation	Cooking	Total Time
10 mins	30 mins	40 mins

Nutritional Information:

Calories	241 kcal
Carbohydrates	47.3 g
Cholesterol	50 mg
Fat	2.5 g
Fiber	2.6 g
Protein	8.3 g
Sodium	606 mg

* Percent Daily Values are based on a 2,000 calorie diet.

EGGS KIMCHI

Ingredients

- two tbsps. vegetable oil
- one cup kimchi, or to taste
- two large eggs, beaten

Directions

- Cook kimchi in hot oil over medium heat for about two minutes and add eggs, and cook for another three minutes to get the eggs tender.
- Serve.

Amount per serving: (4 total)

Timing Information:

Preparation	Cooking	Total Time
5 mins	5 mins	10 mins

Nutritional Information:

Calories	208 kcal
Carbohydrates	3.5 g
Cholesterol	186 mg
Fat	18.8 g
Fiber	0.9 g
Protein	7.5 g
Sodium	568 mg

* Percent Daily Values are based on a 2,000 calorie diet.

SEAWEED SOUP

Ingredients

- one (one ounce) package dried brown seaweed
- 1/4 lb. beef top sirloin, minced
- two tsps. sesame oil
- one half tbsps. soy sauce
- one tsp. salt, or to taste
- 6 cups water
- one tsp. minced garlic

Directions

- Cover seaweed with water to get them soft and cut them into two inch pieces.
- Cook beef, half tbsp. of soy sauce and some salt for about one minute in a saucepan over medium heat.
- Now add seaweed and the remaining soy sauce and cook for another minute while stirring continuously.
- Bring to boil after adding two cups of water and add garlic and the remaining water.
- Cook this for 20 minutes and add salt before serving.

Amount per serving: (4 total)

Timing Information:

Preparation	Cooking	Total Time
15 mins	30 mins	45 mins

Nutritional Information:

Calories	65 kcal
Carbohydrates	1 g
Cholesterol	17 mg
Fat	3.7 g
Fiber	0.1 g
Protein	6.8 g
Sodium	940 mg

* Percent Daily Values are based on a 2,000 calorie diet.

KIMCHEE JIGEH

(STEW)

Ingredients

- 6 cups water
- three cups napa cabbage Kim Chee, brine reserved
- two cups cubed fully cooked luncheon meat (e.g. Spam)
- three tbsps. chili powder
- salt, to taste
- ground black pepper, to taste

Directions

- Take a large saucepan and combine water, kim chee, spam, pepper, chili powder, kim chee brine and salt.
- Bring this mixture to boil and cook for about 20 minutes.
- Serve.

Amount per serving: (4 total)

Timing Information:

Preparation	Cooking	Total Time
5 mins	20 mins	25 mins

Nutritional Information:

Calories	303 kcal
Carbohydrates	10.6 g
Cholesterol	59 mg
Fat	24.1 g
Fiber	3.5 g
Protein	13.7 g
Sodium	2064 mg

* Percent Daily Values are based on a 2,000 calorie diet.

MISO

(BEAN CURD SOUP)

Ingredients

- three half cups water
- three tbsps. denjang (Korean bean curd paste)
- one tbsp. garlic paste
- half tbsp. dashi granules
- half tbsp. gochujang (Korean hot pepper paste)
- one zucchini, cubed
- one potato, peeled and cubed
- 1/4 lb. fresh mushrooms, quartered
- one onion, chopped
- one (1two ounce) package soft tofu, sliced

Directions

- Combine water, denjang, garlic paste, dashi and gochujang in saucepan over medium heat and let it boil for two minutes.
- Now add zucchini, potato, onions and mushrooms, and cook for another 7 minutes.
- Now add tofu and cook until tender.

Amount per serving: (4 total)

Timing Information:

Preparation	Cooking	Total Time
15 mins	20 mins	35 mins

Nutritional Information:

Calories	158 kcal
Carbohydrates	21.6 g
Cholesterol	0 mg
Fat	4.1 g
Fiber	3.4 g
Protein	9.1 g
Sodium	641 mg

* Percent Daily Values are based on a 2,000 calorie diet.

DOENJANG CHIGAE

(BEAN TOFU SOUP)

Ingredients

- three cups vegetable stock
- three cups water
- two cloves garlic, coarsely chopped
- two tbsps. Korean soy bean paste (doenjang)
- 4 green onions, chopped
- one zucchini, halved and cut into 1/2-inch slices
- half (16 ounce) package firm tofu, drained and cubed
- one jalapeno pepper, sliced

Directions

- Add garlic and soy bean paste into boiled vegetable stock stirring regularly to dissolve.
- Now add green onion, tofu, jalapeno and zucchini, and cook for 15 minutes at low heat.
- Serve.

Amount per serving: (6 total)

Timing Information:

Preparation	Cooking	Total Time
15 mins	25 mins	40 mins

Nutritional Information:

Calories	59 kcal
Carbohydrates	5 g
Cholesterol	0 mg
Fat	2.7 g
Fiber	1.6 g
Protein	4.9 g
Sodium	378 mg

* Percent Daily Values are based on a 2,000 calorie diet.

PINE NUT RICE SOUP

Ingredients

- one cup pine nuts
- two cups cooked long-grain white rice
- 6 cups water
- one tbsp. pine nuts
- one cup dates, pitted and chopped
- half tsp. white sugar
- salt to taste

Directions

- Blend rice, one cup pine nuts, and 2 glass of water in a blender.
- Add 4 cups of water and this pine nut mixture into saucepan, and bring it to boil.
- Cook for 10 minutes at low heat while stirring regularly to prevent it from burning.
- Garnish with sliced dates and more pine nuts.
- Serve.

Amount per serving: (6 total)

Timing Information:

Preparation	Cooking	Total Time
10 mins	10 mins	20 mins

Nutritional Information:

Calories	275 kcal
Carbohydrates	37 g
Cholesterol	0 mg
Fat	12.5 g
Fiber	3.3 g
Protein	7.8 g
Sodium	2 mg

* Percent Daily Values are based on a 2,000 calorie diet.

SHRIMP RICE SOUP

Ingredients

- two cups white rice
- 9 ounces shelled and deveined shrimp
- one tbsp. sesame oil
- one tbsp. rice wine
- 12 cups water
- salt to taste

Directions

- Let the rice stand for about two hours after rinsing it.
- Fry shrimp and rice wine in hot oil in a saucepan over medium heat and add rice cook for one minute.
- Pour some water into the saucepan and when the mixture is thick, turn the heat down to low and cook for another 10-15 minutes.
- Serve.

Amount per serving: (4 total)

Timing Information:

Preparation	Cooking	Total Time
2 hrs	20 mins	2 hrs 20 mins

Nutritional Information:

Calories	586 kcal
Carbohydrates	99.6 g
Cholesterol	128 mg
Fat	6.8 g
Fiber	1.6 g
Protein	25.9 g
Sodium	131 mg

* Percent Daily Values are based on a 2,000 calorie diet.

SEAWEED SOUP II

Ingredients

- one ounce dried wakame (brown) seaweed
- two tsps. sesame oil
- half cup extra-lean ground beef
- one tsp. salt, or to taste
- one half tbsps. soy sauce
- one tsp. minced garlic
- 7 cups water

Directions

- Let the seaweed stand in water for about 15 minutes to get soft, drain the water, and cut it into two inch pieces.
- Cook beef, 1/3 cup soy sauce and add some salt in hot oil in a saucepan over medium heat for about 4 minutes and add seaweed and the soy sauce that is left.
- Cook for another minute and add garlic and some water.
- Bring water to boil and lower the heat down to low and cook for another 15 minutes.
- Serve.

Amount per serving: (4 total)

Timing Information:

Preparation	Cooking	Total Time
10 mins	20 mins	40 mins

Nutritional Information:

Calories	376 kcal
Carbohydrates	21.4 g
Cholesterol	69 mg
Fat	21.9 g
Fiber	0.8 g
Protein	20.6 g
Sodium	1249 mg

* Percent Daily Values are based on a 2,000 calorie diet.

STEAK IN KOREA

Ingredients

- two lbs. thinly sliced Scotch fillet (chuck eye steaks)
- half cup soy sauce
- 5 tbsps. white sugar
- two half tbsps. sesame seeds
- two tbsps. sesame oil
- three shallots, thinly sliced
- two cloves garlic, crushed
- 5 tbsps. mirin (Japanese sweet wine)

Directions

- Combine soy sauce, sugar, sesame seeds, sesame oil, shallots, garlic, and mirin in a bowl before adding meat and mixing it thoroughly.
- Refrigerate for about 18 hours and fry this meat over hot oil for 10 minutes.
- Serve this meat with fried rice or salad.

Amount per serving: (6 total)

Timing Information:

Preparation	Cooking	Total Time
20 mins	10 mins	12 hrs 30 mins

Nutritional Information:

Calories	376 kcal
Carbohydrates	21.4 g
Cholesterol	69 mg
Fat	21.9 g
Fiber	0.8 g
Protein	20.6 g
Sodium	1249 mg

* Percent Daily Values are based on a 2,000 calorie diet.

BULGOGI

(KOREAN FLANK STEAK)

Ingredients

- 1 lb flank steak, thinly sliced
- 5 tbsps soy sauce
- 2 1/2 tbsps white sugar
- 1/4 C. diced green onion
- 2 tbsps minced garlic
- 2 tbsps sesame seeds
- 2 tbsps sesame oil
- 1/2 tsp ground black pepper

Directions

- Get a bowl, mix: black pepper, soy sauce, sesame oil, sugar, sesame seeds, garlic, and green onions.
- Add in your beef and place a covering of plastic around the bowl.
- Now place everything in the fridge for 60 mins.
- Grill your beef for 3 mins per side on an oiled grate.
- Enjoy.

Amount per serving (4 total)

Timing Information:

Preparation	Cooking	Total Time
10 m	5 m	1 h 15 m

Nutritional Information:

Calories	232 kcal
Fat	13.2 g
Carbohydrates	12.4g
Protein	16.2 g
Cholesterol	27 mg
Sodium	1157 mg

* Percent Daily Values are based on a 2,000 calorie diet.

KOREAN MARINADE

Ingredients

- 1 C. white sugar
- 1 C. soy sauce
- 1 C. water
- 1 tsp onion powder
- 1 tsp ground ginger
- 1 tbsp lemon juice (optional)
- 4 tsps hot chili paste (optional)

Directions

- Get the following boiling in a big pot: ginger, sugar, onion powder, soy sauce, and water.
- Once it is all boiling set the heat to low and let the contents gently cook for 7 mins.
- Shut the heat and stir in the lemon juice and chili paste.
- Then add in your chicken and let it sit in the mix for at least 5 hrs before cooking.

NOTE: Your chicken can be grilled for the best tastes, or stir fried with medium heat.

Amount per serving (48 total)

Timing Information:

Preparation	Cooking	Total Time
10 m	15 m	25 m

Nutritional Information:

Calories	20 kcal
Fat	0.1 g
Carbohydrates	< 4.9g
Protein	0.3 g
Cholesterol	< 0 mg
Sodium	304 mg

* Percent Daily Values are based on a 2,000 calorie diet.

TAK TORITANG

(POTATO AND CHICKEN)

Ingredients

- 2 1/2 lbs chicken drumettes
- 2 large potatoes, cut into large chunks
- 2 carrots, cut into 2 inch pieces
- 1 large onion, cut into 8 pieces
- 4 cloves garlic, crushed
- 1/4 C. water
- 1/2 C. soy sauce
- 2 tbsps white sugar
- 3 tbsps hot pepper paste

Directions

- Get the following boiling in a big pot: hot pepper paste, potatoes, sugar, carrots, soy sauce, water, onions, and garlic.
- Once it is all boiling set the heat to its lowest level and cook the mix for 50 mins.
- At this point the liquid should be thick.
- Enjoy.

Amount per serving (4 total)

Timing Information:

Preparation	Cooking	Total Time
15 m	45 m	1 h

Nutritional Information:

Calories	447 kcal
Fat	14.1 g
Carbohydrates	54.7g
Protein	25.7 g
Cholesterol	60 mg
Sodium	1994 mg

* Percent Daily Values are based on a 2,000 calorie diet.

PUL-KOGI

(BEEF BBQ II)

Ingredients

- 1 lb beef top sirloin, thinly sliced
- 6 cloves garlic, minced
- 1/2 pear - peeled, cored, and minced
- 2 green onions, thinly sliced
- 4 tbsps soy sauce
- 2 tbsps white sugar
- 1 tbsp sesame oil
- 1 tbsp rice wine
- 1 tbsp sesame seeds
- 1 tsp minced fresh ginger
- freshly ground black pepper to taste (optional)

Directions

- Get a bowl, combine: black pepper, garlic, ginger, pears, sesame seeds, green onions, soy sauce, wine, sesame oil, and sugar.
- Add in your beef and stir.
- Place a covering of plastic on the bowl and place everything in the fridge for 4 hrs.
- Grab a broiler pan and coat it with oil.
- Now cook your beef under the broiler for 7 mins.
- Enjoy.

Amount per serving (4 total)

Timing Information:

Preparation	Cooking	Total Time
25 m	5 m	30 m

Nutritional Information:

Calories	276 kcal
Fat	14.9 g
Carbohydrates	13.8g
Protein	20.6 g
Cholesterol	60 mg
Sodium	947 mg

* Percent Daily Values are based on a 2,000 calorie diet.

KOREAN TERIYAKI

Ingredients

- 1/4 C. soy sauce
- 1 C. water
- 1/3 C. maple syrup
- 3 tbsps dark sesame oil
- 2 cloves garlic, crushed
- 1 tbsp minced fresh ginger root
- 2 tps ground black pepper
- 5 skinless, boneless chicken breast halves
- 1 C. brown rice
- 2 C. water
- 2 tbsps cornstarch

Directions

- Get a bowl, combine: pepper, soy sauce, ginger, 1 C. of water, garlic, maple syrup, and sesame oil.
- Reserve 1/3 of a C. of the mix and then add in your chicken.
- Stir the chicken in the marinade and place a covering of plastic around the bowl.
- Put everything in the fridge for 3 hrs.
- Get your rice and 2 C. of water boiling.
- Once it is boiling, set the heat to its lowest level, place a lid on the pot, and let the rice cook for 50 mins.
- Coat a casserole dish with oil and then turn on your oven's broiler before doing anything else.
- Put your chicken pieces in the casserole dish and then begin to boil the associated marinade.

- Add in some cornstarch and stir the mix while it is boiling and continue heating until it is thick.
- At the same time cook your chicken for 9 mins each side under the broiler and baste the meat with the marinade.
- Enjoy.

Amount per serving (5 total)

Timing Information:

Preparation	Cooking	Total Time
15 m	1 h	3 h 15 m

Nutritional Information:

Calories	388 kcal
Fat	11.9 g
Carbohydrates	41.5g
Protein	27.7 g
Cholesterol	67 mg
Sodium	785 mg

* Percent Daily Values are based on a 2,000 calorie diet.

BIBIMBAP

(VEGETARIAN APPROVED)

Ingredients

- 2 tbsps sesame oil
- 1 C. carrot matchsticks
- 1 C. zucchini matchsticks
- 1/2 (14 oz.) can bean sprouts, drained
- 6 oz. canned bamboo shoots, drained
- 1 (4.5 oz.) can sliced mushrooms, drained
- 1/8 tsp salt to taste
- 2 C. cooked and cooled rice
- 1/3 C. sliced green onions
- 2 tbsps soy sauce
- 1/4 tsp ground black pepper
- 1 tbsp butter
- 3 eggs
- 3 tpsps sweet red chili sauce, or to taste

Directions

- Stir fry your zucchini and carrots and in sesame oil for 7 mins then add in: mushrooms, bamboo, and sprouts.
- Stir fry the mix for 7 more mins then add in some salt and remove the veggies from the pan.
- Add in: black pepper, rice, soy sauce, and green onions. And get everything hot.
- Now in another pan fry your eggs in butter. When the yolks are somewhat runny but the egg whites are cooked

place the eggs to the side. This should take about 3 mins of frying.

- Layer an egg on some rice.
- Add the veggies on top of the egg and some red chili sauce over everything.
- Enjoy.

Amount per serving (3 total)

Timing Information:

Preparation	Cooking	Total Time
30 m	20 m	50 m

Nutritional Information:

Calories	395 kcal
Fat	18.8 g
Carbohydrates	45g
Protein	13.6 g
Cholesterol	196 mg
Sodium	1086 mg

* Percent Daily Values are based on a 2,000 calorie diet.

KOREAN PORK DUMP DINNER

Ingredients

- 3 cloves garlic, pressed
- 1/2 C. chicken broth
- 1 tbsp Korean chili bean paste
- 1/2 C. soy sauce
- 6 pork chops
- salt and pepper to taste

Directions

- Add the following to your crock pot: soy sauce, garlic, bean paste, and chicken broth.
- Add some pepper and salt to your pork before adding it in as well.
- Stir everything in the slow cook before cooking the contents for 6 hrs with a low level of heat.
- Enjoy.

Amount per serving (6 total)

Timing Information:

Preparation	Cooking	Total Time
10 m	5 h	5 h 10 m

Nutritional Information:

Calories	142 kcal
Fat	6.7 g
Carbohydrates	3.5g
Protein	16 g
Cholesterol	39 mg
Sodium	1247 mg

* Percent Daily Values are based on a 2,000 calorie diet.

BULGOGI II

Ingredients

- 1/4 C. diced onion
- 5 tbsps soy sauce
- 2 1/2 tbsps brown sugar
- 2 tbsps minced garlic
- 2 tbsps sesame oil
- 1 tbsp sesame seeds
- 1/2 tsp cayenne
- salt and ground black pepper to taste
- 1 lb skinless, boneless chicken breasts, cut into thin strips

Directions

- Get a bowl, combine: black pepper, onions, salt, brown sugar, soy sauce, cayenne, garlic, sesame seeds, and sesame oils.
- Add in your chicken to the mix and stir the mix before pouring everything in a wok.
- Stir fry the contents until your chicken is fully done for about 17 mins.
- Enjoy.

Amount per serving (4 total)

Timing Information:

Preparation	Cooking	Total Time
15 m	15 m	30 m

Nutritional Information:

Calories	269 kcal
Fat	11.6 g
Carbohydrates	13.2g
Protein	27.5 g
Cholesterol	69 mg
Sodium	1230 mg

* Percent Daily Values are based on a 2,000 calorie diet.

CHICKEN FROM KOREA

Ingredients

- 1 (3 lb) whole chicken, meat remove from the bones, slices in the 1/8" thick square pieces
- 1/4 C. soy sauce
- 2 tbsps sesame seeds
- 1/8 tsp salt
- 1/8 tsp ground black pepper
- 1 green onion, minced
- 1 clove garlic, minced
- 1 tsp peanut oil
- 1 tbsp white sugar
- 1 tsp monosodium glutamate (MSG)

Directions

- Combine your cut chicken with some soy sauce in a bowl.
- Now toast your sesame seeds in a pan.
- Once they begin to pop place them in a bowl and top the seeds with salt.
- Now mash the seeds with a big wooden spoon and add in: MSG, pepper, sugar, onions, oil, and garlic.
- Now combine both bowls and let the chicken sit in the sesame mix for 35 mins.
- Begin to stir fry your chicken in the same pan for 2 mins before placing a cover on the pot and cooking until the meat is fully done.
- Enjoy.

Amount per serving (4 total)

Timing Information:

Preparation	Cooking	Total Time
10 m	40 m	50 m

Nutritional Information:

Calories	794 kcal
Fat	54.7 g
Carbohydrates	6g
Protein	65.3 g
Cholesterol	1255 mg
Sodium	1338 mg

* Percent Daily Values are based on a 2,000 calorie diet.

KOREAN STYLE VEGETABLES

Ingredients

- 5 medium zucchini, sliced
- 1 bunch green onions, sliced
- 1/4 C. white vinegar
- 1/2 C. soy sauce
- 1/4 C. water
- 2 tbsps sugar
- 2 tbsps sesame oil
- ground black pepper to taste

Directions

- Add the following to a big pot: sesame oil, zucchini, sugar, green onions, water, vinegar, and soy sauce.
- Add in some black pepper as well.
- Stir everything, then place a lid on the pot.
- Let the contents cook with a low level of heat for about 22 mins until the veggies are soft.
- Enjoy.

Amount per serving (6 total)

Timing Information:

Preparation	Cooking	Total Time
20 m	20 m	40 m

Nutritional Information:

Calories	106 kcal
Fat	4.9 g
Carbohydrates	14g
Protein	4 g
Cholesterol	0 mg
Sodium	1225 mg

* Percent Daily Values are based on a 2,000 calorie diet.

SOON DU BU JIGAE

(TOFU STEW)

Ingredients

- 1 tsp vegetable oil
- 1 tsp Korean chile powder
- 2 tbsps ground beef (optional)
- 1 tbsp Korean soy bean paste (doenjang)
- 1 C. water
- salt and pepper to taste
- 1 (12 oz.) package Korean soon tofu or soft tofu, drained and sliced
- 1 egg
- 1 tsp sesame seeds
- 1 green onion, diced

Directions

- Stir fry your beef and chili powder in veggie oil until the beef is fully done then add the bean paste and stir.
- Now add in the water and get everything boiling before adding in some pepper and salt.
- Once the mix is boiling add in your tofu and cook the contents for 4 mins.
- Shut the heat and crack your egg into the soup.
- Stir everything and let the egg poach before adding a garnishing of green onions and sesame seeds.
- Enjoy.

Amount per serving (2 total)

Timing Information:

Preparation	Cooking	Total Time
5 m	15 m	20 m

Nutritional Information:

Calories	242 kcal
Fat	16.5 g
Carbohydrates	7g
Protein	20 g
Cholesterol	99 mg
Sodium	415 mg

* Percent Daily Values are based on a 2,000 calorie diet.

KOREAN STYLE PIZZA

Ingredients

- 2 C. all-purpose flour
- 2 eggs
- 4 C. water
- 1/2 tsp salt
- 1 shallot, diced
- 1 green onion, diced
- 1/2 C. minced crabmeat
- 1/2 C. diced cooked pork
- 1/2 C. diced firm tofu
- 1 C. bean sprouts
- 1 C. frozen mixed vegetables, thawed
- 1/2 C. shredded cabbage
- 4 tsps canola oil
- 1/4 C. soy sauce
- 2 tsps rice vinegar
- 1 tbsp sesame oil
- 1 chili pepper, diced (optional)

Directions

- Get a bowl, combine: chili pepper, soy sauce, sesame oil, and vinegar. Place this mix to the side.
- Get a 2nd bowl, combine: salt, flour, water, and eggs. Now add the: cabbage, crabmeat, mixed veggies, pork, sprouts, and tofu.
- Now it is important that you get your oil very in a skillet then add in enough of the batter to coat the bottom of the pan.

- Let this fry for 9 mins then flip it and cook for 4 more mins.
- Continue with all of the remaining mix.
- Finally top your dish with some of the sauce.
- Enjoy.

Amount per serving (8 total)

Timing Information:

Preparation	Cooking	Total Time
10 m	30 m	40 m

Nutritional Information:

Calories	233 kcal
Fat	7 g
Carbohydrates	30.1g
Protein	12.7 g
Cholesterol	63 mg
Sodium	663 mg

* Percent Daily Values are based on a 2,000 calorie diet.

CHOMPCHAE DEOPBAP

(TUNA AND RICE)

Ingredients

- 1 C. uncooked white rice
- 2 C. water
- 1 tbsp olive oil
- 3 cloves garlic, minced
- 1 (1/2 inch) piece fresh ginger, minced
- 1/2 onion, coarsely diced
- 1 C. kim chee
- 1/2 C. sliced cucumber
- 1/4 C. sliced carrots
- 2 tbsps soy sauce
- 2 tbsps rice vinegar
- salt and pepper to taste
- 1 tbsp Korean chili powder, or to taste
- 1 tbsp water, or as needed
- 1 (6 oz.) can tuna, drained

Directions

- Get your rice boiling with 2 C. of water, once it is boiling place a lid on the pot, set the heat to low, and let it cook for 23 mins.
- Stir fry your onions, ginger, and garlic in olive oil for 7 mins then add in: vinegar, carrots, soy sauce, pepper, salt, chili powder, cucumbers, and kimchee.
- Cook and add in your tuna, while stirring until everything is hot.

- Layer the rice with a topping of tuna mix on each plate.
- Enjoy.

Amount per serving (2 total)

Timing Information:

Preparation	Cooking	Total Time
10 m	40 m	50 m

Nutritional Information:

Calories	562 kcal
Fat	9 g
Carbohydrates	87.5g
Protein	31.8 g
Cholesterol	25 mg
Sodium	1507 mg

* Percent Daily Values are based on a 2,000 calorie diet.

KALBI JIM

(KOREAN RIBS II)

Ingredients

- 2 lbs beef short ribs, trimmed
- 1 green onion, diced
- 2 carrots, peeled and diced
- 4 cloves garlic, minced
- 1 (1 inch) piece fresh ginger root, diced
- 1/2 C. reduced-sodium soy sauce
- 1/4 C. brown sugar
- 2 C. water to cover

Directions

- Cut some incisions into your beef then add them into a pan with: brown sugar, green onions, soy sauce, carrots, ginger, and garlic.
- Add in some water to cover the contents and get everything boiling.
- Once it is all boiling set the heat to low and let the contents cook for 60 mins.
- Remove any excess oils then plate the contents.
- Enjoy.

Amount per serving (6 total)

Timing Information:

Preparation	Cooking	Total Time
20 m	1 h	1 h 20 m

Nutritional Information:

Calories	647 kcal
Fat	54.9 g
Carbohydrates	14.1g
Protein	23.3 g
Cholesterol	115 mg
Sodium	805 mg

* Percent Daily Values are based on a 2,000 calorie diet.

KOREAN BURRITO

Ingredients

Meat:

- 6 cloves garlic, minced
- 2 tbsps Korean chili paste (gochujang)
- 1 tbsp soy sauce
- 2 tsps white sugar
- 1 tsp sesame oil
- 2 (10 oz.) cans chicken chunks, drained

Everything Else:

- 4 (10 inch) flour tortillas
- 2 tbsps vegetable oil
- 2 tsps butter, softened (optional)
- 1 C. fresh cilantro leaves
- 1/2 C. diced kimchi, squeezed dry (optional)
- 2 tbsps shredded sharp Cheddar cheese
- 1 tbsp salsa

Directions

- Set your oven to 350 degrees before doing anything else.
- Get a bowl, combine: sesame oil, garlic, sugar, soy sauce, and chili paste. Then add the chicken and stir everything.
- Cover your tortillas with some foil and cook them for 12 mins in the oven.
- At the same time begin to stir fry your chicken in veggie oil with the marinade.
- Cook the chicken for about 12 mins as well.

- Coat each tortilla with half a tsp of butter then add an equal amount of chicken to each.
- Add the following to each tortilla before folding: salsa, cilantro, cheddar, and kimchi.
- Shape everything into tacos and serve.
- Enjoy.

Amount per serving (4 total)

Timing Information:

Preparation	Cooking	Total Time
15 m	15 m	30 m

Nutritional Information:

Calories	597 kcal
Fat	29.1 g
Carbohydrates	45.6g
Protein	38.5 g
Cholesterol	97 mg
Sodium	1635 mg

* Percent Daily Values are based on a 2,000 calorie diet.

KOREAN CURRY

Ingredients

- 1/4 C. olive oil, divided
- 1 1/2 lbs boneless pork chops, cut into cubes
- 1 large yellow onion, cut into cubes
- 2 large russet potatoes, peeled and cut into cubes
- 3 large carrots, peeled and cut into cubes
- 4 C. water
- 1 tbsp Korean-style curry powder (such as Assi(R) mild curry powder), or more to taste

Directions

- Stir fry your pork in 2 tbsps of olive oil for 8 mins.
- Then in another pot stir fry your carrots, potatoes, and onions in more olive oil for 8 mins.
- Add the pork to the veggies and add some water.
- Place a lid on the pot and let the contents gently boil for 22 mins.
- Shut the heat and add in your curry and stir everything until the spice is completely mixed in.
- Now cook everything for 25 more mins until the sauce is thick.
- Enjoy.

Amount per serving (6 total)

Timing Information:

Preparation	Cooking	Total Time
20 m	50 m	1 h 10 m

Nutritional Information:

Calories	303 kcal
Fat	13.6 g
Carbohydrates	27.9g
Protein	17.6 g
Cholesterol	36 mg
Sodium	60 mg

* Percent Daily Values are based on a 2,000 calorie diet.

YAKI MANDU

(KOREAN EGG ROLLS)

Ingredients

- 1 lb ground beef
- 1 1/2 C. vegetable oil for frying
- 1/2 C. finely diced green onions
- 1/2 C. finely diced cabbage
- 1/2 C. finely diced carrot
- 1/2 C. minced garlic
- 4 tsps sesame oil, divided
- 1 tbsp toasted sesame seeds
- 1/2 tsp monosodium glutamate (such as Ac'cent(R))
- salt and ground black pepper to taste
- 2 eggs
- 1 (16 oz.) package wonton wrappers
- 3 tsps soy sauce
- 2 tsps rice wine vinegar
- 1 tsp toasted sesame seeds, or more to taste

Directions

- Stir fry your beef for 8 mins.
- At the same time in another pot for 12 mins cook: ground beef, green onions, pepper, cabbage, salt, carrots, MSG, garlic, 1 tbsp of sesame oil and seeds. Then remove everything from the pan.
- Coat a wonton wrapper with some whisked egg and then add 1 tsp of beef mix into it.
- Then fold everything into a triangle and crimp the edges.

- Do this for all your ingredients.
- Then for 3 mins per side fry the wontons then place layer them on some paper towels.
- Get a bowl, combine: 1 tsp sesame seeds, soy sauce, 1 tsp sesame oil, and vinegar.
- Use this as topping for your wontons.
- Enjoy.

Amount per serving (25 total)

Timing Information:

Preparation	Cooking	Total Time
30 m	15 m	45 m

Nutritional Information:

Calories	125 kcal
Fat	5.8 g
Carbohydrates	12.1g
Protein	5.7 g
Cholesterol	28 mg
Sodium	246 mg

* Percent Daily Values are based on a 2,000 calorie diet.

CHICKEN STEW

Ingredients

- 1 1/2 C. water
- 1/4 C. soy sauce
- 2 tbsps rice wine
- 2 tbsps Korean red chili pepper paste (gochujang)
- 2 tbsps Korean red chili pepper flakes (gochugaru)
- 1 tbsp honey
- 1 tbsp white sugar
- 1 pinch ground black pepper
- 3 lbs bone-in chicken pieces, trimmed of fat and cut into small pieces
- 10 oz. potatoes, cut into large chunks
- 2 carrots, cut into large chunks
- 1/2 large onion, cut into large chunks
- 4 large garlic cloves, or more to taste
- 2 slices fresh ginger, or more to taste
- 2 scallions, cut into 2-inch lengths
- 1 tbsp sesame oil
- 1 tsp sesame seeds

Directions

- Get the following boiling in a big pot: chicken, water, black pepper, soy sauce, sugar, wine, honey, pepper paste, and pepper flakes.
- Once everything is boiling set the heat to low and place a lid on the pot.
- Let the contents cook for 17 mins.

- Add in: ginger, potatoes, garlic, carrots, and onions and cook the mix for 17 more mins.
- Take off the lid and continue cooking for 12 more mins.
- Now add in some sesame seeds, scallions, and sesame oil.
- Enjoy.

Amount per serving (4 total)

Timing Information:

Preparation	Cooking	Total Time
20 m	45 m	1 h 5 m

Nutritional Information:

Calories	896 kcal
Fat	69.1 g
Carbohydrates	136.1g
Protein	33.4 g
Cholesterol	121 mg
Sodium	1111 mg

* Percent Daily Values are based on a 2,000 calorie diet.

KIMCHI

(VEGETARIAN APPROVED)

Ingredients

- 1 head Napa cabbage, cubed
- 1/4 C. salt, divided
- 6 cloves garlic
- 1 (1 inch) piece fresh ginger root, peeled and diced
- 1 small white onion, peeled and diced
- 2 tbsps water
- 3 green onions, minced
- cayenne pepper to taste
- 1 ripe persimmon, diced
- 1 small radish, shredded
- 1 cucumber, diced (optional)

Directions

- Get a bowl and combine your cabbage and salt.
- Let it sit for 60 mins then add in more salt and let it stand for 60 more mins.
- Now remove all the liquids and wash the leaves off.
- Now blend the following until paste-like: onions, ginger, and garlic.
- Add this to the cabbage along with: cucumbers, green onions, persimmon, cayenne, and radishes.
- Place a covering on the bowl and let it sit in the fridge for at least 2 days.
- Enjoy.

Amount per serving (30 total)

Timing Information:

Preparation	Cooking	Total Time
25 m		3 d 2 h 25 m

Nutritional Information:

Calories	6 kcal
Fat	< 0 g
Carbohydrates	< 1.5g
Protein	< 0.3 g
Cholesterol	< 0 mg
Sodium	932 mg

* Percent Daily Values are based on a 2,000 calorie diet.

EGG ROLLS

Ingredients

- 1/2 (8 oz.) package dry thin Asian rice noodles (rice vermicelli)
- 1/2 medium head cabbage, cored and shredded
- 1 (12 oz.) package firm tofu
- 2 small zucchini, shredded
- 4 green onions, finely diced
- 4 cloves garlic, finely diced
- 1 tbsp ground black pepper
- 2 tbsps Asian (toasted) sesame oil
- 2 eggs, slightly beaten
- 2 tsps salt
- 1 (12 oz.) package round wonton wrappers
- 1/2 C. vegetable oil for frying

Directions

- Boil your noodles in water for 6 mins. Then remove all the liquids and run them under cold water.
- Now dice the noodles and place everything to the side.
- Squeeze your cabbage to drain any liquids and place them in a bowl with: noodles, tofu, salt, zucchini, eggs, sesame oil, green onions, black pepper, and garlic.
- Mix everything with your hands and try to break up your tofu pieces.
- Add two tsp of mix into your wonton wrappers and coat the edge with some water before shaping the wrapper into a triangle and crimping the edges.

- Continue for all your ingredients then fry the wontons in veggie oil for 4 mins per side.
- Enjoy.

Amount per serving (6 total)

Timing Information:

Preparation	Cooking	Total Time
45 m	15 m	1 h

Nutritional Information:

Calories	534 kcal
Fat	28.4 g
Carbohydrates	56.9g
Protein	14.6 g
Cholesterol	67 mg
Sodium	1177 mg

* Percent Daily Values are based on a 2,000 calorie diet.

KOREAN SUSHI

Ingredients

- 1 C. uncooked glutinous white rice (sushi rice)
- 1 1/2 C. water
- 1 tbsp sesame oil
- salt, to taste
- 2 eggs, beaten
- 4 sheets sushi nori (dry seaweed)
- 1 cucumber, cut into thin strips
- 1 carrot, cut into thin strips
- 4 slices American processed cheese, cut into thin strips
- 4 slices cooked ham, cut into thin strips
- 2 tsps sesame oil

Directions

- Get your water and rice boiling.
- Once it is boiling, place a lid on the pot, and set the heat to low.
- Let the rice cook for 15 mins.
- Now pour the rice into a casserole dish to lose its heat.
- At same time as the rice is cooking fry your eggs without stirring.
- Place your nori sheet on a counter top and layer each with an equal amount of rice.
- Now layer: ham, egg, cucumbers, cheese, and carrots.
- Roll up the sheet with a bamboo mat and top each with half a tsp of sesame oil.
- Dice up the roll into 6 pieces of sushi.
- Enjoy.

Amount per serving (4 total)

Timing Information:

Preparation	Cooking	Total Time
40 m	20 m	1 h

Nutritional Information:

Calories	354 kcal
Fat	15.2 g
Carbohydrates	41.2g
Protein	11.9 g
Cholesterol	113 mg
Sodium	510 mg

* Percent Daily Values are based on a 2,000 calorie diet.

CHAP CHEE NOODLES

Ingredients

- 1 tbsp soy sauce
- 1 tbsp sesame oil
- 2 green onions, finely diced
- 1 clove garlic, minced
- 1 tsp sesame seeds
- 1 tsp sugar
- 1/4 tsp black pepper
- 1/3 lb beef top sirloin, thinly sliced
- 2 tbsps vegetable oil
- 1/2 C. thinly sliced carrots
- 1/2 C. sliced bamboo shoots, drained
- 1/4 lb napa cabbage, sliced
- 2 C. diced fresh spinach
- 3 oz. cellophane noodles, soaked in warm water
- 2 tbsps soy sauce
- 1 tbsp sugar
- 1/2 tsp salt
- 1/4 tsp black pepper

Directions

- Get a bowl, combine: a quarter of a C. of pepper, 1 tbsp of soy sauce, 1 tsp of sugar, sesame oil, sesame seeds, garlic, and green onions. Add in the beef and let the content sit for 17 mins.
- Now stir fry the beef in oil until fill done then add in: spinach, carrots, cabbage, and bamboo. Cook for 2 more

mins before add in: quarter tsp of pepper, half a tsp salt, 1
tbsps sugar, 2 tbsps of soy sauce, and noodles.

- Set the heat to low and heat all the contents up.
- Enjoy.

Amount per serving (4 total)

Timing Information:

Preparation	Cooking	Total Time
35 m	20 m	55 m

Nutritional Information:

Calories	264 kcal
Fat	12.5 g
Carbohydrates	27.9g
Protein	10.6 g
Cholesterol	23 mg
Sodium	1025 mg

* Percent Daily Values are based on a 2,000 calorie diet.

GALBI

(KOREAN SHORT RIBS III)

Ingredients

- 5 lbs beef short ribs, cut flanken style
- 5 cloves garlic
- 1 onion, coarsely diced
- 1 Asian pear, cored and cubed
- 1 C. soy sauce (such as Kikkoman(R))
- 1 C. brown sugar
- 1/4 C. honey
- 1/4 C. sesame oil
- black pepper to taste

Directions

- Submerge your ribs in water for 60 mins then then drain them.
- Puree the following in a blender: pear, onions, and garlic. Add this to a bowl with: black pepper, soy sauce, sesame oil, brown sugar, and honey. Place your ribs in the mix and let it sit in the fridge for 8 hrs with a covering of plastic.
- Now grill your beef on an oiled grate for 7 mins per side.
- Enjoy.

Amount per serving (6 total)

Timing Information:

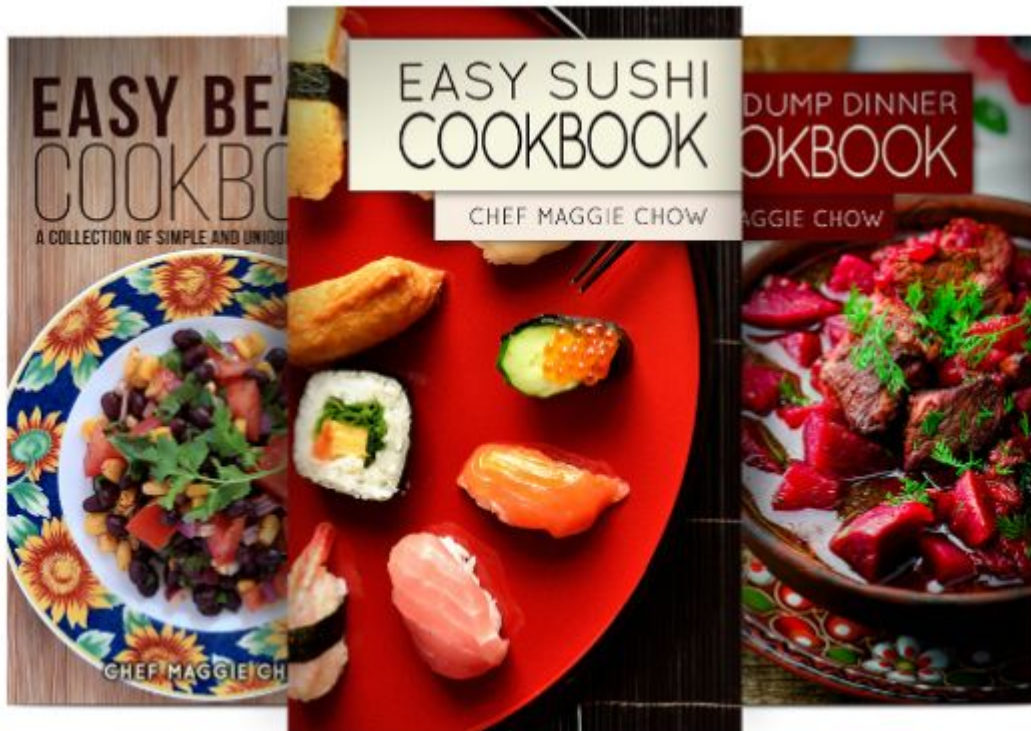
Preparation	Cooking	Total Time
1 h 30 m	10 m	9 h 40 m

Nutritional Information:

Calories	1092 kcal
Fat	78.6 g
Carbohydrates	157.5g
Protein	39.1 g
Cholesterol	155 mg
Sodium	2501 mg

* Percent Daily Values are based on a 2,000 calorie diet.

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