

RECIPES FROM
THE ASIAN PLANT-FORWARD
KITCHEN:

Korea



Culinary Institute
of America

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HOT POT WITH VEGETABLES AND BEEF-STUFFED TOFU: *JUNGOL*

Yield: 4 portions

Ingredients	Amounts
<i>Stock</i>	
Water	2000 grams
Kombu	10 grams
Garlic	20 grams
Green onion	50 grams
Onion	60 grams
Dry shiitake	15 grams
Daikon	100 grams
Intensified soy sauce	25 grams
Fish sauce	30 grams
Salted anchovy	10 grams
Salt	2 grams
Mirin	30 grams
<i>Stew</i>	
Napa cabbage	130 grams
Enoki mushrooms	150 grams
Shiitake	50 grams
Zucchini	100 grams
Bok choy	50 grams
Green onion	100 grams
Nasoya Firm Tofu	250 grams
Fresno chili	10 grams
Serrano chili	10 grams
Muwort leaves	20 grams
Stuffed tofu (recipe below)	100 grams
Stock (recipe above)	900 grams
<i>Stuffed Tofu</i>	
Firm Nasoya Tofu	35 grams
Ground beef	35 grams
Garlic, minced	15 grams
Green onion, minced	15 grams
Onion, minced	15 grams
Potato starch	5 grams
Salt	1 grams
Black pepper	0.1 grams
Soy sauce	10 grams

Method

1. *For the stock:* Place the kombu in cold water for about 30 minutes to extract the flavor, then add the remaining ingredients and simmer over low heat.
2. Remove the kombu once it starts to boil. (Boiling kelp on high heat doesn't bring out enough flavor and instead produces a bitter taste and foamy residue in clear broth.)
3. After removing the kombu, simmer the broth for about 90 minutes. Add the seasoning ingredients (intensified soy sauce, fish sauce, salted anchovy, salt, and mirin), boil once over high heat, and strain the broth.
4. Let the strained broth cool and use it as a base for the dish. (This is the seasoned broth base.)
5. *For the stuffed tofu:* Press the tofu to remove excess moisture with cheesecloth and crumble it finely with a knife.
6. Chop garlic, green onions, and onions. Remove any excess liquid from the beef.
7. In a bowl, mix the crumbled tofu, beef, chopped vegetables, and the specified seasoning (soy sauce, salt, pepper) until well combined.
8. Add potato starch to the mixture and mix well to create a cohesive texture. Shape the mixture into meatball shape.
9. *To assemble the hot pot:* Clean and prepare the vegetables by washing them thoroughly.
10. Trim the shiitake mushrooms, cut the zucchini into semicircular shapes, and slice the king oyster mushrooms into 0.5cm thickness.
11. Cut the chrysanthemum greens into halves or quarters, depending on their size, and remove the stems from the bok choy, focusing on the leaves.
12. Cut the green onions into similar lengths as the other vegetables, and prepare serrano and fresno chilies by slicing them into similar sizes.
13. Remove the excess moisture from the tofu and pan-fry it in a heated pan with 3 tablespoons of soybean oil until crispy.
14. To fill the tofu with the meat mixture, cook all five sides of the tofu except one side, and let it cool.
15. Fill the cooked tofu with the meat mixture.
16. In a hot pot, layer cabbage at the bottom and arrange zucchini, shiitake mushrooms, king oyster mushrooms, green onions, chrysanthemum greens, and chili peppers.
17. Serve the hot pot with a ladle.

Note: Jungol refers to a Korean dish where various ingredients such as meat, seafood, vegetables, and mushrooms are placed in a hot pot and cooked in a seasoned broth. One significant difference between jungol dishes and other Korean soups is that hot pot dishes are served uncooked and cooked at the table using a gas burner. Depending on the main ingredient, there are various types of hot jungol dishes, such as tofu jungol, beef jungol, kimchi jungol, and seafood jungol.

Source: Pulmuone Chef Jeong Min Gi

SOFT TOFU SOUP WITH MUSHROOMS: SOONDUBU JJIGAE

Ingredients	Amounts
<i>Stock</i>	
Water	2000 grams
Kombu	10 grams
Garlic	20 grams
Green onion	50 grams
Onion	60 grams
Dry shiitake	15 grams
Daikon	100 grams
Intensified soy sauce	25 grams
Fish sauce	30 grams
Salted shrimp	10 grams
Salt	2 grams
Mirin	30 grams
<i>Soft Tofu Jjigae</i>	
Neutral oil	30 grams
Sesame oil	10 grams
Korean chili flakes	15 grams
Garlic, minced	15 grams
Green onion, minced	20 grams
Onion	60 grams
Zucchini	100 grams
Shiitake	50 grams
Maitake	100 grams
Serrano and Fresno chilies, minced	20 grams
Nasoya Silken Tofu	200 grams
Egg	50 grams
Stock	350 grams
Mirin	30 grams
Ground black pepper	0.1 grams
Salt	1 gram
Serrano and Fresno chilies (garnish)	to taste
Green onion, julienned (garnish)	to taste

Method

1. *For the stock:* Soak the kombu in cold water for about 30 minutes to extract its flavor, then add the remaining ingredients and boil over low heat.
2. Once the broth starts to boil, remove the kombu. (Boiling kelp over high heat will not bring out enough flavor and will produce a viscous foam with a bitter taste in the clear broth.)

3. After removing the kombu, let the broth steep for about 90 minutes. Then add the specified amount of seasoning (soup soy sauce, anchovy stock, shrimp juice, salt, cooking wine) and boil once over high heat. Strain the broth through a sieve.
4. Let the strained broth cool before using. (This is the seasoned broth base.)
5. *For the Soft Tofu Jjigae:* Rinse the vegetables thoroughly and prepare them.
6. Finely chop the garlic and green onions, and dice the onion into 1cm cubes.
7. Tear the maitake mushrooms by hand for easier consumption, and slice the shiitake mushrooms into 0.5cm thick pieces.
8. Cut 1/3 of the green and red chili peppers into thin strips for garnish, and finely chop the rest.
9. Heat neutral oil and toasted sesame oil in a heated pan or wok, then add minced garlic and green onions and stir-fry over low heat to release their aroma. (This is the process of creating a fragrance.)
10. When the moisture from the garlic and green onions has evaporated and they are well sautéed to become aromatic oil, add red pepper powder and continue stir-frying to create chili oil. (Be careful not to burn the red pepper powder, so stir-fry over low heat.)
11. Add the prepared onion, mushrooms, and zucchini to the pan or wok and stir-fry.
12. When the vegetables are about 50% cooked, add mirin, black pepper, and salt to remove any unwanted flavors and season the dish. Then pour in the soup stock.
13. When the vegetables are about 70% cooked, add minced chili pepper and transfer the stew to a stone pot.
14. Add one egg to the stone pot and gently cut the soft tofu into quarters, placing them in the pot. (If the tofu is cut too small, it may break apart while boiling.)
15. Garnish with the remaining green and red chili peppers and spring onions.

Note: When adding the egg, avoid stirring vigorously as it can cause the egg to break apart and make the broth cloudy with foam.

Source: Pulmuone Chef Jeong Min Gi

TOFU NOODLE STIR-FRY WITH BULGOGI SAUCE

Ingredients	Amounts
<i>Bulgogi Sauce</i>	
Water	100 grams
Soy sauce	100 grams
Sugar	40 grams
Onion	100 grams
Garlic	25 grams
Asian pear	100 grams
Black pepper	1 gram
Sesame oil	40 grams
 <i>Tofu Noodles</i>	
Onion	30 grams
Maitake	10 grams
Carrot	10 grams
Shiitake	15 grams
Yellow and red bell pepper	20 grams
Green bell pepper	60 grams
Tofu noodles	100 grams
Bulgogi sauce (recipe above)	50 grams
Toasted sesame seeds (garnish)	to taste
Micro herbs (garnish)	to taste
Green onion, julienned (garnish)	to taste

Method

1. *For the Bulgogi sauce:* Wash and prepare the vegetables.
2. Cut the onion into 2-3cm pieces, and peel and cut the pear into equal-sized pieces.
3. Put the specified ingredients (water, soy sauce, sugar, onion, garlic, pear, black pepper, sesame oil) into a blender and blend for about 1 minute.
4. Let it sit in the refrigerator for approximately 24 hours before using.
5. *For the Tofu Noodle Stir-Fry:* Wash and prepare the vegetables.
6. Rinse the tofu noodles under running water and drain them on a plate to remove excess moisture.
7. Tear the maitake mushrooms into bite-sized pieces. Slice the onion, carrot, shiitake mushrooms, bell pepper, and green pepper into 0.3cm thick slices.
8. Heat 4 tablespoons of neutral oil in a pan and stir-fry the vegetables in a specific order (carrot, onion, mushrooms, bell pepper).
9. When the vegetables are about 80% cooked, season with salt and pepper, then add the tofu noodles and mix well.
10. Add the sauce and stir-fry on high heat until it is fully cooked.

Note: Stir-frying over high heat helps to retain the texture of the vegetables and minimize nutrient loss.

Bulgogi sauce is a seasoning typically used for marinating thinly sliced beef, but it can also be used as a basic sauce for various Korean dishes such as Japchae (stir-fried glass noodles with vegetables) and vegetable stir-fry.

Source: Pulmuone Chef Jeong Min Gi

SPINACH SALAD

SHE GHUM CHI NAMUL

Yield: 8 portions

Ingredients	Amounts
Spinach, stems removed, washed	3 bu.
Light soy sauce	2 Tbsp.
Garlic cloves, minced	2 ea.
Scallions, thinly sliced	2 ea.
Sugar	1 tsp.
Sesame oil	1 tsp.

Method

1. Bring a large pot of salted water to a boil over high heat, add the spinach, and blanch for 5 seconds and shock until cold. Drain and squeeze out excess water, transfer to a cutting board.
2. Cut the pile of spinach into thirds and set aside. Mix the remaining ingredients together in a small bowl. Add to spinach, and toss well.

Source: Adapted from *Saveur*, by Rich Lan

KOREAN GREEN ONION AND SHRIMP PANCAKES

Ingredients	Amounts
<i>Sauce</i>	
Soy sauce	6 Tbsp.
Cilantro, finely chopped	4 Tbsp.
Green onion, finely chopped	2 ea.
Rice wine vinegar	2 Tbsp.
Sugar	2 tsp.
Sesame oil, toasted	2 tsp.
Ginger, grated	2 tsp.
<i>Pancakes</i>	
Eggs	2 ea.
Ice water	2 cups
Flour	2 cups
Vegetable oil	5 Tbsp.
Salt and ground black pepper	to taste
Rock shrimp	½ lb.
Green onions, trimmed, quartered lengthwise, cut into 3" lengths	10 ea.
Zucchini, trimmed, sliced into fine julienne	2 ea.
Carrot, peeled, cut into fine julienne	2 ea.
Fresh chives, minced	¼ cup

Method

1. *For the dipping sauce:* Combine all the ingredients together and leave at room temperature (if preparing ahead of time).
2. For the pancakes: Mix the eggs well. Stir into the ice water. Gently stir in the flour, salt, and pepper – just to loosely combine.
3. Stir in the rock shrimp, scallions, carrots, zucchini, and chives. The mixture should be lumpy.
4. Heat the 1 teaspoon of oil in a nonstick skillet over medium-low heat.
5. Pour out approximately ½ cup of the batter (6- to 8-inch circle).
6. After approximately 3 to 5 minutes when the egg mixture has begun to set, flip the pancake and cook the other side. Press with a spatula to ensure that the batter cooks through. Repeat with the remaining batter. Serve with dipping sauce.

STIR-FRIED SWEET POTATO GLASS NOODLES

JAP CHAE

Yield: 5 portions

Ingredients	Amounts
Mushrooms, oak, dried	10 ea.
Mushrooms, wood ear, dried	1 oz.
Noodles, sweet potato	18 oz.
Scallion, trimmed, thinly sliced	3 ea.
Light soy sauce	½ cup
Sesame oil, dark/toasted	1 Tbsp.
Sugar	2 Tbsp.
Vegetable oil	½ cup
Onions, thinly sliced with the grain	6 oz.
Garlic cloves, minced	8 ea.
Red bell pepper, julienne	4 oz
Cabbage, green, ¼" chiffonade	10 oz.
Carrot, julienne	6 oz.
Kosher salt	as needed
Ground black pepper	as needed
Eggs, beaten lightly 1/8" thin omelets, cut julienne	5 ea.

Method

1. Rehydrate the shiitake mushrooms in cool water overnight. Cut off entire stem and discard (or use for stock). Cut caps into 1/8-inch wide strips. Reserve re-hydration water to moisten noodles during cooking process if necessary.
2. Rehydrate the wood ear mushrooms. Trim off hard nodules, cut into 1/8-inch wide strips.
3. Pour boiling water over noodles, cover by at least 2-inches. Soak until rehydrated and elastic, about 8 to 10 minutes. Drain, rinse with cool water, reserve.
4. Whisk together scallions, soy sauce, sesame oil, and sugar.
5. Heat the oil in a wok, stir-fry the onions and garlic until aromatic.
6. Add mushrooms, peppers, cabbage, and carrots, and stir-fry until vegetables are almost cooked through.
7. Add the noodles, stir-fry until heated through.
8. Add the soy sauce mixture, season with salt and pepper, and toss well. If mixture appears dry, use shiitake rehydration liquid to moisten lightly.
9. Transfer to serving plate, garnish with omelet julienne.

HOT AND SPICY CUCUMBER CHUNKS

OI KKAKTUGI

Yield: 8 portions

Ingredients	Amounts
<i>Rice porridge</i>	
Rice flour	1 Tbsp.
Water	$\frac{3}{4}$ cup
Cucumber, small pickling or Japanese	3 lb.
Kosher salt	2 $\frac{1}{2}$ oz.
Rice Porridge (see above)	1 recipe
Fish sauce	2 oz.
Garlic, chopped	1 $\frac{1}{2}$ oz.
Ginger, chopped	$\frac{1}{2}$ oz.
Sugar	$\frac{1}{2}$ oz.
Korean chile flakes	1 $\frac{1}{2}$ oz.
Daikon, julienne	$\frac{1}{2}$ lb.
Carrot, julienne	1 cup
Scallions, sliced thin	2 oz.

Method

1. *For rice porridge:* Combine rice flour and water. Bring to a boil and cool.
2. Trim both end of the cucumber, quarter and cut into $\frac{1}{2}$ -inch chunks. Sprinkle with salt and toss to mix. Set aside for 30 minutes. Drain the cucumbers and reserve the liquid.
3. To make the seasoning, combine the rice porridge, fish sauce, garlic, ginger, sugar, salt, and chile flakes. Add radish, carrots, scallion, cucumber and reserved liquid. Toss gently to mix.
4. Put everything in a container. You can serve this kimchee immediately or refrigerate it.

Source: 1999 Periplus Editions, Ltd, The Kimchee Cookbook

CABBAGE KIMCHI

Yield: 10 portions

Ingredient	Amount
Napa cabbage	2 lb. (about 1 hd.)
Kosher salt or sea salt	3 oz.
Korean red pepper powder	2 Tbsp.
Garlic cloves, chopped coarsely	4 ea.
Ginger, minced	½ Tbsp.
Scallions, cut into ½" lengths	4 ea.
Daikon, julienne	½ cup
Water	2 Tbsp.
Fish sauce	2 Tbsp.
Sugar	1 Tbsp.

Method

1. Wash cabbage and drain well. Cut into half or quarters. Spread open leaves of cabbage, and sprinkle with salt between each layer. Place in colander cut side down, covered at room temperature, for 2 to 3 hours.
2. Combine pepper powder, garlic, ginger, scallions, water, fish sauce and sugar. Coat cabbage leaves, inside and out with this paste. Transfer cabbage into non reactive container. Add 1 cup of liquid from previous batch of kimchi, cover tightly with plastic directly on the cabbage, press to make juices submerge cabbage. Cover tightly with plastic wrap over container.
3. Transfer to refrigerator to age for at least the next 3 weeks (6-12 weeks will give you a stronger, more sour kimchi. If time is short you may store kimchi at low room temperature 55-65 and it will ferment in about 5 days).
4. When the fermentation is complete, remove cabbage from liquid, detach leaves from core and roll leaves into cylinders.

Notes: Fish sauce may be left out for a vegan preparation

This technique may be applied to a variety of vegetables. Commonly used are radishes, turnips, cucumbers, daikon and mustard greens.

A common technique for preserving fish such as shrimp and squid is to roll the fresh raw fish in the fresh cabbage leaves before the fermentation begins. Allow the fish to age with cabbage, when the cabbage is done the fish will be preserved and "cooked." It may be eaten like this without cooking. Very tasty.

SOYBEAN SPROUT SALAD

CONG NAMUL

Yield: 10 portions

Ingredient	Amount
Soybean sprouts, fresh, rinsed	8 cups
Kosher salt	to taste
Garlic clove, minced, peeled	2 ea.
Scallion, trimmed, chopped	2 ea.
Sesame oil	2 tsp.
Sesame seeds, toasted	½ tsp.
Ground black pepper	to taste

Method

1. Place the fresh soybean sprouts in a medium bowl, add 1 teaspoon salt, and toss well. Heat a heavy-bottomed pot over medium high heat. Add the sprouts, cover, and cook, shaking pot over the flame 3 to 4 times, until steam shoots out from under the lid, about 2 minutes.
2. Drain, transfer to a medium bowl, and set aside to cool. Add the garlic clove, scallion, sesame oil, and toasted sesame seeds. Season to taste with salt and pepper. Mix well. Cover and refrigerate until chilled.

GARLIC PORK AND ASPARAGUS PANCAKES

Yield: 8 portions

Ingredients	Amounts
Water, iced	3 cups
Eggs, beaten until frothy	3 ea.
All-purpose flour, sifted	3 cups
Sugar	2 Tbsp.
Salt	½ tsp.
Sesame oil	4 tsp.
Korean red pepper	½ tsp.
Asparagus, trimmed, cut into ½" pieces	1 lb.
Pork shoulder, ground	1 lb.
Scallions, julienned	12 ea.
Garlic cloves, large, peeled, minced	3 ea.
Peanut oil	8 Tbsp.
<i>Dipping sauce</i>	
Ginger, 1" piece, peeled, minced	2 ea.
Cider vinegar	2 Tbsp.
Mirin	2 Tbsp.
Soy sauce	2/3 cup
Hot sesame oil	2 tsp.

Method

1. Combine the ice water and eggs; set aside. Sift the flour, salt, pepper, and 2 teaspoons of the sugar into a large bowl. Make a well in the center and pour the beaten egg mixture into it. Stir just enough to combine.
2. In a medium sauté pan set over moderate heat, add 2 tablespoons of the peanut oil to the pan. When hot, add the pork, scallions, and garlic, and stir-fry until the pork is no longer pink.
3. Add the asparagus and toss for 1 to 2 minutes. Allow the mixture to come to room temperature and then add the sesame oil.
4. Meanwhile, whisk together the dipping sauce ingredients.
5. When the pork mixture is cool, add to the reserved batter.
6. Heat the remaining peanut oil in a large nonstick sauté pan over moderately high heat until ripples show on the pan's bottom.
7. Half-fill a ¼ cup measure with the batter and drop the batter into the hot oil.
8. Brown the pancakes for 1 to 1½ minutes per side.
9. Drain on an oven rack and keep warm in a 250°F oven if necessary. Fry the rest of the pancakes, adding more peanut oil, if necessary.
10. Serve hot with the dipping sauce.

SCALLION SALAD

Yield: 10 portions

Ingredients	Amounts
Sugar	½ tsp.
Sake	1 tsp.
Sesame oil	¼ tsp.
Sesame seeds, toasted, smashed	½ tsp.
Korean red pepper powder	½ tsp.
Scallions, cut into 2" julienne strips	6 ea.
Salt	1 tsp.

Method

1. Combine the sugar, sake, sesame oil, sesame seeds, red pepper powder, and salt. At service, toss small batches of scallions and dressing.

SSAM JANG

Yield: 10 portions

Ingredients	Amounts
Soybean paste (doenjang)	¼ cup
Korean chile paste (kochujang)	1 cup
Red chile, fresh, minced	2 ea.
Green chile, fresh, minced	2 ea.
Garlic, minced	8 ea.
Green onion	4 ea.
Sesame seeds	2 tbsp.
Sesame oil	2 Tbsp.
Soy sauce	2 Tbsp.
Sugar	2 tsp.
Rice wine	2 tsp.
Water	as needed

Method

1. Combine all ingredients. Mix well. Add water to attain a mixable paste. Cover and let stand at room temperature for 1 hour.

KIM CHEE SOUP

Yield: 10 portions

Ingredients	Amounts
Pork belly, sliced paper thin, 1/2" squares	8 oz.
<i>Pork belly marinade</i>	
Soy sauce	1 Tbsp.
Sake or dry vermouth	2 Tbsp.
Garlic clove, crushed, finely chopped	2 ea.
Ginger juice	2 tsp.
Sugar	1 Tbsp.
Sesame oil	2 Tbsp.
Vegetable oil	2 Tbsp.
Garlic cloves, crushed, finely minced	10 ea.
Bean sprouts	12 oz.
Shiitake or other fresh mushroom, small	8 ea.
Green onion, cut in 1/2" pieces	8 ea.
Kim chee	2 cups
Chicken stock	8 cups
Tofu, cut in 1/2" cubes	1 lb.
Ground black pepper	to taste
Salt	to taste

Method

1. *For the pork belly marinade:* In a medium bowl, stir together the soy sauce, sake, garlic, ginger juice, and sesame oil. Add the pork belly and turn to coat.
2. In a heavy stockpot, heat the vegetable oil over medium-high heat and sauté the remaining five cloves of garlic and the pork in its marinade for 3 minutes, until the pork is no longer pink.
3. Add the sprouts, mushrooms, half the green onions, and the kim chee. Sauté for 3 minutes.
4. Add the stock and bring to a boil over medium-high heat. Allow to boil for 5 minutes and add the tofu. Boil for 2 more minutes. Add the remaining green onions and cook just until the onions turn bright green. Taste and add the salt and pepper, as desired. Serve hot in bowls with rice.

SLICED DAIKON SALAD

MU CHAE

Yield: 10 portions

Ingredient	Amount
Daikon, peeled	1 lb.
Cucumber, European, well washed	1 ea.
Kosher salt	as needed
Carrot, julienne	1 ea.
Rice vinegar	2 oz.
Sugar	2 Tbsp.
Korean red pepper powder	1 tsp.
Sesame oil	½ tsp.

Method

1. Cut the daikon in half lengthwise; then cut it into 1/8-inch thick half- moons and transfer to a medium bowl. Cut cucumber in half lengthwise, remove seeds, cut into 1/8-inch thick slices.
2. Toss the daikon and a cucumber with 1 tsp. salt, cover and set aside to drain until the daikon is pliable, about 30 minutes. Gently squeeze out any excess water, and transfer to another bowl.
3. Add the carrots to the bowl with the vegetables. Add the remaining ingredients; mix well. Cover and refrigerate until chilled.

BINDAE DUK

Yield: 20 portions

Ingredients	Amount
Mung dhal	1 cup
Water	1 cup
Eggs, beaten	2 ea.
Shrimp, minced	4 oz.
Onion, small, finely chopped	1 ea.
Spring onion, finely chopped	1 ea.
Garlic clove, crushed	2 ea.
Salt	1 tsp.
Ground black pepper	¼ tsp.
Ginger, freshly grated	1 tsp.
Fresh bean sprouts, chopped	½ cup
Kim shi or Chinese cabbage, shredded	½ cup
Sesame oil	2 Tbsp.
Dipping Sauce (recipe follows)	as needed

Method

1. Wash mung dhal and soak in cold water overnight.
2. Rinse and drain well, then put into container of electric blender with 1 cup of water. Blend until smooth.
3. Pour into a bowl, add all other ingredients, and mix well.
4. Heat a griddle or heavy frying pan and drop tablespoonfuls of the mixture on the hot surface. Cook until golden brown underneath, turn, and cook other side.
5. Serve hot or cold.

Source: *Korean Cooking*, by Charmaine Salomon

DIPPING SAUCE

Yield: 1 cup

Ingredients	Amounts
Sesame seeds	2 Tbsp.
Soy sauce	$\frac{3}{4}$ cup
Korean rice wine (soju)	$\frac{3}{4}$ cup
Rice vinegar	$\frac{3}{4}$ cup
Sesame oil	3 Tbsp.
Lemon juice	6 Tbsp.
Garlic, chopped	2 Tbsp.
Green onion, chopped	4 Tbsp.
Chile, chopped	2 ea.
Sugar	4 tsp.

Method

1. *To make the dipping sauce:* Dry-roast the sesame seeds in a frying pan, shaking the pan regularly, for 3-4 minutes over low heat, or until the seeds are golden brown. Remove from the pan to prevent burning and let cool for 5 minutes. Combine with the Korean rice wine, rice wine vinegar, sesame oil, lemon juice, garlic, green onion, and chile. Mix well and then place in a serving bowl.

KOREAN ROASTED FISH

SAENSGUN YANGNYUM GUI

Yield: 8 portions

Ingredients	Amounts
Whole fish, mild white fish such as branzino, trout, or mackerel, 2 lb.	2 ea.
Salt, sea or kosher	4 tsp.
<i>Sauce</i>	
Korean coarse red pepper flakes (or chili flakes)	4 Tbsp.
Chili paste (sambal oelek), bottled	2 Tbsp.
Garlic, minced	2 Tbsp.
Fresh ginger, minced	2 tsp.
Oyster sauce	2 tsp.
Soy sauce	2 Tbsp.
Light brown sugar	2 Tbsp.
Lemon, juice of	2 tsp.
Green onions, chopped	6 ea.
Sesame oil	2 Tbsp.

Method

1. Preheat the oven to 375°F and arrange a rack in the top third of the oven.
2. Rinse the fish and pat dry with paper towels. Lay the fish in an oiled hotel pan and make 3 to 4 slashes in the skin and flesh about ½ inch apart. Repeat on the other side. Rub salt over the fish and in its cavity.
3. *For the sauce:* Combine all the sauce ingredients.
4. Bake the fish for 8 minutes or until it feels firm to the touch. The time will vary according to the fish. Remove the fish and spread the sauce evenly over both sides of the fish, turning it carefully with 2 large spatulas.
5. Raise the temperature to 425°F and roast for another 2 to 3 minutes until the skins starts to get crispy.
6. Switch to broiler mode and cook for one minute on each side. The fish is done when the flesh is opaque and flakes when the tip of a knife or fork is inserted at the thickest part.

Source: *Korean Table, from Barbecue to Bimbimbap, 100 Easy to Prepare Dishes* by Debra Samuels, Taekyung Chung, Robbins Heath, and Heath Robbins (Tuttle Publishing, 2008)

PERILLA KIM CHI

KKAENNIP KIMCHI

Yield: 8 portions

Ingredients	Amounts
Perilla leaves, cleaned, stems trimmed	3 cups
Garlic, chopped	4 ea.
Fish sauce	3 Tbsp.
Onion, julienne	$\frac{1}{4}$ cup
Green onion, sliced thin	2 ea.
Honey	1 tsp.
Korean chile flakes	2 Tbsp.
Sesame seeds, toasted	1 Tbsp.
Carrots, julienne	$\frac{1}{4}$ cup

Method

1. Wash and drain perilla leaves.
2. Combine garlic, green onions, onions, carrots, fish sauce, chile flakes and honey.
3. Spread approximately 1 tbsp. paste on one leaf, place 2 leaves on top, spread paste on top leaf, place 2 leaves on top. Continue until all leaves are covered and all paste is used. Let sit in refrigerator covered over night.
4. Serve with rice and sprinkle with sesame seeds.

BRAISED TOFU

Yield: 2 Servings

Ingredients	Amounts
Tofu, medium to extra firm, 16 oz. pkg	1 ea.
Canola oil	1 ½ Tbsp.
Onion, sliced, divided	½ cup
Scallions, greens and white separated, chopped	2 ea.
Garlic, minced	2 tsp.
Jalapeno, seeded and thinly sliced	½ ea.
Red bell pepper, sliced	¼ cup
Gochugaru (optional)	1 Tbsp.
Soy sauce	2 Tbsp.
Maple syrup	1 Tbsp.
Water	1 cup
 Brown rice, cooked	 as needed

Method

1. Slice the tofu into ½" thick pieces (you should have about 8 to 9 pieces).
2. Add 1 tablespoon of oil to a large non-stick pan over medium-high heat. When the oil starts to shimmer (about 1 minute), add the tofu slices to the pan in one layer.
3. Cook the tofu for 4 minutes on each side, until each side is golden brown. Remove the tofu from the pan and set aside.
4. Add ½ tablespoon of oil to the same pan and add half of the sliced onions, the white parts of the scallions, all the garlic, jalapeno, and bell pepper to the pan. If using, also add the gochugaru. Sauté the vegetables until the onions begin to turn translucent, about 2 minutes.
5. Deglaze the pan with soy sauce and maple syrup and stir the vegetables around so they are evenly coated. Add the tofu back to the pan on top of the vegetables, together with 1 cup of water.
6. Sprinkle the top of the tofu with the remaining onion. Bring the liquid to a boil and then reduce your heat to medium-low. Cover the pan with a lid, checking in every minute or so to spoon some of the braising liquid over the tofu.
7. Cook until the braising liquid is almost completely evaporated, about 15 to 20 minutes. Serve warm over a small amount of steamed rice.

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TOFU CAKES

DOOBOO JEON

Yield: 8 "Nuggets"

Ingredients	Amounts
Tofu, firm, pressed, 16 oz. block	1 ea.
Carrot, small diced	¼ cup
Shiitake mushrooms, stems removed, diced	3 ea.
Spinach, finely chopped	½ cup
Salt	1 tsp.
Ground black pepper	½ tsp.
JUSTEgg (see note)	1 Tbsp., plus 2 Tbsp.
Potato starch	1 Tbsp.
Canola oil, for frying	as needed
Soy sauce, for dipping	as needed

Method

1. In a large bowl, mix together tofu, carrot, mushrooms, spinach, salt, pepper, 1 tablespoon of JUSTEgg, and potato starch, until the mixture is pretty mushy.
2. Divide the mixture into 8 pieces and shape them into round "nuggets." If the nuggets are too fragile, add 1 teaspoon more potato starch until the nuggets come together.
3. Add oil to a very large non-stick pan over medium-high heat. Before adding the nuggets onto the pan, dip them into a little bit of JUSTEgg until they are evenly coated in a thin layer. Then, drop them onto the pan and cook them until they are all evenly browned on both sides (approximately 2 minutes on each side).
4. Serve with a little soy sauce, for dipping.

Note: If you don't have JUSTEgg, you can substitute 1 tablespoon of plant milk in Step 1 and a mixture of 2 tablespoons of plant milk plus 1 teaspoon of potato starch in Step 3.

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STIR FRIED AUTUMN KOREAN SQUASH

AE-HOBAG GOJI NAMUL

Yield: 4 Portions

Ingredients	Amounts
Ae-hobag goji, sliced (Korean autumn zucchini)	300 g
Canola oil	1 Tbsp.
Perilla seed oil	2 Tbsp.
Water	3 Tbsp.
Cheonjin-Am Temple Soy Sauce	2 Tbsp.
Sesame seed oil	1 Tbsp.
Sesame seeds, roasted, ground	2 Tbsp.
Sea salt	as needed

Method

1. Slice the autumn zucchini and soak it in warm water for 30 minutes. Boil the soaked zucchini in boiling water. When cooking, turn the zucchini and do not overcook.
2. Heat a pan with the canola oil and perilla seed oil over medium heat. Add the zucchini and stir carefully with a wood spatula. Once the zucchini has absorbed most of the oil, pour in the water and continue to cook.
3. When the zucchini is done cooking, add sesame oil, ground and roasted sesame seeds, and mix well. Place on a plate.

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FERMENTED TOFU & SOYBEAN PASTE

DUBU-JANG

Yield: 4 Portions

Ingredients	Amounts
Sea salt	1 Tbsp.
Tofu, extra firm	2 ea.
5 yrs. Fermented Cheonjin-Am Temple Ganjang, soy sauce	4 Tbsp.
5 yrs. Fermented Cheonjin-Am Temple Doenjang, soybean paste	5 Tbsp.

Method

1. Add the sea salt to the tofu and let it sit for 10 minutes.
2. Put seasoned tofu in a burlap bag and knead with your hands to break up and soften it to an almost silken texture, similar to Korean silken tofu (Sundubu)/
3. Add the soy sauce to the mashed tofu, mix well with hands, and pack the tofu into a small jar.
4. Cover the jar with a cotton towel and pack 5 Tablespoons of fermented soybean paste down over the cotton towel.
5. Let it ferment for 15 days at room temperature with the lid closed.
6. Keep in the refrigerator, then Dubu-Jang becomes plant-forward cheese, it is available for salad and cooking.

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VEGETABLES SALAD WITH KOREAN TOFU JANG DRESSING AND TOFU NOODLES

DUBU JANG DUBU GUI VEGETABLES GEOTJEORI

Yield: 4 Portions

Ingredients	Amounts
Lettuce	10 g
Lotus root, thinly sliced, 2 mm thick	5 ea.
Beet, fine julienne, 4 cm wide	10 g
Tofu noodles, spaghetti or fettucine style	2 ea.
Salt	as needed
Dubu Jang (recipe follows)	40 g
Omija-cheong (Schizandra berries syrup)	2 Tbsp.
Cheonjin-Am Temple Ganjang, soy sauce	2 Tbsp.
Gam Sigcho (Korean persimmon vinegar)	1 Tbsp.
Sesame seeds, ground	1 Tbsp.
Sesame seed oil	1 Tbsp.

Method

1. Wash the lettuce and tear it into bite-sized pieces with your hands.
2. Peel lotus roots and slice into 2-millimeter thickness, soak them in water to remove starch, and blanch them in boiling water.
3. Peel beets and julienne into 4 centimeters lengths. Soak them in water and drain.
4. Blanch the tofu noodles in hot water.
5. Place the Dubu Jang, schizandra berry syrup, soy sauce, Korean persimmon vinegar, ground sesame seed, and sesame seed oil in a bowl and mix well.
6. Place lettuce, sliced lotus root, finely julienned beet, and tofu noodles in this order on a plate. Over the vegetables and tofu, drizzle the remaining sauce from step 5.

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BRAISED SHIITAKE MUSHROOMS IN KOREAN GRAIN SYRUP

PYOGO BEOSOT JOCHEONG JOLIM

Yield: 4 Portions

Ingredients	Amounts
Black fresh Pyogo mushrooms, Korean shiitake mushrooms	12 ea.
Water	1 cup
Cheonjin-Am Temple Ganjang, soy sauce	2 Tbsp.
Perilla seed oil	2 Tbsp.
Omija-cheong (Schizandra berries syrup)	1 Tbsp.
Jo-cheong (Korean grain syrup)	2 Tbsp.
Sesame seed oil	1 Tbsp.

Method

1. With a knife, trim the bottom of the shiitake mushroom. Wash the top caps, then steam them slightly in a steamer.
2. Pour the water, soy sauce, and perilla seed oil into a pan, and heat on high heat until boiling. Bring the broth to a boil and add the steamed mushrooms.
3. After half of the liquid has evaporated, reduce the heat to medium, add schizandra berries syrup and Korean grain syrup, and sauté for 3 minutes.
4. Reduce the heat to low and baste the mushrooms with sauce over and over.
5. By the time the process is complete, the mushrooms will appear shiny and smaller in size.
6. Turn off the heat, pour the sesame seed oil all over, and stir well.

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SEMI-DRIED PERSIMMON SALAD SEASONED WITH KOREAN BLACK RASPBERRY SYRUP *GAM-MALLAENG-I BOGBUNJA-CHEONG MUCHIM*

Yield: 4 Portions

Ingredients	Amounts
Semi-dried persimmon	300 g
<i>Marinated Cucumbers</i>	
Gasi-oi, green cucumber	100 g
Sea salt	3 Tbsp.
Gam Sigcho (Korean persimmon vinegar)	2 Tbsp.
Maesil-cheong (Korean green apricot syrup)	3 Tbsp.
Jo-Cheong (Korean rice syrup)	2 Tbsp.
Cheonjin-Am Temple Ganjang, soy sauce	2 Tbsp.
Bogbunja-cheong (Korean black raspberry syrup)	2 Tbsp.
Omija-cheong (Schizandra berries syrup)	2 Tbsp.
Chili powder, fine	2 Tbsp.
Gochujang	2 Tbsp.
Semi-dried cherry tomatoes	100 g

Method

1. Cut each piece of semi-dried persimmon into two to three pieces.
2. *For the Marinated Cucumbers:* Slice cucumber into four pieces lengthwise, remove the seeds, and cut diagonally. Marinate the pieces in a mixture sea salt, Korean persimmon vinegar, and Korean green apricot syrup. After marinating for 10 minutes, squeeze out the excess liquid.
3. Combine the Korean rice syrup, soy sauce, Korean black raspberry syrup, schizandra berry syrup, chili powder, and Gochujang. Mix well.
4. Mix the prepared persimmons, tomatoes, and cucumbers in a bowl with your hands. Place on a plate and serve.

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LOTUS LEAF RICE

YEON-IP BAP

Yield: 4 Portions

Ingredients	Amounts
Chab-ssal (Korean sticky rice)	4 Kg.
Yeon-ip (Korean Lotus leaf)	30 ea.
Yeon-geun (lotus root) blanched	2 ea.
Yiwol-kong (Korean summer kidney bean)	1 cup
Sea salt	as needed
Sesame seed oil	as needed

Method

1. Do not wash the Korean sticky rice, pour water over the sticky rice just enough to cover the top and soak it for about 1 hour without washing or rinsing.
2. Trim the middle of the Korean lotus leaf and cut it into three pieces.
3. Wash the soaked sticky rice and drain the water with a colander. Cover the steaming rack with Korean Hemp cloth (Bae Bojagi). Steam it for 20 minutes.
4. Wash the kidney beans and set them aside.
5. Season the partially steamed rice with salted water and mix well.
6. Put 200 g of seasoned rice over the Yeon-ip (Korean lotus leaf) and garnish with blanched lotus root (Yeon-Geun) and Korean summer kidney beans.
7. Fold the Korean lotus leaf tightly and steam for 10 minutes.
8. When the lotus leaf's color becomes darker, remove it from the heat and keep the lid on. Let it rest for a few minutes before serving.

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SMOKED TOFU, HONSHIMEJI CONFIT, TRUFFLE VINAIGRETTE

Yield: 12 standard portions

Ingredients	Amounts
<i>Honshimeji Mushroom Confit</i>	
Honshimeji mushroom	1 ea or 4oz.
Shallot	1 ea or 2oz.
Thyme	1 ea.
Garlic	1 ea or 0.2oz .
Canola oil	¼ cup.
 <i>Seasoned Soy Sauce</i>	
Ginger	1 ea or 0.5oz.
Garlic	2 ea or 0.5oz.
Black peppercorn	½ tsp.
Coriander	½ tsp.
Bay leaf	½ ea.
Dried chinese chili	½ ea.
Lemon, sliced	¼ ea.
Orange, sliced	¼ ea.
Lemongrass	1 ea or 1oz.
Mirin	½ cup.
Sake	1 cup.
Soy sauce	1 qt
 <i>Tofu</i>	
Tofu, medium firm	1 ea or 14oz.
Soy, seasoned (see above)	1 cup.
 <i>Truffle vinaigrette</i>	
Soy, seasoned (see above)	2 tbsp.
Sherry vinegar	¼ cups.
Black truffle oil	½ tbsp.
Truffle peels	½ tsp.
Canola	½ cups.
 <i>Scallion</i>	
Scallion	1 bun.
Coarse sea salt	1 tbsp.

Method

1. *For honshimeji mushroom confit:* trim the bottoms of the honshimeji mushroom.
2. Sliced shallot and garlic thin on the mandolin.
3. Saute the mushroom with 1 tbsp canola oil, thyme, salt and pepper.
4. Bring the rest of the oil to 200F with shallot and garlic.

5. Add the sautéed mushroom in the oil mixture and cook until the shallot and garlic are translucent.
6. *For the seasoned soy sauce:* bring ginger, garlic, black peppercorn, coriander, bay leaf, dried Chinese chili, lemon slices, orange slices, lemongrass and sake to a boil.
7. Let the mixture steep for 10 minutes and strain it to soy sauce.
8. Add mirin.
9. *For tofu:* cut tofu into a bite size cube, getting 12 pieces out of 1 tofu.
10. Marinate tofu in seasoned soy for 10 minutes.
11. Strain tofu from the marinade and reserve.
12. *For truffle vinaigrette:* chop truffle peels. Mix everything together.
13. *To assemble:* chop scallion fine, greens only.
 1. Place a piece of tofu on a plate or a bowl.
 2. Place 1 tsp of chopped scallion over tofu.
 3. Pour 1 tbsp of truffle vinaigrette over the scallion.
 4. Sprinkle a bit of coarse sea salt on top.

Note: All components are served cold or room temperature

Recipe Credit: Rachel Yang as presented at the 2015 Worlds of Flavor® conference.
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This course guide was developed using the resources of The Culinary Institute of America.

Revision Date: June, 2023

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