



DE'LISH 2 RECIPES

EPISODE 14 - KOREA

STARTER: KIMCHI SALAD ON RICE CAKE + SESAME OIL VINAIGRETTE

MAIN: JAJANGMYEON WITH CUCUMBER KACHUMBAR + GOCHUJANG

DESSERT: AZUKI & STRAWBERRY ICE CREAM + CHESTNUT SWEETS

STARTER: KIMCHI SALAD ON RICE CAKE + SESAME OIL VINAIGRETTE

Ingredients

¼ large chinese cabbage, sliced in strips & degorged in coarse salt
 1 large carrot, peeled and sliced
 ½ large cucumber, peeled & sliced
 1 small head of broccoli, broken into small florets
 2 spring onion stems, thinly sliced
 2 small radishes, thinly sliced
 1 small apple, diced
 1 small orange, peeled & segmented
 1 lemon, peeled & segmented
 1 tbsp chilli powder
 1 tsp sugar
 2 large cloves garlic, crushed (2 tsp)
 ½ tsp crushed ginger
 2 tbsp white sesame seeds
 2 tbsp black sesame seeds
 1/2 tsp salt

Sesame Vinaigrette:

¼ cup sesame oil
 ¼ cup rice vinegar
 ½ tsp mustard
 ½ tsp white pepper

Rice Cake:

1 cup overcooked basmati rice, smashed
 1 tbsp butter
 1 tbsp rice flour
 1 egg, beaten
 pinch salt

Method

- To degorge the cabbage strips, mix with a quarter cup of coarse salt, place in a sealed container and refrigerate overnight. Shake off the excess salt and water the next day.
- Mix all the salad ingredients in a large bowl, place in a sealed container, refrigerate and allow to pickle for at least 3 hours before serving. It can be used over a period of a few days, as long as it is refrigerated. It can also be served with any starch of your choice (bread, rice, potatoes, etc.), and makes a great accompaniment to any main dish.
- To make the vinaigrette, whisk all the ingredients thoroughly. Mix with the salad before refrigerating, or pour over just before serving.
- For the rice cakes, thoroughly combine the ingredients in a bowl, shape and allow to dry out in the oven at 150 degrees Celsius for 10 to 15 minutes until lightly browned.
- Plate and garnish as desired.

MAIN: JAJANGMYEON WITH CUCUMBER KACHUMBAR + GOCHUJANG

Ingredients:

Jajang:

2 tbsp cooking oil
 2 tbsp black bean paste

 4 tbsp cooking oil
 500g chicken breasts, cut in strips
 1 onion, chopped (1 cup)
 1 courgette, chopped (1 cup)
 ½ red pepper, chopped (3/4 cup)
 1 clove garlic, crushed (1/2 tsp)
 1 tsp ginger, finely minced
 1 green chilli, crushed (1/2 tsp)
 1 tsp tamarind soaked in 1/4 cup of hot water
 4 tbsp rice vinegar
 1/2 tsp sugar
 2 tbsp corn flour
 1 cup water

Myeon:

1 pack buckwheat (or glass) noodles
 water for boiling

Kachumbar:

1/2 medium cucumber, cut in small squares (1 cup)
 1 red chilli, finely chopped (1/2 tsp)
 1 tsp onion seeds
 2 tbsp chopped chives
 1 tbsp olive oil
 1 tbsp lemon juice

Gochujang:

1/3 cup chilli powder & flakes
 1/3 cup glutinous rice powder
 1/3 cup soybean paste
 1 tsp sugar
 ½ cup water

Garnish:

Baby greens

Method

- To make the chicken mixture, lightly fry the bean paste in the oil for 1 minute. Remove from the pan then add the 4 tbsp of oil and bring to very high heat. Add the jajang ingredients in sequence, stir-frying for a minute before adding the next ingredient. Finally add the fried bean paste and liquids, adding small amounts of water during cooking if necessary, to distribute the bean paste, cornflour, etc.
- Boil the noodles according to the package instructions, drain and keep warm.
- Mix all the ingredients to make the kachumbar and allow to rest.
- Season all items, plate and garnish as desired.
- For the gochujang, simmer the ingredients on low heat until thickened, adding more water during simmering if necessary. Cool, store and use the gochujang as a thickener when cooking curries, soups and stews to give a typical Korean taste.



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DESSERT: AZUKI & STRAWBERRY ICE CREAM + CHESTNUT SWEETS

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Ingredients

1 cup cream	1 rice cake, broken into small pieces
1/2 cup condensed milk	Rose syrup
1/2 tsp elachi powder	Strawberries
1/2 tsp cinnamon powder	Kiwi fruit
1 cup adzuki/red bean paste	Fresh mint leaves
1 cup sliced strawberries	

Chestnut Sweets:

1 cup chestnuts
2 cups water for boiling
1/2 cup sugar
1 tsp orange zest
1/4 tsp cinnamon powder

Method

- Heat all the ice cream ingredients and simmer for a few minutes. Cool, transfer to the freezer and churn or mix every two hours until smooth. Serve with the broken rice cake, rose syrup, fruit & mint leaves.
- To make the sweets, cook all the ingredients until the nuts have softened, the water has evaporated and the sugar has caramelized. Allow to cool down, shape while still warm then allow to cool completely.