

# 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