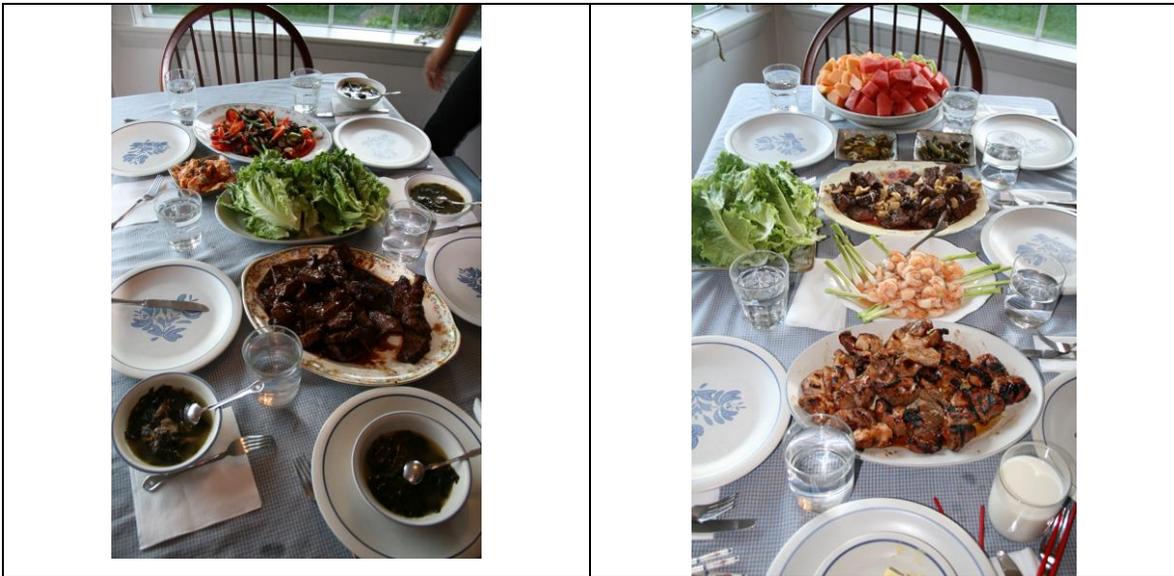


Global Study Connections

HOST FAMILY COOKBOOK



**Global Study Connections
P.O Box 95
Dover-Foxcroft, Maine
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Second Edition 10/11/2008

Dear Host Parents,

This is our first attempt at providing GSC host family parents with a cookbook that includes a few of the recipes that you might try with our international students. Currently the cookbook has many Korean and a few Chinese menu ideas.

Many thanks to our students: Hae Jin Lee, Won Kyung Hwang, Mengli Luo and Seulki Kim for helping with this cookbook. A special thanks to Nam Hyung Lim, mother of I-Kyung Suh for many of the recipes contained in this book.

While most of your cooking and feeding of international students will be traditional American meals, it is nice to periodically attempt to prepare a meal that is unique to the culture that students come from. The purpose of the cookbook is to allow you, as your time and interest permits, the opportunity to provide students a meal from their own culture. The cookbook can also be used to allow students to prepare a meal under your supervision.

One of my favorite sites for grabbing recipes is [All Recipes](#). This site actually gives you various dishes from several different cultures, but most importantly it allows you actually change the amount of ingredients you need based on the number of people you are feeding. All you do is put in the number of people you want to serve and hit the “calculator” button and it re-configures the amount of ingredients needed. Here is the url to the All Recipes site: <http://allrecipes.com/Recipes/World-Cuisine/Asia/Main.aspx>

Another good website is [Trifood](#):
<http://www.trifood.com/bibimbop.html>
<http://www.trifood.com/food.html>

If you need to order some ingredients or food on line for these recipes or if students want to order Chinese food online try:
www.hmart.com

Best regards and good cooking!

Jay Brennan

You too can add your recipes which you have tried and students enjoy to this cookbook. Just email me the recipe in a similar layout to any of the recipes included here and in our next edition we will include your recipe



Grilled Marinated Beef

Bulgogi is one of Korea's most popular beef dishes. It is made from thinly sliced sirloin or another prime cut of beef. The meat is marinated with a mixture of soy sauce, sesame oil, black pepper, garlic, onions, ginger, wine and sugar. It is marinated for two to four hours to enhance the flavor and its tenderization.

Bulgogi is traditionally grilled, but broiling or pan-cooking is common as well. Whole cloves of garlic, sliced onions, and chopped green peppers are often grilled or cooked at the same time. It is often served to non-Koreans as a first taste of Korean cuisine.

This dish is usually served with a side of lettuce, spinach, or other leafy vegetable, which is used to wrap a slice of cooked meat, often times along with a dab of [ssamjang](#), [kimchi](#), or other [side dishes](#), and then eaten as a whole. To see a visual illustration, click [here](#).

Korean 101: "Bul" is the Korean word for "fire", and "gogi" is "meat" .-. "Fire meat"

Recipe Ingredients

- 1 pound thinly sliced steak
- 5 tbsp sugar
- 1/2 cup soy sauce
- 2 buds finely chopped garlic (can also be crushed, and crushed buds removed before serving)
- 1/4 tsp salt
- 5 tbsp Mirin (sweet sake, optional)
- 2 tbsp sesame oil
- 2 tbsp toasted sesame seeds
- 1 cup split green onions
- 2 cups thinly sliced carrots (optional)

Cooking Directions

1. Mix all ingredients except carrots. Marinate in refrigerator for at least 2 hours.
2. Cook over medium high heat until meat is just short of desired completion.
3. Add carrots and cook for an additional 3 minutes.
4. Serve with rice.



Hot & Spicy Chicken

Buldak is a spicy chicken dish that is becoming very popular amongst the younger generation of Koreans everywhere. Its popularity has been attributed to both its unique flavors and spiciness. Keep in mind, the term "bul" translates into "fire" in Korean and "dak" means chicken, so it is quite spicy

in taste.

Many restaurants that specialize in buldak have been created due to the growing popularity as this dish is considered a fairly new cuisine. Most restaurants that serve this dish offer various levels of spiciness that one can choose from and there are usually fresh vegetables served with this dish to blend in the taste. Cubed-cut sweet radishes along with salad and onions are usually popular.

An order of bul-dak can be served on a platter of bite-sized morsels of chicken breasts or sometimes in combinations of wings or drumsticks. While the flavor and degree of hotness differs a little from place to place, it is marinated with a hot & sweet sauce, grilled over an open fire, and then served over a sizzling skillet, topped with herbs.

Recipe Ingredients: Chicken Preparation

- 6 chicken drum sticks (de-boned) or 2 chicken breasts
- 2 tbsp of soy sauce
- 1 tbsp of sugar
- 1 tbsp of traditional corn syrup (substitution honey)
- 2 tbsp 'cheong ju (clear rice wine similar to Japanese sake)
- 1 stalk of green onion
- Black pepper ground to taste
- Olive oil
- Roasted sesame seeds (optional)

Recipe Ingredients: Marinating Sauce

- 3 tbsp [kochukaru](#) (Korean chili powder)
- 2 jalapenos (substitution chili pepper)
- ½ cup of Korean pear (substitution Asian pear)
- ¼ of onion
- 3 cloves of garlic
- 2 tbsp of soy sauce
- 1 tsp of spicy yellow mustard
- 1 tbsp of sesame oil
- 1 tbsp of sugar
- 1 tbsp of 'mul yut' (substitution honey)
- 2 tbsp of soy sauce
- 1 tbsp of sugar

Cooking Directions

1. Rinse chicken drum sticks in cold water and de-bone meat with a sharp knife. Cut into 4 even pieces per leg drum -OR- rinse chicken breasts in cold water and cut into bite-size pieces
2. In a large bowl, mix chicken with soy sauce, sugar, mul yut, cheong ju and ground pepper. Marinate in refrigerator for 30 minutes
3. Puree all marinating sauce ingredients together in a blender. Once completed, leave aside for later use
4. On a non-stick frying pan or skillet, cook prepared chicken over medium heat until meat is just short of desired completion
5. Take out chicken only and leave excess ingredients in frying pan or skillet
6. In a large bowl, thoroughly mix chicken with blended sauce from step 3
7. In the same frying pan or skillet, add olive oil to taste and cook for an additional 3-4 minutes in medium high heat
8. Serve hot on plate
9. Sprinkle chopped green onions for garnish



Beef & Mixed Vegetable Rice

Bibimbop literally means "mixed rice" or "mixed meal" in Korean. It's a popular meal consisting of a bowl of steamed white rice topped with vegetables, beef, a whole egg, and [kochujang](#) (Korean chili pepper paste). Kochujang is usually served separately to control its spiciness of this rice dish.

A variation of this dish, *dolsot bibimbop* ("dolsot" meaning "stone pot") is served in a heated stone bowl, in which a raw egg is cooked against the sides of the bowl. Before the rice is placed in the bowl, the bottom of the bowl is coated with sesame oil; consequently, the portion of the rice touching the bowl becomes golden brown and crispy.

Vegetables commonly used in bibimbap include julienne cucumber, zucchini, carrot, white radish, mushrooms, bellflower root, and laver, as well as spinach, soybean sprouts, and bracken fern stems. Tofu, either plain or sauteed, may also be included in the dish. Within both types of bibimbops, all ingredients are typically stirred together thoroughly before eating.

Recipe Ingredients:

- 1/4 lb of chopped beef (ground beef is acceptable)
- 100 grams of bellflower roots (doraji)
- 50 grams of bean sprouts
- 1 lettuce leaf
- 3 shiitake mushrooms
- 1 sheet of vegetable jelly
- 1/3 carrot
- 1 cucumber
- 1 egg
- 3 cups sticky rice grain

- 4 tbsp kochujang
- 1 tbsp sugar
- 1 tbsp sesame seeds
- sesame oil

Cooking Directions:

1. Wash 3 cups of rice, soak for 30 minutes and drain. Put the rice in a thick cooker and add 3 1/3 cups of water, then bring them to a boil. After 10-15 minutes boiling, reduce the heat and simmer with the lid on for 5 minutes. Do not lift the lid while cooking.
2. Season beef and stir-fry lightly until cooked.
3. Cut cucumbers, carrots and shitake mushrooms into match stick size and shred bellflower roots (doraji) and lettuce leaf. Squeeze out excess water and sprinkle them with salt (not including lettuce leaf).
4. Add 1 tsp of sesame oil to hot frying pan and stir-fry the cucumber quickly so the color stays vivid. Spread them on a big plate to cool. Add more sesame oil, then stir-fry bellflower roots, carrots, and mushrooms consecutively.
5. Place cooked rice in a deep dish and add the prepared ingredients on top of the rice (**For hot stone dolsot bibimbop, heat the stone pot until hot enough to burn the fingers and coat 2 tsp of sesame oil. Place the rice sizzling right into the hot stone pot*).
6. Fry an egg sunny-side-up in a frying pan and place it on top of the dish (**For hot stone dolsot bibimbop, place the raw egg on the side of the hot pot so it can slightly cook*).
7. To make seasoned kochujang paste, combine 4 tablespoons of kochujang, 1 tbsp of sugar, 1 tbsp of sesame seeds and 2 tsp of sesame oil. Mix all ingredients well.
8. Add seasoned kochujang to taste and mixes it thoroughly with the rice and vegetables before beginning to eat.



Spicy Marinated Pork

Daeji Bulgogi is another popular Korean meat dish similar to [bulgogi](#).

However, instead of using beef, thin sliced pork loin is marinated in a specially blended red pepper paste sauce with various assortments of vegetables. The meat is marinated with a mixture of soy sauce, sesame

oil, garlic, sugar, ginger roots, rice wine and kochujang which is the base sauce for this dish. It is marinated for 30-60 minutes to bring out the depth and intensity of flavors.

Daeji bulgogi can be grilled or pan-cooked and it is usually served with a side of lettuce, spinach, or other leafy vegetable, which is used to wrap a slice of cooked meat. It is often times wrapped along with a dab of [ssamjang](#), [kimchi](#), or other [side dishes](#), and then eaten as a whole. To see a visual illustration, click [here](#).

Korean 101: "Dae-ji" means pork in Korean and "bul-gogi" is the word for "fire meat" ∴ "pork fire meat".

Recipe Ingredients

- 1 pound lean and boneless pork, cut into thin slices
- 3 tablespoons soy sauce
- 2 tablespoons crushed garlic
- 1/2 teaspoon crushed gingerroot
- 2 tablespoons brown sugar
- 2 tablespoons red pepper sauce
- 1 teaspoon red pepper flakes
- 2 tablespoons rice wine (sake)
- 2 tablespoons sesame oil
- 1 onion

Cooking Directions

1. Combine all the ingredients for the marinade and stir in a large mixing bowl.
2. Add the pork and marinate for 30-60 minutes.
3. Grill or pan-fry and serve with steamed rice.

KOREAN CHICKEN SOUP

Yield: 6 servings

- 1 ts Sesame seeds
- 8 c Chicken broth (preferably homemade)
- 2 tb Garlic, finely chopped
- 2 tb Ginger, finely grated
- 1/2 c Rice
- 1 tb Soy sauce
- 1 ts Toasted sesame oil
- 1 ts To 2 ts hot chile paste
- 1 c Shredded cooked chicken
- 2 Scallions, finely chopped

In small dry skillet, toast sesame seeds over medium-high heat, shaking often, until lightly browned and aromatic, about 1 minute. Transfer to small bowl and set aside.

In large pot, combine chicken broth, garlic and ginger; bring to a boil over high heat. Add rice, reduce heat to medium-low and simmer until the rice is tender, 12-15 minutes. Stir in soy sauce and sesame oil; add chile paste to taste. Add chicken and heat until just warmed through. Ladle soup into bowls and garnish with scallions and the reserved sesame seeds.



Grilled Beef Short Ribs

Galbi is a Korean meat dish made from beef short ribs. The ribs are marinated in a sauce made from fruit juice (generally Asian pear juice), rice wine, soy sauce, garlic, sesame seed oil and sugar. Most recipes contain these basic ingredients, although many variations exist, including variations from clear

marinades to spicier marinades.

The meat itself is often cut in the L.A. rib style, which is basically a rack of ribs cut in thin slices across the bones. This makes eating the galbi with chopsticks or with fingers easier. Galbi is usually available in most Korean restaurants but it is generally served in restaurants that specialize in galbi and the meat is cooked on an in-table BBQ.

This dish is usually served with a side of lettuce, spinach, or other leafy vegetable, which is used to wrap a slice of cooked meat, often times along with a dab of [ssamjang](#), [kimchi](#), or other side dishes, and then eaten as a whole. To see a visual illustration, click [here](#). Galbi itself means rib in Korean and there are many dishes that incorporate galbi, including soups and stews.

Recipe Ingredients

- 16 ribs
- 1 cup soy sauce, 3/4 cup sugar, 1/2 cup water
- 1 Asian pear, chopped (or 1/2 Korean pear)
- 1 onion, chopped
- 2 tbsp minced garlic
- 4 tbsp sesame oil
- 1 tbsp ground pepper
- 1 tbsp juice of ginger

Cooking Directions

1. Wash meat. Rarely but sometimes you can find tiny bone scraps stick to the meat. Soak in water for 1 hour, drain.
2. In a food processor, add chopped onion and pear, puree finely. Pour out to a large bowl, add remaining ingredients, stir.
3. Marinate beef for 8-10 hours or overnight. They cook fairly fast, 2-3 minutes on one side.
4. Traditionally, it is grilled with a wood charcoal but certainly you can grill on a gas stove or out door grill.



Shrimp Fried Rice

Saewoo Bokumbop is a popular shrimp fried rice dish that widely available in Korean/Chinese [restaurants](#) everywhere. It's a common restaurant or home prepared dish during lunch or dinner that is quite simple but yet a fulfilling meal. It's a fairly easy dish to prepare/cook and there are various combinations of ingredients that can be included along with shrimp. Usually, small-sized shrimps are sautéed along with chopped onions and green peas in a mixture of steamed rice, mixed with scrambled eggs and chopped green onions. At restaurants, saewoo bokumbop is usually served with miso-typed soups, typically [cham-pong](#) or egg-drop based soups.

Recipe Ingredients (Yield: 2 Servings)

- 2 cup of cooked rice
- 20 - 25 small shrimp, peeled and de-veined
- 1/4 onion
- 1/2 cup of cooked green peas (frozen peas work perfectly)
- 2 roots of green onion

- 1-2 egg(s), scrambled
- 2-3 tbsp vegetable oil or butter
- 3-4 tbsp soy sauce
- 1 tsp sesame oil
- Salt and black pepper to taste

Cooking Directions

1. Cook rice as directed in a rice cooker or in a pot.
2. Dice and mince green onions, onions, and garlic.
3. In a frying pan, sauté onion and frozen peas (defrost in microwave first) in butter or vegetable oil. Set aside.
4. Sauté shrimps with garlic in butter or vegetable oil. When lightly brown, add vegetable mixture and cook for additional 1-2 minutes.
5. Add cooked rice to mixture.
6. In another small frying pan, scramble 1-2 egg(s) and add to mixture as well.
7. Add salt and pepper to meet taste.
8. Add soy sauce (amount dependent on preference), salt and black pepper to meet taste.
9. Mix all ingredients well and simmer for an additional minute.
10. Serve on plate and enjoy.



Rice & Beef Noodle Soup

Sollongtang is rice beef noodle soup seasoned with sesame seeds, salt, pepper, scallions, and sesame oil. This dish has long been favored by Koreans as one of the staples of Korean cuisine and has been undisputedly favored as a primal dish common to most cultures. It is served with rice in which the rice may be

directly added to the soup. The meal is also accompanied by numerous [side](#)

[dishes](#), including *kimchi* or *kaktugi*. As butter is to bread, [kimchi](#) or [kaktugi](#) is an inseparable side dish for this meal.

Fact: Sollongtang has been known to be one of the best remedy for curing a hangover in the Korean culture.

Recipe Ingredients

- 1/2 lb beef rib steak
- 1 1/3 lb shank of beef
- 1/2 whole Korean radish
- 1/4 lb Chinese noodles
- 1 large green onion
- 5 cloves garlic
- Salt, black pepper
- Very large pot with cover

Cooking Directions

1. Cut the beef into pieces and divide the radish into two pieces. Boil the beef and radish in 30 cups of water. Lower the heat and simmer for 1 hour till the meat is very tender.
2. Take the meat and radish out of the broth. Cool the broth and cut off the excess fat. Slice the meat thinly into small size. Slice the radish into pieces 1/8" thick.
3. Add the meat, radish and crushed garlic to the broth. Then boil again.
4. Place noodles. Originally, you put buckwheat noodles in the soup. Nowadays, you can put other thin noodles such as Chinese noodles.
5. Cut large green onion into rings. Add salt, black pepper, and green onion and check seasoning by salt before serving.



Korean-Style Pancake

Pajeon is a traditional Korean-style pancake which is a very popular appetizer or snack. It is made with flour batter, eggs, and green onions/scallions, served with a mixture of soy sauce & vinegar for dipping. In translation, “jeon” (pronounced “jun”) is the actual

battered ingredients and “pa” means scallions in Korean. The basic type of this dish consists of just scallions along with flour and eggs but endless variation of this dish can exist by simply adding other ingredients such as seafood, kimchi, or vegetables.

To cook, the batter is poured into an oiled pan and fried to a golden crisp on a frying pan. Just like a pancake and one of the keys to this dish is the egg which contributed to the crispness in texture. The most popular pajeon dish is the seafood **Hae-Mul pajeon**, which usually consists of little bits of oysters, fresh baby clams, shrimps and even squids. It's nothing compared to pancakes most frequently found on North American breakfast tables as a regular pan of pajeon is big enough to feed three hungry mouths.

Recipe Ingredients: Scallion pancake

- 2 cups flour (all purpose)
- 2 cups water
- 2 eggs
- 1 bunch of scallions
- Vegetable oil
- Salt & pepper to taste
- To make ***Hae-Mul Pajeon*** also add:
 - 1 cup oysters
 - 1 cup chopped clams, fresh
 - 1 cup of baby shrimps

Recipe Ingredients: Dipping sauce

- 1/4 cup soy sauce
- 1/2 tbsp vinegar (distilled white)
- 1 stalk scallion, minced
- 1 clove garlic, minced
- 1/2 tsp Korean dried hot chili pepper flakes (optional)
- 1/2 tsp sugar
- 1 tsp sesame oil

Cooking Directions: (Serving 4 pancakes)

- In a large bowl, mix flours, water and egg till smooth. Add more flour or water if needed to get the consistency of a thin pancake batter.
- Stir in half the chopped scallions and season with salt and pepper. Let set for about 10-15 minutes.
- Heat a skillet over medium flame and a little oil.
- Pour about 3/4 cup batter into the skillet, tilting the pan to cover the bottom.
- Sprinkle over a few of the scallions and let cook for 6-8 minutes until the bottom is lightly browned.
- For *Hae-Mul Pajeon* (seafood & scallion pancake): Sprinkle about 1/4 cup clams, oysters, chopped squid, shrimp or other seafood over the batter as you make each pancake.
- Flip and brown the other side and cook for another 6-8 minutes. Make sure all surfaces contact the skillet with a spatula.
- Wipe the skillet with the oily paper towel and repeat with the rest of the batter.
- When ready to serve, cut the pancake into 8 pieces resembling a pizza pie.
- For its dipping sauce, mix the sauce ingredients together.
- Serve pancakes warm.



Omelette Fried Rice

Omurice is a contemporary Asian dish consisting of an omelette made with fried rice. Its name derives from the combination of the English words "omelette" and "rice". Omurice is said to have originated from Japan and it became a popular dish at a western style restaurant in Tokyo's Ginza district around the turn of the 19th century.

A relatively simple dish, it typically calls for rice fried with ketchup, chicken and onions wrapped in a thin sheet of fried egg. Different variations of this dish can include peas, carrots, mushrooms, green peppers, onions and [kimchi](#). Pork or beef can be substituted for chicken as well.

Recipe Ingredients: (Yield: 4 Servings)

- 1/2 lb. chicken breast (or any other choice of meat)
- 1 onion
- 1 green peppers
- 4 white mushrooms
- 4 tbsp ketchup
- 1 tbsp vegetable oil
- 4 eggs
- 4 cups cooked / steamed rice
- Salt and pepper to season

Cooking Directions:

1. Dice chicken, green pepper, mushrooms, and onion.
2. Heat vegetable oil in a frying pan and saute diced chicken.
3. Add diced onion, mushrooms, and green pepper in the frying pan and saute together.
4. Add cooked / steamed rice in the pan and mix well. Sprinkle some salt and pepper.

5. Stop the heat and add ketchup and mix well.
6. Heat another frying pan and put some vegetable oil.
7. Whisk an egg in a bowl and pour the egg in the frying pan. Quickly spread the egg in the frying pan and make a thin, large, and round omelet.
8. Place chicken rice in the middle of the omelet and fold top and bottom sides of omelet over the chicken rice.
9. Cover the frying pan with a plate and turn them over to place the omelet in the plate.
10. Put some ketchup on top of omelet and serve hot.
11. Repeat step 6 - 10 to make four plates of omelet.



Korean Dumpling

Mandoo is a Korean dumpling consisting of minced meat and vegetables wrapped in a thin piece of dough. Popular meat fillings include shrimp, ground beef or pork and fish. And popular vegetables ingredients can include bean sprouts, green onions, shredded kimchi and much

more.

Korean mandoo can be cooked in several ways: simmered in beef stock (mandoo-guk), steamed or fried. Usually, it is then dipped in soy sauce mixed with vinegar and served with [kimchi](#) on the side. Crushed or powder red peppers can be added to the mixture of sauces to add an extra kick.

This dish is usually enjoyed as an appetizer or as a snack but almost all Korean families prepares this dish on the first day of any New Year by simmering mandoos in a beef stock to make mandu-guk.

Fact: In Chinese, dumplings are called *jiaozi* and in Japanese, it's *gyoza*.

Korean-style Seaweed Soup

Prep Time: 15 Minutes

Ready In: 45 Minutes

Cook Time: 30 Minutes

Yields: 4 servings

"This is the recipe of Korean-style seaweed soup. It's a traditional birthday dish in Korea. Also, every women who gives a birth eats this soup because it is believed that seaweed soup helps with breast feeding."

INGREDIENTS:

1 (1 ounce) package dried brown seaweed	1 1/2 tablespoons soy sauce
1/4 pound beef top sirloin, minced	1 teaspoon salt, or to taste
2 teaspoons sesame oil	6 cups water
	1 teaspoon minced garlic

DIRECTIONS:

1. Soak seaweed in water to cover. When soft, drain, and cut into 2 inch pieces.
2. Heat a saucepan over medium heat; add beef, sesame oil, 1/2 tablespoon soy sauce, and a little salt, and cook for 1 minute. Stir in seaweed and remaining 1 tablespoon soy sauce; cook for 1 minute, stirring frequently. Pour in 2 cups water, and bring to a boil. Stir in garlic and remaining 4 cups water. Bring to a boil, cover, and reduce heat. Simmer for 20 minutes. Season to taste with salt.

Egg Drop Soup I

Yields: 4 servings

"Lightly beaten eggs are gently stirred into a flavorful chicken broth that includes parsley and onion flakes. The resulting soup is light, creamy, and delicately seasoned."

INGREDIENTS:

4 cups water	1 teaspoon dried parsley
4 cubes chicken bouillon	1 tablespoon dried minced onion
2 eggs	1 tablespoon cornstarch

DIRECTIONS:

1. In a medium saucepan, combine water, bouillon, and parsley and onion flakes. Bring to a boil.
2. Lightly beat eggs together. Gradually stir into soup.
3. Remove about half a cup of the soup. Stir in cornstarch until there are no lumps, and return to the soup. Boil until soup thickens.

Shrimp Rice Soup

Yields: 3 servings

"Water is added to rice and shrimp which have been stir-fried in sesame oil and are simmered until the rice has tripled in size in this Korean-inspired recipe which is low in fat and calories."

INGREDIENTS:

2 cups white rice	1 tablespoon rice wine
9 ounces shelled and deveined shrimp	12 cups water
1 tablespoon sesame oil	salt to taste

DIRECTIONS:

1. Rinse rice and set aside for 2 hours or until moistened.
2. Heat sesame oil in a saucepan. Add shrimp and rice wine and gently fry. Add rice and fry for 1 minute.
3. Pour water into saucepan and boil over medium heat. When the rice and shrimp mixture is thickened, or the rice expands about 3 times, reduce the heat to low. Continue to cook for 10 minutes, or until heated through, stirring constantly. Season with salt and serve hot.

Maple Syrup Korean Teriyaki Chicken

Prep Time: 15 Minutes

Cook Time: 1 Hour

Ready In: 3 Hours 15 Minutes

Yields: 8 servings

"Here is a great Korean Teriyaki recipe that is made with maple syrup instead of sugar. For a vegetarian version, use Chinese extra firm tofu."

INGREDIENTS:

1/3 cup and 1 tablespoon soy sauce	root
1-1/2 cups and 2 tablespoons water	1 tablespoon and 1/4 teaspoon ground black pepper
1/2 cup and 2 teaspoons maple syrup	8 skinless, boneless chicken breast halves
1/4 cup and 2 teaspoons dark sesame oil	1-1/2 cups and 2 tablespoons brown rice
3-1/4 cloves garlic, crushed	3-1/4 cups water
1 tablespoon and 1-3/4 teaspoons minced fresh ginger	3 tablespoons and 1/2 teaspoon cornstarch

DIRECTIONS:

1. Mix the soy sauce, 1 cup water, maple syrup, sesame oil, garlic, ginger, and pepper in a large resealable plastic bag. Set aside 1/3 cup of the mixture. Place the chicken in the bag, seal, and marinate at least 2 hours in the refrigerator.

2. Place the rice in a saucepan with 2 cups water, and bring to a boil. Cover, reduce heat to low, and simmer 45 minutes.
3. Preheat the oven broiler. Lightly grease a baking dish.
4. Pour marinade from the bag into a saucepan, and bring to a boil. Mix in the cornstarch, and cook and stir until thickened.
5. Place chicken in the prepared baking dish. Basting frequently with the reserved 1/3 cup marinade, broil 8 minutes per side, until juices run clear. Place chicken over the cooked rice, and top with boiled marinade to serve.

Miyeok guk (Beef & seaweed soup)

Ingredients: 1 oz mi yeok (dried seaweed)
 4 oz beef
 1/2 tsp soy sauce, 1/2 tsp sesame oil, salt

Rehydrate dried seaweed in water for 30 minutes.
 Cut into 2-3 inches.

In a pot, add sesame oil, saute beef with soy sauce.
 Add water and seaweed, bring to a boil.
 Cover to simmer.

Cook for about 30 minutes until seaweed release the flavor and soup gets milky.



Mandoo guk (Korean dumpling soup)

Ingredients: 20 dumplings, 4 oz beef, 2 green onions
 1/8 tsp soy sauce, 1/8 tsp sesame oil
 salt, pepper, 6 cups water, 1 egg, mixed
 1 sheet seasoned gim (dried seaweed, nori), crushed

Put a pot on a medium heat stove.
 When the pot gets hot, saute beef with soy sauce and sesame oil.

Add water, bring to a boil.

Put dumplings in.
 Cook for 3-4 minutes just before dumplings cooked completely.

Add green onions.
 Season with salt and pepper.
 Spread egg, don't stir immediately.

Put in a bowl.
 Garnish with kimchi.



Ddeok guk (Rice cake soup)

Ingredients: 1/2 cup ddeokguk ddeok (thin sliced rice cake)
 1/4 cup myeolchi (dried anchovy), 6 cups water
 2 green onions, chopped, 4 oz beef, thin julienne
 1 egg, mixed, 2 sheets seasoned gim (dried seaweed), crushed
 1/4 tsp soy sauce, 1/4 tsp sesame oil, 1/8 tsp sugar
 1/8 tsp pepper, 1/8 tsp minced garlic, 1/4 tsp salt

Put ddeok guk ddeok (thin sliced rice cake) in a cold water for 30 minutes.

Marinate beef in a soy sauce, sesame oil, pepper, sugar and minced garlic.
 Saute beef.
 Set aside.



In a pot, add cold water and myeol chi (dried anchovy), bring to a boil, reduce to simmer for 5 minute.

Take out myeol chi (dried anchovy).

Add ddeok guk ddeok (thin sliced rice cake), bring to a boil, reduce heat to medium.
 Cook for 10- 15 minutes until tender.

Add green onions.

Pour the egg in a little at a time.
 Let the egg set, then stir.
 (If you stir right after egg in, the broth gets milky.)

Garnish with sauteed beef and some gim.

Tips: Ddeokguk is the traditional New year's day food.

Yookgaejang (Spicy beef & scallion soup)

Ingredients: 1 lb beef (any part for quick cooking), 2 inches julienne
 1/2 lb bean sprouts
 1/2 cup gosari (packaged fern brake in water), drained
 2 green onions, 1 inch bias cut, 3 tbsp Korean chili powder
 1 tbsp soy sauce, 2 tbsp garlic, minced
 1 tbsp sesame oil, salt, pepper
 8 cup water

In a big pot, sauté beef with soy sauce, sesame oil, and chili powder for 4-5 minutes.
 Add water and bean sprouts, cover lid and bring to a boil.
 Reduce heat to medium low, cook for 20 minutes, add fern brake,
 cook for another 20-30 minutes until beef gets tender.
 At the last minute add green onions, salt and pepper to taste.



Tips: It is a quick version.

If you'd like more flavorful "yookgyejang", buy beef shank or any part for pot roast and cook in water with some garlic and ginger to 70% done.

Take out the meat, save the broth, tear meat into small size, marinate with above chili powder, garlic, soy sauce, salt and pepper. Put it back to a pot and add bean sprouts, blanched green onions, beaten egg, blanched fern brake (gosari) and continue to cook.

Korean Grilled Marinated Spicy Pork



Grilled marinated spicy pork dish is also one of the favorite dish many adult and children enjoy in Korea. The meat is marinated with a mixture of Korean style hot spicy sauce with other vegetables.

Ingredients

Sliced pork : 300 g
 Onion : 1/2 of each
 Mushroom : 2-3 each

Process & Recipe

1. Marinated pork:

Put the following ingredients to beef and make beef marinated for 6 hours and put into refrigerator before cooking.

- 1 Table spoon Sugar
- 1/2 Table spoon chopped garlic or garlic power
- 1 Table spoon Red or white wine
- Juicy from 1 Peach
- Juicy from 1 Onion

2. Slice other vegetables, Onion, Mushroom, any vegetables.

3. Grill or Broil the marinated Pork with other vegetables on grill or pan with following garlic and spicy sauce.

- 1 Table spoon chopped garlic
- 2 Table spoon Korean style spicy sauce

4. Before eating, put little sesame oil and seeds.

Egg Onion Cheese Cake



Egg Onion Cheese Cake dish is one of the easily can make and is enjoyable and is able to provide necessary protein and nutrition to children.

Ingredients

Egg : 3 Each
Onion : 1/2 of each
Cheese : 1 Each

Process & Recipe

1. Chopped Onion with mixed Egg
Chop 1/2 onion and Put into onion and cheese into mixed Egg with little salt.
2. Grill the mixed egg, onion, and cheese on the pan.

Korean Barbecue (Bulgogi)



Bulgogi is one of the most and popular dishes for many Korean people for adults as well as kids.

Ingredients

Sliced beef : 300 g
Onion : 1/2 of each
Mushroom : 2-3 each
Carrot : 1/4.
Green Pepper : 1/2 each

Process & Recipe

1. Marinated Beef :

Put the following ingredients to beef and make beef marinated for 6 hours and put into refrigerator before cooking.

- 1 1/2 Table spoon Soy Sauce
- 1 1/2 Table spoon Sugar
- 1/2 Table spoon chopped garlic or garlic power
- 1 Table spoon Red or white wine
- Juicy from 1 Pineapple Can
- Juicy from 1 Onion

2. Slice other vegetables, Onion, Mushroom, Carrot, and green pepper.



3. Grill or Broil the marinated beef with other vegetables on grill or pan.

4. Before eating, put little sesame oil and seeds.

Corn and Crab Pancake



This corn and crab pancake is the dish that young people and kids enjoy and can cook at home easily.

Ingredients

Corns from 1 corn can
 Crab meats from 1 crab can
 Green pepper : 1/2 each
 1 Egg
 Salt : little

Process

1. Slice green pepper and crab as above.
2. Put 1 egg with sliced green pepper, sliced crab, and corn.
3. Mix all mixed with salt.
4. Broil #3 on the pan as blow.



5. Enjoy Corn and Crab pan cake