



Deliciously Korean

Recipes of 9 Famous
Korean Delicacies

by Pluto's Palate

WELCOME

Welcome to "Deliciously Korean: Recipes of 9 Famous Korean Delicacies." This eBook is your gateway to the vibrant and flavorful world of Korean cooking. Whether you are a novice cook or an experienced chef, you will find these recipes easy to follow and incredibly rewarding to make. Korean cuisine is renowned for its bold flavors, diverse ingredients, and rich culinary heritage. Through this eBook, we hope to bring a taste of Korea to your kitchen and inspire you to explore and enjoy these iconic dishes.

DEDICATION

This book is dedicated to all the passionate home cooks and culinary enthusiasts who find joy, solace, and connection through the act of cooking. May your kitchens be filled with love, laughter, and delightful aromas, and may you continue to explore the boundless artistry of flavor.

To my parents, who introduced me to the wonders of the culinary world and showed me the magic that happens when love meets ingredients – this journey began with both of you, and every page holds a piece of our shared memories.

And lastly, to all the farmers, growers, and producers, who work tirelessly to bring the freshest ingredients to our tables – your dedication is the foundation upon which culinary dreams are built.

Bon Appétit and happy cooking!



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The Cultural Significance of Food in Korea

In Korea, food is more than just sustenance; it is an integral part of the culture, traditions, and daily life. Meals are often communal events where family and friends gather to share food and conversation. Many Korean dishes have deep historical roots and are associated with various festivals, rituals, and ceremonies. For example, Kimchi, one of Korea's most famous dishes, is traditionally prepared during the Kimjang season, a time when communities come together to make large quantities of Kimchi for the winter months.

Understanding the cultural context of these dishes will deepen your appreciation and enjoyment of Korean cuisine.

RECIPE 1



Kimchi

The quintessential Korean side dish made from fermented vegetables

Introduction:

Kimchi is the heart and soul of Korean cuisine. This spicy, tangy, and crunchy fermented vegetable dish is served at almost every Korean meal. The most common type is made with napa cabbage, but there are many variations using different vegetables. Kimchi is not only delicious but also packed with probiotics, making it a healthy addition to your diet. In this recipe, we'll walk you through making traditional napa cabbage kimchi.

Ingredients:

Napa Cabbage Kimchi:

- 1 large napa cabbage
- 1/4 cup sea salt (for salting the cabbage)
- 4 cups water

Kimchi Paste:

- 1 cup Korean radish, julienned
- 1 cup carrots, julienned
- 4 green onions, chopped
- 1/2 cup gochugaru (Korean red chili flakes)
- 1/4 cup fish sauce
- 2 tablespoons soy sauce

- 1/4 cup minced garlic
- 1 tablespoon minced ginger
- 1 tablespoon sugar
- 2 tablespoons rice flour (optional, for thickening)
- 1/2 cup water (for rice flour paste, if using)

Instructions:

1. Prepare the Cabbage
 - Cut the napa cabbage lengthwise into quarters and then crosswise into 2-inch pieces.
 - Dissolve the salt in water and soak the cabbage in this brine for 1-2 hours. Turn the cabbage occasionally to ensure even salting.
 - Rinse the cabbage under cold water three times to remove excess salt. Drain well.
2. Make the Rice Flour Paste (Optional):
 - In a small pot, combine 2 tablespoons of rice flour and 1/2 cup of water.
 - Cook over medium heat, stirring constantly, until the mixture thickens into a paste. Let it cool.
3. Prepare the Kimchi Paste
 - In a large bowl, combine the gochugaru, fish sauce, soy sauce, minced garlic, minced ginger, and sugar.
 - Add the cooled rice flour paste (if using) and mix well.
 - Add the julienned radish, carrots, and chopped green onions to the bowl. Mix until all the vegetables are well-coated with the kimchi paste.
4. Mix the Cabbage and Kimchi Paste:
 - Wearing gloves to protect your hands from the chili paste, mix the cabbage pieces with the kimchi paste.
 - Ensure each piece of cabbage is thoroughly coated with the paste.
5. Ferment the Kimchi
 - Pack the kimchi into a clean, airtight container or jar, pressing down to remove air pockets.
 - Leave some space at the top of the jar for the kimchi to expand as it

ferments.

- Leave the jar at room temperature for 1-2 days to start the fermentation process. Then transfer it to the refrigerator.
- Kimchi can be eaten fresh, but it develops a deeper flavor after fermenting for about a week in the refrigerator.

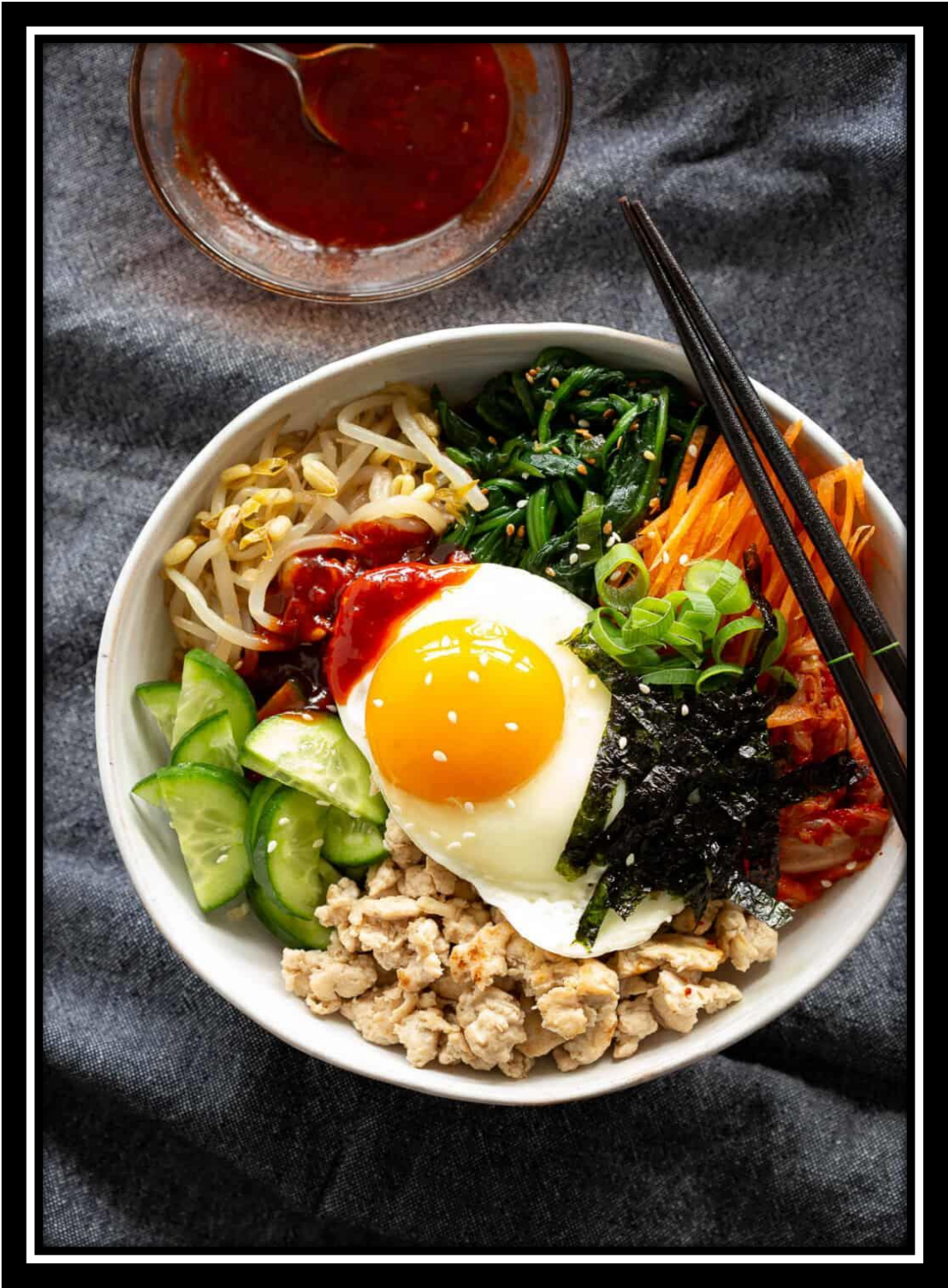
Tips:

- **Adjusting Spiciness:** If you prefer a milder kimchi, reduce the amount of gochugaru or use a milder variety.
- **Storage:** Properly fermented kimchi can be stored in the refrigerator for several months. The flavour will continue to develop over time.
- **Serving Suggestions:** Kimchi can be enjoyed as a side dish with almost any Korean meal. It can also be used in soups, stews, and fried rice for an added burst of flavour.

Variations:

- **White Kimchi (Baek Kimchi):** This version omits the chili flakes for a milder, non-spicy kimchi.
- **Cucumber Kimchi (Oi Sobagi):** Uses cucumbers instead of napa cabbage for a crunchy, refreshing variation.
- **Radish Kimchi (Kkakdugi):** Made with cubed Korean radish, this kimchi is crunchy and slightly sweeter.

RECIPE 2



Bibimbap

A colorful and nutritious rice bowl topped with assorted vegetables, meat, and a spicy sauce

Introduction

Kimchi is the heart and soul of Korean cuisine. Bibimbap is one of Korea's most beloved and iconic dishes, known for its colorful presentation and harmonious blend of flavors. Traditionally made with beef, this version features tender marinated chicken. Bibimbap, which means "mixed rice," is a delightful and nutritious dish that combines rice, vegetables, chicken, and a flavorful gochujang sauce. It's perfect for lunch or dinner and can be customized with your favorite vegetables.

Ingredients:

Chicken Marinade:

- 500g boneless, skinless chicken thighs or breasts, sliced into thin strips
- 2 tablespoons soy sauce
- 1 tablespoon sesame oil
- 1 tablespoon honey or sugar
- 1 tablespoon rice wine (optional)
- 1 tablespoon minced garlic
- 1 teaspoon minced ginger
- 1/4 teaspoon black pepper

Vegetables and Other Toppings:

- 2 cups cooked short-grain white rice
- 1 cup spinach, blanched and squeezed dry
- 1 medium carrot, julienned
- 1 zucchini, julienned
- 1 cup bean sprouts, blanched
- 4 shiitake mushrooms, sliced
- 1 cucumber, julienned
- 1/2 cup kimchi, chopped
- 2 eggs (optional, for frying)
- 1 tablespoon sesame seeds
- 2 green onions, chopped
- Sesame oil, for drizzling

Gochujang Sauce:

- 3 tablespoons gochujang (Korean red chili paste)
- 1 tablespoon sesame oil
- 1 tablespoon honey or sugar
- 1 tablespoon water
- 1 teaspoon vinegar
- 1 teaspoon minced garlic

Instructions:

1. Prepare the Marinade:

- In a large bowl, combine soy sauce, sesame oil, honey or sugar, rice wine (if using), minced garlic, minced ginger, and black pepper.
- Add the sliced chicken to the marinade and mix well. Let it marinate for at least 30 minutes, preferably 1 hour.

2. Cook the Chicken:

- Heat a large skillet over medium-high heat and add a bit of oil.
- Add the marinated chicken and cook until fully cooked and slightly

caramelized, about 6-8 minutes. Set aside.

3. Prepare the Vegetables:

- Blanch the spinach and bean sprouts in boiling water for 1-2 minutes, then rinse under cold water. Squeeze out excess water and set aside.
- Sauté the julienned carrots, zucchini, and sliced mushrooms separately in a bit of oil until tender. Season with a pinch of salt and set aside.

4. Make the Gochujang Sauce:

- In a small bowl, combine gochujang, sesame oil, honey or sugar, water, vinegar, and minced garlic. Mix well until smooth.

5. Assemble the Bibimbap:

- In a large serving bowl, place a serving of cooked rice at the bottom.
- Arrange the cooked chicken and prepared vegetables (spinach, carrots, zucchini, bean sprouts, mushrooms, cucumber, and kimchi) neatly on top of the rice.
- If using, fry the eggs sunny-side up and place one egg on top of each bowl.
- Drizzle with sesame oil and sprinkle with sesame seeds and chopped green onions.

6. Serve and Mix:

- Serve the gochujang sauce on the side, allowing each person to add it to their taste.
- Before eating, mix all the ingredients together with the gochujang sauce until well combined.

Tips:

- **Customization:** Feel free to add or substitute any vegetables according to your preference. Popular additions include bell peppers, radishes, and seaweed.
- **Spiciness:** Adjust the amount of gochujang in the sauce to control the heat level.
- **Serving:** Bibimbap is best enjoyed fresh, but you can prepare the ingredients ahead of time and assemble just before serving.

Variations:

- **Vegetarian:** Replace chicken with tofu or additional vegetables for a vegetarian version.
- **Seafood:** Add shrimp or other seafood for a different protein option.
- **Brown Rice:** Use brown rice instead of white rice for a healthier option.

RECIPE 3



Chicken Bulgogi

(Korean BBQ Chicken)

Marinated chicken grilled to perfection, often enjoyed wrapped in lettuce leaves

Introduction:

Chicken Bulgogi is a delicious and savory Korean BBQ dish made with marinated chicken that is grilled or stir-fried to perfection. This dish features a marinade of soy sauce, garlic, ginger, and sesame oil, giving the chicken a deep, rich flavor. Chicken Bulgogi is versatile and can be served with rice, in lettuce wraps, or even as a topping for salads.

Ingredients:

Chicken Marinade:

- 1 kg boneless, skinless chicken thighs or breasts, thinly sliced
- 1/4 cup soy sauce
- 2 tablespoons brown sugar
- 2 tablespoons honey or corn syrup
- 1 tablespoon sesame oil
- 2 tablespoons rice wine (optional)
- 1 tablespoon minced garlic
- 1 teaspoon minced ginger
- 1 tablespoon gochujang (Korean red chili paste) (optional for spice)
- 1/4 teaspoon black pepper

- 1/4 cup grated Asian pear or apple (for tenderizing and sweetness)
- 2 green onions, finely chopped
- 1 small onion, thinly sliced

Garnish:

- 1 tablespoon sesame seeds
- 2 green onions, chopped
- Lettuce leaves or perilla leaves (for wrapping)
- Ssamjang (Korean dipping sauce) or additional gochujang

Instructions:

1. Prepare the Marinade:

- In a large bowl, combine soy sauce, brown sugar, honey, sesame oil, rice wine (if using), minced garlic, minced ginger, gochujang (if using), black pepper, and grated pear or apple.
- Mix well until the sugar is dissolved and the ingredients are well combined.

2. Marinate the Chicken:

- Add the sliced chicken, chopped green onions, and thinly sliced onion to the marinade.
- Mix well to ensure all the chicken pieces are coated with the marinade.
- Cover and refrigerate for at least 30 minutes, preferably 2 hours or overnight for deeper flavor.

3. Cook the Chicken:

- Heat a large skillet or grill pan over medium-high heat and add a bit of oil.
- Add the marinated chicken and cook until fully cooked and slightly caramelized, about 6-8 minutes.
- Stir occasionally to ensure even cooking and prevent sticking.

4. Garnish and Serve:

- Transfer the cooked chicken to a serving platter.
- Ensure Garnish with sesame seeds and chopped green onions.
- Serve with lettuce leaves or perilla leaves for wrapping, and ssamjang

or additional gochujang on the side.

Tips:

- **Marinade Time:** For the best flavor, marinate the chicken overnight.
- **Cooking Method:** Chicken Bulgogi can also be cooked on an outdoor grill for a smoky flavor.
- **Serving:** Serve Chicken Bulgogi with a bowl of steamed rice and a variety of banchan (Korean side dishes) for a complete meal.

Variations:

- **Spicy Bulgogi:** Add more gochujang or gochugaru (Korean red chili flakes) to the marinade for a spicier version.
- **Vegetarian:** Replace chicken with tofu or mushrooms for a vegetarian option.
- **Seafood:** Try using shrimp or squid in place of chicken for a seafood twist.

RECIPE 4



Dakgalbi

(Spicy Stir-Fried Chicken)

Stir-fried glass noodles with a variety of vegetables and meat

Introduction:

Chicken Dakgalbi is a popular Korean dish featuring spicy stir-fried chicken with vegetables. It's known for its bold flavors and vibrant colors, typically served on a hot plate or skillet. The dish is often enjoyed communally, with diners cooking and eating directly from the sizzling pan. This recipe will guide you through creating an authentic and delicious Dakgalbi at home.

Ingredients:

Chicken and Marinade:

- 500 grams boneless, skinless chicken thighs, cut into bite-sized pieces
- 3 tablespoons gochujang (Korean red chili paste)
- 2 tablespoons gochugaru (Korean red chili flakes)
- 2 tablespoons soy sauce
- 1 tablespoon sugar
- 1 tablespoon honey or corn syrup
- 2 tablespoons rice wine (optional)
- 1 tablespoon sesame oil
- 3 cloves garlic, minced

- 1 tablespoon ginger, minced
- 1/2 teaspoon black pepper

Vegetables:

- 1 small sweet potato, peeled and thinly sliced
- 1 medium carrot, julienned
- 1 small zucchini, julienned
- 1 cup cabbage, chopped
- 1 cup Korean rice cakes (tteok), soaked in warm water for 10 minutes
- 1 small onion, sliced
- 2 green onions, cut into 2-inch pieces

Garnish:

- 1 tablespoon sesame seeds
- 2 green onions, chopped

Instructions:

1. Prepare the Chicken:

- Cut the chicken thighs into bite-sized pieces.
- In a large bowl, combine gochujang, gochugaru, soy sauce, sugar, honey or corn syrup, rice wine (if using), sesame oil, minced garlic, minced ginger, and black pepper to make the marinade.
- Add the chicken pieces to the marinade and mix well. Let it marinate for at least 30 minutes, preferably overnight for deeper flavor.

2. Prepare the Vegetables:

- Add Peel and thinly slice the sweet potato.
- Julienne the carrot and zucchini.
- Chop the cabbage and slice the onion.
- Soak the Korean rice cakes in warm water for about 10 minutes to soften.

3. Cook the Dakgalbi:

- Heat a large skillet or wok over medium-high heat.
- Add a little vegetable oil and heat until shimmering.
- Add the marinated chicken and stir-fry for 2-3 minutes until the chicken starts to cook.
- Add the sweet potato slices and continue to stir-fry for another 3-4 minutes until they begin to soften.
- Add the carrot, zucchini, cabbage, onion, and soaked rice cakes to the skillet. Stir-fry for another 5-7 minutes until the vegetables are tender and the chicken is fully cooked.
- Stir occasionally to prevent sticking and ensure even cooking.

4. Garnish and Serve:

- Sprinkle with sesame seeds and chopped green onions before serving.
- Serve the dakgalbi directly from the skillet or transfer to a large serving plate.

Tips:

- **Marinade Time:** For the best flavor, marinate the chicken overnight. If you're short on time, aim for at least 30 minutes.
- **Adjusting Spiciness:** Modify the amount of gochujang and gochugaru to suit your heat preference.
- **Serving:** Dakgalbi is often served with a side of steamed rice and lettuce wraps. You can also add cheese on top for a Korean cheese dakgalbi variations.

Variations:

- **Cheese Dakgalbi:** Add shredded mozzarella cheese on top of the dakgalbi during the last few minutes of cooking. Cover the skillet until the cheese melts.
- **Seafood Dakgalbi:** Add shrimp, squid, or octopus to the dish for a seafood twist.
- **Vegetarian Dakgalbi:** Replace chicken with tofu or mushrooms and increase the variety of vegetables.

RECIPE 5



Yangnyeom

(Korean Fried Chicken)

Yangnyeom chicken is a variety of Korean fried chicken seasoned with a sweet and spicy sauce of gochujang, garlic, sugar, and other spices.

Introduction:

Korean Fried Chicken, known for its double-fried, extra-crispy exterior and flavorful coating, has become a global sensation. Yangnyeom Chicken is a popular variation, featuring a sweet and spicy sauce that adds a burst of flavor to every bite. This recipe will guide you through making delicious Yangnyeom Chicken at home.

Ingredients:

Chicken:

- 1 kg chicken wings or drumettes
- 1 teaspoon salt
- 1 teaspoon black pepper
- 1 teaspoon garlic powder
- 1 cup potato starch or cornstarch
- Vegetable oil for frying

Sauce:

- 1/4 cup gochujang (Korean red chili paste)

- 1/4 cup ketchup
- 1/4 cup soy sauce
- 1/4 cup honey or corn syrup
- 2 tablespoons brown sugar
- 3 cloves garlic, minced
- 1 tablespoon ginger, minced
- 2 tablespoons rice vinegar
- 2 tablespoons sesame oil
- 1/4 cup water

Garnish:

- 1 tablespoon sesame seeds
- 2 green onions, chopped

Instructions:

1. Prepare the Chicken:

- Rinse the chicken wings or drumettes under cold water and pat dry with paper towels.
- Season the chicken with salt, black pepper, and garlic powder.
- Coat each piece of chicken evenly with potato starch or cornstarch. Shake off any excess starch.

2. Fry the Chicken:

- Heat vegetable oil in a deep fryer or large pot to 170°C (340°F). The oil should be deep enough to fully submerge the chicken pieces.
- Fry the chicken in batches, making sure not to overcrowd the pot. Fry for about 10 minutes until the chicken is light golden brown.
- Remove the chicken and let it drain on a wire rack or paper towels.
- Increase the oil temperature to 190°C (375°F).
- Fry the chicken again in batches for an additional 5-7 minutes until it is golden brown and crispy.
- Remove the chicken and let it drain on a wire rack or paper towels.

3. Make the Sauce:
 - In a small saucepan, combine gochujang, ketchup, soy sauce, honey or corn syrup, brown sugar, minced garlic, minced ginger, rice vinegar, sesame oil, and water.
 - Bring the mixture to a boil over medium heat, stirring constantly.
 - Reduce the heat and simmer for about 5 minutes until the sauce thickens slightly.

4. Coat the Chicken:
 - Transfer the fried chicken to a large mixing bowl.
 - Pour the hot sauce over the chicken and toss well to coat each piece evenly.

5. Garnish and Serve:
 - Sprinkle sesame seeds and chopped green onions over the coated chicken.
 - Serve immediately, either on a platter or in individual servings.

Tips:

- **Double Frying:** For The double-frying technique ensures the chicken remains crispy even after being coated in sauce.
- **Adjusting Spiciness:** Modify the amount of gochujang to suit your heat preference. You can also add chili flakes for extra spice.
- **Serving:** Yangnyeom Chicken pairs well with pickled radishes, coleslaw, and a cold beer.

Variations:

- **Boneless Chicken:** Use boneless chicken thighs or breasts cut into bite-sized pieces for a boneless version.
- **Different Sauces:** Experiment with different sauce flavors, such as soy garlic or honey mustard, for variety.
- **Vegetarian Version:** Substitute chicken with tofu or cauliflower for a vegetarian twist.

RECIPE 6



Samgyetang

(Ginseng Chicken Soup)

Yangnyeom chicken is a variety of Korean fried chicken seasoned with a sweet and spicy sauce of gochujang, garlic, sugar, and other spices.

Introduction:

Samgyetang, or Ginseng Chicken Soup, is a traditional Korean dish typically enjoyed during the hot summer months. This nourishing soup is made with a whole young chicken stuffed with glutinous rice, ginseng, garlic, and jujube (Korean dates), simmered until the chicken is tender and the broth is rich and flavorful. Known for its restorative properties, Samgyetang is often consumed to replenish energy and promote health.

Ingredients:

Chicken and Stuffing:

- 1 whole young chicken (about 1 kg), cleaned and giblets removed
- 1/4 cup glutinous rice, soaked in water for at least 1 hour
- 2-3 ginseng roots (fresh or dried)
- 5-6 garlic cloves, peeled
- 2-3 jujubes (Korean dates)
- 3-4 chestnuts (optional)
- 1 small piece of ginger, sliced

- 2 green onions, cut into 2-inch pieces
- Salt and pepper to taste

Broth:

- 8-10 cups water
- 1 tablespoon salt (adjust to taste)
- 1 teaspoon black pepper
- Additional garlic cloves, ginseng, and jujubes (optional for extra flavor)

Garnish:

- Chopped green onions
- Salt and pepper for serving

Instructions:

1. Prepare the Chicken:

- Rinse the chicken under cold water and pat dry with paper towels.
- Stuff the cavity of the chicken with the soaked glutinous rice, ginseng roots, garlic cloves, jujubes, and chestnuts if using.
- Secure the opening with a skewer or kitchen twine to keep the stuffing inside during cooking.

2. Cook the Chicken:

- In a large pot, place the stuffed chicken and add the water, sliced ginger, green onions, and additional garlic, ginseng, and jujubes if desired.
- Bring the water to a boil over high heat.
- Once boiling, reduce the heat to medium-low and simmer for about 1.5 to 2 hours until the chicken is tender and the broth is rich and flavorful.
- Skim off any foam or impurities that rise to the surface during cooking.

3. Season the Broth:

- After the chicken is cooked, carefully remove it from the pot and set aside.

- Season the broth with salt and pepper to taste.
- If desired, strain the broth to remove any solids for a clearer soup.

4. Serve:

- Place the whole chicken in a large serving bowl or individual bowls.
- Ladle the hot broth over the chicken.
- Garnish with chopped green onions.
- Serve with small dishes of salt and pepper on the side for dipping the chicken.

Tips:

- **Selecting Chicken:** For The double-frying technique ensures the chicken remains crispy even after being coated in sauce.
- **Ginseng:** Modify the amount of gochujang to suit your heat preference. You can also add chili flakes for extra spice.
- **Glutinous Rice:** Yangnyeom Chicken pairs well with pickled radishes, coleslaw, and a cold beer.

Variations:

- **Herbal Additions:** Use boneless chicken thighs or breasts cut into bite-sized pieces for a boneless version.
- **Simplified Version:** Experiment with different sauce flavors, such as soy garlic or honey mustard, for variety.
- **Spicy Samgyetang:** Substitute chicken with tofu or cauliflower for a vegetarian twist.

RECIPE 7



Dakdoritang

(Spicy Chicken Stew)

Chicken dish that's cooked in a spicy red sauce along with vegetables such as potatoes, carrots, and onions

Introduction:

Dakdoritang, also known as Dakbokkeumtang, is a spicy Korean chicken stew featuring tender chicken pieces simmered in a rich, flavorful sauce with potatoes, carrots, and onions. This hearty dish is perfect for those who enjoy bold, spicy flavors and is often enjoyed with steamed rice. This recipe will guide you through making a delicious Dakdoritang at home.

Ingredients:

Chicken and Marinade:

- 1 kg chicken drumsticks or thighs, cut into bite-sized pieces
- 2 tablespoons soy sauce
- 1 tablespoon rice wine (optional)
- 1 tablespoon minced garlic
- 1 teaspoon minced ginger
- 1 teaspoon black pepper

Stew:

- 2 tablespoons gochujang (Korean red chili paste)
- 1 tablespoon gochugaru (Korean red chili flakes)
- 2 tablespoons soy sauce
- 1 tablespoon sugar
- 1 tablespoon honey or corn syrup
- 2 cups water or chicken broth
- 2 medium potatoes, peeled and cut into large chunks
- 1 large carrot, peeled and cut into large chunks
- 1 large onion, cut into large chunks
- 2 green onions, cut into 2-inch pieces

Garnish:

- 1 tablespoon sesame seeds
- 2 green onions, chopped

Instructions:

1. Prepare the Chicken:
 - Rinse the chicken pieces under cold water and pat dry with paper towels.
 - In a large bowl, combine soy sauce, rice wine (if using), minced garlic, minced ginger, and black pepper to make the marinade.
 - Add the chicken pieces to the marinade and mix well. Let it marinate for at least 30 minutes.
2. Make the Stew Base:
 - In a large pot or Dutch oven, combine gochujang, gochugaru, soy sauce, sugar, honey or corn syrup, and water or chicken broth.
 - Stir well to dissolve the gochujang and create a smooth sauce.
3. Cook the Chicken and Vegetables:
 - Add the marinated chicken pieces to the pot with the sauce.
 - Bring to a boil over medium-high heat, then reduce the heat to

- medium-low and simmer for about 10 minutes.
- Add the potatoes, carrots, and onion to the pot.
 - Continue to simmer for another 20-25 minutes until the chicken is cooked through and the vegetables are tender.
4. Add Green Onions and Final Seasoning:
- Add the green onion pieces to the pot during the last 5 minutes of cooking.
 - Taste the stew and adjust the seasoning with additional soy sauce, sugar, or gochugaru as needed.
5. Garnish and Serve:
- Transfer the stew to a large serving bowl.
 - Sprinkle sesame seeds and chopped green onions over the top.
 - Serve hot with steamed rice.

Tips:

- **Marinade Time:** For The double-frying technique ensures the chicken remains crispy even after being coated in sauce.
- **Adjusting Spiciness:** Modify the amount of gochujang to suit your heat preference. You can also add chili flakes for extra spice.
- **Serving:** Yangnyeom Chicken pairs well with pickled radishes, coleslaw, and a cold beer.

Variations:

- **Mild Version:** Use boneless chicken thighs or breasts cut into bite-sized pieces for a boneless version.
- **Seafood Addition:** Experiment with different sauce flavors, such as soy garlic or honey mustard, for variety.
- **Vegetarian Version:** Substitute chicken with tofu or cauliflower for a vegetarian twist.

RECIPE 8



Jjimdak

(Braised Chicken)

Introduction:

Jjimdak is a popular Korean braised chicken dish from the Andong region, known for its savory, slightly sweet, and mildly spicy flavor. It features tender chicken pieces braised with vegetables and glass noodles in a rich soy-based sauce. This hearty dish is perfect for family meals and gatherings, offering a delicious and comforting experience. This recipe will guide you through making Jjimdak at home.

Ingredients:

Chicken and Marinade:

- 1 kg bone-in chicken pieces (drumsticks and thighs), cut into bite-sized pieces
- 2 tablespoons soy sauce
- 1 tablespoon rice wine (optional)
- 1 tablespoon minced garlic
- 1 teaspoon minced ginger
- 1 teaspoon black pepper

Sauce:

- 1/4 cup soy sauce
- 2 tablespoons oyster sauce
- 2 tablespoons sugar
- 1 tablespoon honey or corn syrup
- 2 tablespoons mirin or rice wine
- 1 tablespoon sesame oil
- 1 teaspoon black pepper
- 1/2 cup water or chicken broth

Vegetables and Noodles:

- 2 medium potatoes, peeled and cut into large chunks
- 2 medium carrots, peeled and cut into large chunks
- 1 large onion, cut into large chunks
- 1/2 cup dried shiitake mushrooms, soaked and sliced
- 1 cup spinach leaves
- 2 green onions, cut into 2-inch pieces
- 100g dangmyeon (Korean glass noodles), soaked in warm water for 20 minutes

Garnish:

- 1 tablespoon sesame seeds
- 2 green onions, chopped
- 1-2 red chili peppers, sliced (optional for extra heat)

Instructions:

1. Prepare the Chicken:
 - Rinse the chicken pieces under cold water and pat dry with paper towels.

- In a large bowl, combine soy sauce, rice wine (if using), minced garlic, minced ginger, and black pepper to make the marinade.
 - Add the chicken pieces to the marinade and mix well. Let it marinate for at least 30 minutes.
2. Make the Sauce:
 - In a small bowl, combine soy sauce, oyster sauce, sugar, honey or corn syrup, mirin or rice wine, sesame oil, black pepper, and water or chicken broth.
 - Mix well to create a smooth sauce.
 3. Cook the Chicken and Vegetables:
 - In a large pot or Dutch oven, heat a bit of oil over medium-high heat.
 - Add the marinated chicken pieces and sear until they are lightly browned.
 - Add the potatoes, carrots, onion, and soaked shiitake mushrooms to the pot.
 - Pour the sauce over the chicken and vegetables.
 - Bring to a boil, then reduce the heat to medium-low and simmer for about 20-25 minutes until the chicken is cooked through and the vegetables are tender.
 4. Add Noodles and Spinach:
 - Add the soaked glass noodles and spinach to the pot.
 - Stir well and continue to cook for another 5-7 minutes until the noodles are cooked and have absorbed the flavors of the sauce.
 5. Garnish and Serve:
 - Transfer the Jjimdak to a large serving platter.
 - Sprinkle sesame seeds and chopped green onions over the top.
 - Add sliced red chili peppers if you like extra heat.
 - Serve hot with steamed rice.

Tips:

- **Marinade Time:** For the best flavor, marinate the chicken for at least 30 minutes. If you're short on time, even a brief marinade will add flavor.
- **Adjusting Sweetness:** Modify the amount of sugar and honey to suit your taste preference.

- **Serving:** Jjimdak is best enjoyed with steamed rice to soak up the delicious sauce.

Variations:

- **Spicy Version:** Add gochugaru (Korean red chili flakes) or fresh chili peppers for a spicier dish.
- **Seafood Addition:** Add seafood like shrimp or mussels during the last few minutes of cooking for a variation.
- **Vegetarian Version:** Replace chicken with tofu or mushrooms and increase the variety of vegetables.

RECIPE 9



Dakjuk

(Korean Chicken Porridge)

Introduction:

Dakjuk, also known as Korean chicken porridge, is a comforting and nourishing dish perfect for cold days or when you're feeling under the weather. Made with tender chicken, rice, and a rich, flavorful broth, Dakjuk is easy to digest and packed with nutrients. This recipe will guide you through making this soothing porridge at home.

Ingredients:

Chicken and Broth:

- 1 whole chicken (about 1.5 kg), cleaned and cut into pieces
- 10 cups water
- 1 large onion, quartered
- 4 cloves garlic, smashed
- 1 piece ginger (2 inches), sliced
- 2 green onions, cut into 2-inch pieces
- 1 tablespoon soy sauce
- 1 teaspoon salt
- 1 teaspoon black pepper

Porridge:

- 1 cup short-grain rice, rinsed and soaked in water for 30 minutes
- 1 carrot, finely diced
- 1 zucchini, finely diced
- 1 large potato, finely diced
- 1/2 cup frozen peas (optional)

Garnish:

- 2 green onions, finely chopped
- 1 tablespoon sesame seeds
- 1 sheet of roasted seaweed (gim), cut into thin strips (optional)
- Soy sauce or salt to taste

Instructions:

1. Prepare the Broth:

- In a large pot, add the chicken pieces, water, onion, garlic, ginger, and green onions.
- Bring to a boil over high heat, then reduce to a simmer.
- Skim off any foam that rises to the surface.
- Simmer for about 1 hour until the chicken is fully cooked and tender.

2. Shred the Chicken:

- Remove the chicken from the pot and let it cool slightly.
- Strain the broth to remove the solids, then return the broth to the pot.
- Once the chicken is cool enough to handle, shred the meat into bite-sized pieces, discarding the bones and skin.

3. Cook the Porridge:

- Add the soaked rice to the pot with the strained broth.
- Bring to a boil, then reduce the heat to low and simmer for about 20 minutes, stirring occasionally.
- Add the diced carrot, zucchini, and potato to the pot.

- Continue to cook for another 20-30 minutes until the rice and vegetables are soft and the porridge has thickened.
- Stir in the shredded chicken and frozen peas (if using).
- Season with soy sauce or salt to taste.

4. Garnish and Serve:

- Ladle the Dakjuk into bowls.
- Garnish with chopped green onions, sesame seeds, and roasted seaweed strips (if using).
- Serve hot.

Tips:

- **Broth Preparation:** For a richer broth, you can simmer the chicken for longer or use a pressure cooker to speed up the process.
- **Adjusting Consistency:** If the porridge is too thick, add more water or chicken broth to achieve the desired consistency.
- **Serving:** Dakjuk is best enjoyed hot, straight from the pot.

Variations:

- **Spicy Version:** Add a spoonful of gochujang (Korean red chili paste) or a sprinkle of gochugaru (Korean red chili flakes) for a spicy kick.
- **Different Vegetables:** Use any combination of vegetables you prefer, such as mushrooms, spinach, or bell peppers.
- **Seafood Addition:** Add seafood like shrimp or mussels during the last few minutes of cooking for a variation.

Thank You

Thank you for joining us on this culinary adventure through Korean chicken recipes. We hope this ebook has inspired you to try new dishes, embrace the vibrant flavors of Korean cuisine, and share these delightful meals with your loved ones. Cooking is a wonderful way to connect with different cultures and create lasting memories around the dining table.

We appreciate your interest and enthusiasm for Korean cuisine. Happy cooking, and may your kitchen be filled with the wonderful aromas and flavors of Korea!