

KSCPP

 Korean Spirit & Culture Promotion Project

Taste of Korea

Korean Spirit and Culture Promotion Project
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www.kscpp.net

Ingredients for Bulgogi

Bulgogi

1 lbs. of thinly sliced beef (Sirloin), beef shaved steak

Marinade for beef:

- 4 Tsp of Soy Sauce
- 4 Tsp of Korean Pear Juice
- 2 Tsp of Minced Garlic
- 2 Tsp of Finely chopped scallion
- 1Tsp of Sesame oil
- 1 Tsp of Honey or Agave
- 1 Tsp of Sesame seed
- 1 Tsp of Red Wine or Rice Wine
- ½ Onion



Instruction

- If using packaged pre-sliced meat, separate the slices. Remove any excess blood from the pre-sliced meat.
- Mix all the marinade ingredients in a bowl.
- Place the meat and vegetables in a large bowl. Add the marinade and toss gently to combine everything well. Marinate the meat for at least 30 minutes to an hour and keep it in the refrigerator for about 12 hours.
- Grilling: Grill the meat on a charcoal or gas grill or pan fry in a skillet over high heat until slightly caramelized. If pan searing, preheat the pan nice and hot and cook the meat until slightly caramelized. Do not crowd the skillet.



Cooking Tools

- ❑ Cutting board with a damp towel
- ❑ Knife
- ❑ Large bowl for mixing
- ❑ Cooking tong
- ❑ Stainless steel mesh strainer
- ❑ Small skillet
- ❑ Measuring spoons and cups
- ❑ Disposable food preparation gloves

You can purchase the above Korean ingredients on Amazon:
Recommended brands:

Soy Sauce:

- ❖ Sempio Soy Sauce
- ❖ Sempio Low Sodium Soy Sauce
- ❖ Sempio Naturally Brewed Soy Sauce - Gluten Free

Sesame Oil

- ❖ Ottogi Sesame Oil ❖ Beksul Sesame Oil

Sesame Seed

- ❖ Sesame Seeds, Roasted By Ottogi

Cucumber Kimchi

Ingredients

- 5-6 Persian cucumbers or Kirby pickling cucumbers
- 2 to 3 ounces garlic chives, *buchu*
- 1/4 medium onion
- 1 tablespoon minced garlic
- 1 tablespoon sea salt
- 7 cups of water (Optional)

Seasonings:

- 2 to 3 tablespoons Korean red chili pepper flakes
gochugaru
- 0.5 tablespoon fermented shrimp
- 0.5 tablespoon or fish sauce
- 1 teaspoons minced garlic
- 1 tablespoon honey or plum extract
- 1 teaspoon roasted sesame seeds

Instructions

1. Cut the cucumbers crosswise into about 1-1/2-inch-long pieces. Quarter each piece lengthwise. Sprinkle the salt evenly all over the cucumber pieces. Let them sit for about 30 minutes.
2. Drain the cucumbers well in a strainer to remove any water released. Do not rinse the cucumbers.
3. Cut the garlic chives into 1-1/2-inch-long pieces. Thinly slice the onions.
4. Add the onions and garlic chives along with all the remaining ingredients to the salted cucumbers. Toss everything until the cucumbers are well coated with the seasoning. The cucumbers will look dry at this point but will release moisture as they absorb the seasonings.



Ingredients for Kimchi Salad

Ingredients

- ❑ 1/2 cup finely chopped Kimchi
- ❑ 0.5 lbs. Spring mix
- ❑ 1/2 Apple
- ❑ 3.5 Tsp Olive Oil
- ❑ 2Tsp Balsamic Vinegar
- ❑ 2.5Tsp Honey

Instruction

- Chopped or sliced Apple
- Seasoning finely chopped Kimchi with 0.5 Tsp of olive oil, 0.5 Tsp of Balsamic Vinegar and 0.5 Tsp of Honey
- Toss spring mix with seasoned Kimchi and Apple



Bulgogi, Marinated Meat: Prevent Cancer

Americans usually like to grill their beef, which produces the cholesterol oxidation products (COPs) that cause heart disease or cancer as it is cooked. However, according to a recent news article, marinating meat, with soy sauce and sugar, when cooked, inhibits the formation of COPs.

Dr. Bing-Huei Chen and his colleagues at Fu Jen University in Taipei carried out the research, and their findings were published in the Journal of Agricultural and Food Chemistry (June 28, 2006). Dr. Chen's experiments were performed on eggs and pork, because these are very commonly eaten in China. If we apply the result of his research to a Korean dish, Bulgogi, we can see what a wonderful and healthy food Bulgogi is. For Bulgogi, however, unrefined brown sugar and soy sauce are used as a marinade.

As you know, meat has saturated fat. By adding sesame seed and sesame oil to the marinating sauce, unsaturated fat in sesame helps to lower the saturated fat in meat.

In addition, the Korean pear extract makes the meat tender. By decomposing protein and fat enzymes, it makes the meat taste better, and also easier to digest. And of course, it is good for your health as well. On the other hand, using kiwi and/or pineapple does not achieve the same result as using the Korean pear extract. When we marinate and ferment the meat for 12 hours with pineapple or kiwi extract, the meat loses cohesiveness because kiwi and pineapple make the meat overly tender. Only those who do not understand the fermentation process of marinade will recommend using kiwi or pineapple for Bulgogi.

Kimchi - One of the Five Healthiest Food in the World

*Kimchi contains approximately more than 100 times the probiotics of yogurt, which benefits the body in ways that you can't even imagine!

*The probiotics in kimchi not only strengthen the body's immune system, but they also destroy harmful bacteria, such as salmonella, O-157, & Vibrio bacteria.

In March 2006, Health Magazine selected Kimchi as one of the five healthiest foods in the world. Unlike vegetables pickled only in vinegar and salt, such as cucumber pickles, kimchi produces much more beneficial probiotics and valuable bioactive substances. In fact, one gram of well fermented kimchi contains about one hundred million probiotics, which is much more than the amount contained in yogurt.

These probiotics assist the growth of beneficial microorganisms and suppress harmful bacteria living inside the large intestine, thereby cleansing the intestine.

Furthermore, since kimchi is rich in anti-oxidants such as beta carotene, phenol compounds, and chlorophyll, it is very effective in reducing stress and preventing the aging process of the skin. According to the studies by Professor Lee Jongmi of Ewha Women's University, when a mouse under stress was fed 5% kimchi, its blood corticosterone (a hormone that indicates the stress level) was reduced by 30.4%.

In November 2006, Dr. Lee Jong Kyung of Korean Food Research Institute found that when salmonella, O-157, and vibrio bacteria were injected to well fermented kimchi (ph 4.4), 99% of the bacteria were destroyed within 10 minutes of coming in contact with kimchi. It also became clear that when kimchi is consumed with meat or fish, it can help prevent food poisoning.