

Taste of Korea

Virtual cooking class of Japchae



KSCPP

 Korean Spirit and Culture Promotion Project

since 2005
is a 501(c)3 non-profit organization
dedicated to the promotion of greater
awareness and understanding of Korean
history and culture

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Japchae

: Stir-fried Sweet potato starch noodles and Vegetables

Ingredients

Main Ingredients(serves 4-5)

- 8 oz Potato starch noodles (Glass noodle)
- 5 oz Spinach
- 3 oz Pyogo mushroom (shiitake mushroom)
- 6 oz Onion
- 2 oz Bell pepper : buy 2 of any color(yellow, orange, red)
- 3 oz carrot
- 4 oz beef sirloin (if you desire to add)

Ingredients for the seasoning

- Soy sauce (amount specified in the recipe)- around 7 tablespoons
- Brown sugar (amount specified in the recipe) or honey: around 4 teaspoons
- Toasted sesame oil (amount specified in the recipe): around 4 tablespoons
- Toasted/ground sesame seeds –around 2 teaspoon
- Cooking oil (any vegetable cooking oil)- around 8 tablespoons
- Salt (recommend fine sea salt) - 3 teaspoons
- Garlic-1/2 tsp minced garlic
- Ground pepper-a little bit
- 1 teaspoon rice wine(or red wine)

Spinach Seasoning - Mix these in a small bowl

1/2 teaspoon soy sauce

1/2 teaspoon toasted sesame oil

A pinch of toasted/ground sesame seed

Mushroom Marinade – Mix these in a small bowl

2 teaspoon soy sauce

1 teaspoon honey or sugar

1 teaspoon toasted sesame oil

Marinate the beef- Mix these in a small bowl

4 oz sirloin , cut into strips

1 tablespoon soy sauce

1 teaspoon rice wine(or red wine)

½ teaspoon minced garlic

¼ teaspoon ground black pepper

1 teaspoon toasted sesame oil

1 teaspoon sugar

For the noodles

4 tablespoons soy sauce

1.5-2 tablespoons cooking oil

1.5 tablespoons sesame oil

1 tablespoon sugar

Cooking Tools

- Cutting board with a damp towel
- Knife
- Large bowl for mixing
- Small bowls for mixing spinach and mushrooms
- Pot to cook noodles
- Pot to blanch spinach
- Stainless steel mesh strainer
- Cooking tong
- skillet to cook vegetables and noodles
- Small spoons
- Rubber spatula or wooden spoon
- Measuring spoons and cups
- Disposable food preparation gloves
- Paper towel
- cooking timer (optional)
- Kitchen scissors (optional)



Ingredients links for purchasing

Noodles:

https://www.amazon.com/gp/product/B014VGSB1I?pf_rd_r=3BMG69PHRGC90CAG1JWX&pf_rd_p=5ae2c7f8-e0c6-4f35-9071-dc3240e894a8&pd_rd_r=aa6d1b1d-a82d-47c3-af52-ged1b538ffe5&pd_rd_w=S1fiY&pd_rd_wg=4gWnQ&ref_=pd_gw_unk

https://www.amazon.com/Ottogi-Korean-Vermicelli-Glass-Noodles/dp/B01MCVZR8G/ref=sr_1_1?dchild=1&keywords=Ottogi+Korean+Vermicelli+Dan+g+Myun+Glass+Noodles&qid=1613269130&s=grocery&sr=1-1

https://www.amazon.com/Chung-Jung-One-Organic-vermicelli/dp/B07PFFZZPJ/ref=sr_1_1?dchild=1&keywords=Chung+Jung+One+Organic+Sur+a+vermicelli+Sweet+Potato+Glass+Noodle&qid=1613269154&s=grocery&sr=1-1

Soy Sauce:

https://www.amazon.com/Sempio-Soy-Sauce-Jin-31-4/dp/B01439WXJY/ref=sr_1_1?dchild=1&keywords=%EF%81%B6+Sempio+Soy+Sauce+Jin&qid=1613269786&s=grocery&sr=1-1

https://www.amazon.com/Sempio-Sodium-Sauce-31-45-Fluid/dp/B00W7B7AHG/ref=sr_1_4?dchild=1&keywords=%EF%81%B6+Sempio+Low+Sodium+Soy+Sauce&qid=1613269801&s=grocery&sr=1-4

https://www.amazon.com/Sempio-Naturally-Brewed-Sauce-31-44/dp/B01N9U24N8/ref=sr_1_1?dchild=1&keywords=%EF%81%B6+Sempio+Naturally+Brewed+Soy+Sauce&qid=1613269819&s=grocery&sr=1-1 (Gluten Free / Naturally Brewed)

Sesame Oil

https://www.amazon.com/Ottogi-Premium-Roasted-Sesame-Oil/dp/B01MF9BoOV/ref=sr_1_2?dchild=1&keywords=%EF%81%B6+Ottogi+Sesame+Oil&qid=1613269864&s=grocery&sr=1-2

https://www.amazon.com/Beksul-Sesame-320ml-Product-Korea/dp/B07GWJ4YKS/ref=sr_1_1?dchild=1&keywords=%EF%81%B6+Beksul+Sesame+Oil&qid=1613269901&s=grocery&sr=1-1

Sesame Seeds

https://www.amazon.com/Sesame-Seeds-Roasted-Ottogi-100g/dp/B002WTG452/ref=sr_1_4?dchild=1&keywords=Roasted+By+Ottogi&qid=1613269927&s=grocery&sr=1-4