

WORLD CULINARY ARTS: *Korea*



Inspiration every day

Unilever Food Solutions

Recipes from

Savoring the Best of World Flavors:
Korea

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Braised Short Ribs

Galbi-Jjim

Yield: 6 portions

Ingredient	Amounts
Short Ribs of Beef	2 lb.
Water	1 gal.
Knorr® Professional Liquid Concentrated Beef Flavor Base	1 oz.
Carrots, oblique cut	8 oz.
White radish, large dice	8 oz.
Dried shiitake mushrooms, soaked in hot water, cut in ¼	6 ea.
Chestnuts, peeled	6 ea.
Jujubes, seeds removed	4 ea.
 <i>Marinade</i>	
Soy sauce	2 oz.
Asian pear juice	2 oz.
Sugar	2 Tbsp.
Green onions	2 Tbsp.
Ginger, grated	1 Tbsp.
Sesame oil	1 Tbsp.
Toasted sesame seeds, crushed	1 Tbsp.
Ground black pepper	as needed
 <i>Garnish</i>	
Green onion	as needed

Method:

1. Cover ribs with cold water let sit for at least 1 hours to remove any blood, drain.
2. In 1 gallon of fresh water place drain ribs and bring water to simmer add Knorr® Professional Liquid Concentrated Beef Flavor Base, simmer for about 45 minutes, skim during this process. Remove ribs, reserve broth and cool, remove any fat.
3. Blanch carrots and white radishes in boiling salted water then shock.
4. *For the marinade:* Combine all items.
5. Place 2/3 marinade in pot with ribs add 1 pint of beef broth bring to simmer 40 minutes or until tender. Add broth if needed.
6. Add blanched radish, carrots, mushrooms, chestnuts, and jujubes, simmer additional 10 minutes and reduce to desired consistency. Garnish with green onion.

UDON NOODLE SOUP WITH CLAMS

Joeae Kalguksu

Yield: 6 portions

Ingredients	Amounts
Knorr® Professional Liquid Concentrated Chicken Flavor Base, prepared	1 qt.
Onion, thinly slices	½ lb.
Zucchini, julienned	½ lb.
Garlic paste	1 Tbsp.
Clams in shell, washed	1 lb.
Udon noodles	1 lb.
Baby spinach	1 pt.
Green onions, julienned	2 ea.
Soy scallion dipping sauce	2 Tbsp.

Method:

1. Bring base to boil, add onions, zucchini, garlic and clams. Simmer until clams open, and the vegetables are tender.
2. Place noodles in boiling water, cook, and drain.
3. Add spinach to the soup and stir to wilt.
4. Put the noodles in your serving bowl, and ladle soup over the noodles.
5. Garnish with green onions, drizzle with soy dipping sauce, and serve.

KOREAN DUMPLINGS

Mandu

Yield: 50 dumplings

Ingredients	Amounts
<i>Dumpling Mixture</i>	
Firm tofu	4 oz.
Pork, ground	½ lb.
Knorr® Professional Liquid Concentrated Chicken Flavor Base	1 tsp.
Kimchi, drained, chopped	½ cup
Bean sprout, blanched, chopped	1 cup
Korean chives, chopped	½ cup
Green onions, chopped	2 Tbsp.
Garlic, minced	2 Tbsp.
Ginger, minced	2 Tbsp.
Soy sauce	2 Tbsp.
Egg, beaten	1 ea.
<i>Cho Ganjang Sauce for Dipping</i>	
Soy sauce	2 oz.
Rice vinegar or white	2 oz.
Water	1 oz.
Red pepper powder, (<i>gochugaru</i>)	1 Tbsp.
Dumpling Wrappers	50 ea.
<i>Garnish</i>	
Green onions	as needed

Method:

1. Squeeze out as much moisture as possible from the tofu using a cheese cloth. Crumble the tofu into a large mixing bowl.
2. Combine the remainder of the ingredients for dumpling filling and mix well.
3. In a separate bowl, mix together all dipping sauce ingredients.
4. Wet edge of wrapper with the beaten egg, place on palm of the hand, spoon about one teaspoon of filling into the center, close and pinch together to form pleats.
5. Cook in boiling salted water until cooked through.
6. Serve with dipping sauce garnished with green onion.

STIR FRIED PORK

Dwaeji-Bulgogi

Yield: 4 portions

Ingredients	Amounts
<i>Marinade for Pork</i>	
Red chili paste, (<i>gochujang</i>)	1 oz.
Red chili powder, (<i>gochugaru</i>)	1 Tbsp.
Soy sauce	2 Tbsp.
Sugar	2 Tbsp.
Green onion, minced	1 Tbsp.
Garlic, minced	1 tsp.
Ginger, minced	1 tsp.
Rice wine	1 oz.
Ground black pepper	1/8 tsp.
Pork belly, cut into thin bite sizes pieces	1 lb.
Vegetable oil	2 oz.
White onion, julienned	8 oz.
Green onions, cut into 1 inch pieces	1 cup
Knorr® Professional Liquid Concentrated Chicken Flavor Base, prepared	4 oz.

Method:

1. Mix ingredients for the pork marinade, add pork, and let stand at least 30 minutes.
2. In pan, add half the oil and stir fry the white and green onions. Once soft and lightly browned, remove from heat and set aside.
3. Add remaining oil to pan, add pork, and stir fry until cooked through. When pork is cooked, add the cooked onions and toss together. Deglaze with prepared Knorr® Professional Liquid Concentrated Chicken Flavor Base, and plate.

KOREAN GRILLED CHICKEN SANDWICH

Yield: 4 each

Ingredients Amounts

Marinade for Chicken

Red chili paste, (<i>gochujang</i>)	1 Tbsp.
Red chili powder, (<i>gochugaru</i>)	1 Tbsp.
Soy sauce	2 Tbsp.
Sugar	2 Tbsp.
Green onion, minced	1 Tbsp.
Garlic, minced	1 tsp.
Ginger, minced	1 tsp.
Rice wine	1 oz.
Sesame oil	1 Tbsp.
Ground black pepper	1/8 tsp.
Chicken breast, skinless and trimmed, 6 oz. each	4 ea.

Kimchi Mayonnaise

Kimchi, chopped	1 oz.
Hellmann's® Real Mayonnaise	4 oz.
Green onions, minced	1 tsp.
Sesame seeds, toasted	1 tsp.

Toasted sesame seed buns	4 ea.
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Garnish

Lettuce	4 leaves
Asian pears, julienned	1/2 cup

Method:

1. Mix ingredients for marinade, add chicken breast and allow to marinate for 30 minutes.
2. Heat grill, grill off chicken breast until done, turning while cooking.
3. Mix ingredients for Kimchi Mayonnaise.
4. Spread toasted sesame buns with Kimchi Mayonnaise, place chicken on bun, lettuce and Asian pears.

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