

Shape, Share, Start:
FOR
KOREA
INGREDIENTS

RECIPE BOOK





Shape, Share, Start:
FOR
KOREA
INGRIDIENT

**Story of Korean Food
Ingredients**

Four seasons.
Gifts of spring, summer, fall and winter,
seasonal ingredients.
Precious minds gathered to continue the story of those vital tastes.
Shape, Share, Start. A New Story.

Shape, Share, Start:
FOR
KOREA
INGREDIENTS



chef
KANG MIN GOO

**“I want to create
a new trend
in modern Korean food.”**

Mingles' chef fuses the taste between traditional and modern Korean cuisine using ingredients from each season.



chef
SHIN CHANG HO

**“If ancestral Korean food
focused on inheritance, modern Korean food
should focus on creative development.”**

Joo Ok's chef serves Korean dishes as precious and exquisite as 'gem'
with fermented sauces prepared by himself.



chef
CHO EUN HEE
PARK SUNG BAE

**“We want to capture Korea’s unique
spirit of fermentation in seasonal ingredients,
gifts of the four seasons.”**

Onjjeum’s chefs study and reinterpret the roots of
Korean food with a commitment to reviewing the old and embracing the new.

Gochujang

It is a traditional Korean paste made by fermenting glutinous sweet rice mixed with red pepper powder, malt, fermented soybean powder, and salt. It is characterized by its rich nutrients and strong spiciness.



Grilled Brown Croaker in Gochujang Sauce and Kimchi Cabbage Core Porridge

ONE SERVING chef. SHIN CHANG HO



Ingredients

- 1 Brown croaker
- * **Brown croaker broth**
 - Bones and head from a brown croaker
 - 200g Big green onion
 - 45g Ginger
 - 6L Water
- * **Brown croaker stuffing**
 - 600g Leftover meat of brown croaker
 - 150g Tofu
 - 75g Shiitake mushroom
 - 180g Zucchini
 - 550g Onion
 - 30g Big green onion
 - 10g Salt
 - Pinch of pepper powder
 - 5g Sesame oil
- * **Gochujang sauce**
 - 12g Dark soy sauce
 - 60g Sugar
 - 50g Chopped big green onion
 - 100g Chopped onions
 - 50g Crushed garlics
 - 40g Red chili pepper powder
 - 20g Sesame oil
 - 180g Corn syrup (oligofructose)
 - 50g Water
- * Gochujang - Red Chili Paste
- * **Kimchi Cabbage core porridge**
 - 100g Kimchi Cabbage core
 - Pinch of salt
 - 5g Clean soy sauce (cheongjang)
 - 10g Sesame oil
 - 5g Chopped big green onions
 - 100g Rice
 - 800g Brown croaker broth
- * **Garnish**
 - Yellow and white egg garnishes

How to Cook

- A Brown croaker fish preparation**
 - a. After removing the head from the brown croaker, separate the bones and skin and leave only the flesh.
 - b. Put the fish meat in 3% saline solution for about 2 hours to season.
 - c. Soak the croaker bones and the head in cold water for about 2 hours to draw out the blood.
- B Brown croaker broth**
 - a. Put the drained bones and head in a pressure cooker with big green onions, gingers and water, then cover it and simmer.
 - b. Set the heat to high. When the pressure reaches the desired level, reduce the heat to medium-low and cook for another 60 minutes, then turn off the heat.
 - c. Strain it through a sieve and leave only the broth.
- C Kimchi Cabbage core porridge**
 - a. Rinse the rice with water and soak for an hour, then drain.
 - b. Lightly grind the soaked rice in a grinder or a mortar and pestle and strain through a sieve to retain the larger grains.
 - c. Blanch the Kimchi Cabbage core in boiling water briefly, then rinse in cold water and allow to cool.
 - d. Squeeze the water from the blanched cabbage, cut it into small pieces, and put it in a bowl. Season with salt, clean soy sauce (cheongjang), sesame oil, and chopped big green onions to prepare the Kimchi Cabbage core salad.
 - e. Put the ground rice in a pot and add the brown croaker broth to make a porridge. When the rice is half cooked, add the Kimchi Cabbage core salad and boil it together.
- D Grilled brown croaker in red chili paste sauce with brown croaker stuffing on the top**
 - a. Chop the leftover meat of brown croaker and drain tofu.
 - b. After julienning the zucchini and shiitake mushrooms, oil the pan and season with salt, stir-fry, and allow to cool.
 - c. Chop the onion finely and season with salt, stir-fry in an oiled pan, and allow to cool.
 - d. Put the fish meat, tofu, and all the stir-fried ingredients in a bowl. season with salt, pepper powder, and sesame oil to make stuffing.
 - e. Dry the seasoned fish meat and put the stuffing on top and steam for 6-8 minutes.
 - f. Mix all the ingredients prepared for the red chili paste sauce.
 - g. Brush sauce on top of the precooked brown croaker and grill under heated charcoal until golden brown.
- E Plating and finish**
 - a. Place the porridge in a concave dish (or bowl), then place the grilled brown croaker on top.
 - b. Cut the thinly fried egg garnish into flower shapes and decorate.

Oysters with Gochujang Salsa Sauce and Scallop with Green Plum Mignonette

ONE SERVING chef. KANG MIN GOO

Ingredients

- 2 Oysters
- 1 Scallop
- * **Curing salt**
 - 90g Salt
 - 30g Sugar
 - Zest of 1/2 lemon
- * **Sweet and sour red chili paste**
 - 200g Red chili paste
 - 50g Organic brown rice vinegar
 - 25g Sugar
- * **Gochujang salsa sauce**
 - 30g Red onion
 - 30g Tomato
 - 15g Celery
 - 9g Green chili pepper
 - 30g Olive oil
 - 30g Lemon juice
 - 30g Sweet and sour red chili paste
 - 6g Hot sauce
- * Gochujang - Red Chili Paste
- * **Green plum mignonette**
 - 75g Shallot
 - 75g Green plum pickle
 - 50g Sesame oil
 - 80g Green plum vinegar
 - 35g Lime juice
 - 50g Green plum syrup
 - 5g Crushed black pepper
 - 50g Soy sauce
- * **Garnish**
 - 1/2 Lemon
 - 1/2 Green yuja

How to Cook

- A Oyster preparation**
 - a. Rinse the oysters thoroughly under running water.
 - b. Gently open the shell and extract the oyster meat, being careful not to cause any damage to the delicate flesh.
 - c. Lightly wash the oyster meat in a 3% saline solution and clean the oyster shell with running water to remove any further impurities.
 - d. Place the oyster meat back into its shell.
- B Scallop shell preparation**
 - a. Open the scallop shell, remove the flesh, and only scrape off the muscle part.
 - b. After removing the muscle from the side of the scallop, cure it in curing salt for 5 minutes, then steam it for 1 minute. Immediately cool it down in ice water.
 - c. Slice the scallop into 2-3 parts and lay them on the scallop shell.
- C Sweet and sour red chili paste**
 - a. In a mixing bowl, combine the red chili paste, organic brown rice vinegar, and green plum syrup.
- D Gochujang (Red Chili Paste) salsa sauce**
 - a. Peel and dice red onions into 0.5×0.5 cm pieces. Remove the seeds from tomatoes and dice them into 0.5×0.5 cm pieces. For celery, remove the fibrous parts and dice into 0.5×0.5 cm pieces. For green chili peppers, remove the seeds and dice into 0.2×0.2 cm pieces.
 - b. In a mixing bowl, combine the sweet and sour red chili paste, hot sauce, lemon juice, and olive oil. Mix well and add the prepared ingredients.
- E Green plum mignonette**
 - a. Peel the shallots and finely chop them.
 - b. Finely chop only the flesh of the pickled green plums.
 - c. In a mixing bowl, add the prepared ingredients along with sesame oil, green plum vinegar, lime juice, green plum syrup, crushed black pepper, and soy sauce, then mix well.
- F Plating and finish**
 - a. Fill a plate with crushed ice, shape it evenly, and place a small dish on top.
 - b. Surround the dish with oysters and scallops. Garnish with slices of green yuja and lemon.
 - c. Fill the small dish with red chili paste salsa, and finish by topping the scallops with the green plum mignonette.



Soy Sauce

It is a traditional Korean soy sauce made by boiling the healthful liquid derived from soaking soybeans in salt water to deliver a savory aroma and rich taste.



Sichuan Peppercorn Pickles, Strawberries and Caviar

ONE SERVING chef. KANG MIN GOO

Ingredients

- 6 strawberries
- 16g caviar
- * **Sichuan peppercorn pickle dressing**
 - 5g Sichuan peppercorn pickle berries
 - 5g Sichuan peppercorn pickle juice
 - 10g Brown rice vinegar
 - 20g Green plum syrup
- * **Green yuja yogurt**
 - 100g Organic yogurt
 - Zest of 1 green yuja
- * **Garnish**
 - Ground sesame
 - Edible gold leaves
 - Cilantro

How to Cook

- A Sichuan peppercorn pickle dressing**
 - a. Prepare the Sichuan peppercorn pickle by removing as many stems as possible, using only the flesh.
 - b. Finely crush the Sichuan peppercorn berries.
 - c. Mix the crushed Sichuan peppercorn berries with the Sichuan peppercorn pickle juice, vinegar, and green plum syrup to make the dressing.
- B Green yuja yogurt**
 - a. Adjust the concentration by removing the whey for about 6 hours by filtering organic yogurt through cheesecloth.
 - b. Mix organic yogurt without whey with green yuja zest.
- C Strawberry preparation**
 - a. Wash the strawberries under running water and remove any excess moisture.
 - b. Remove the stems and cut the strawberries in half.
 - c. Mix 40 g of the Sichuan peppercorn pickle dressing with the strawberries.
- D Plating and finish**
 - a. Place the green yuja yogurt in a bowl.
 - b. Layer the strawberries mixed with the Sichuan peppercorn pickle dressing on the side of the yogurt.
 - c. Sprinkle crushed sesame seeds lightly on the strawberries.
 - d. Scoop the caviar in a "quenelle" shape and place it in the center of the strawberries.
 - e. Place gold leaf on top of the caviar, and garnish with young cilantro to finish.



Pear

This fruit has a firm and heavy texture, and is characterized by a cool, sweet taste with plenty of juicy goodness.



Southern Rough Shrimp and Pear Salad with Yuja Pine Nut Sauce

ONE SERVING chef. SHIN CHANG HO

Ingredients

- 1/8 Pear
- 5 Southern rough shrimps
- * **Pine nut sauce**
- 200g Pine nuts
- 250g Water
- 50g Yuja syrup
- 15g Sugar
- 50g Vinegar
- 5g Salt
- * **Cucumber namul**
(seasoned cucumber)
- 1 cucumber
- Dill(2% weight of cucumbers)
- * **Garnish**
- Micro nasturtium leaves
- Pentas flower(edible)
- Pink peppers
- Yuja peel

How to Cook

- A Pear preparation**
- a. Peel the pear and slice into small uniform sticks.
- B Cucumber namul(seasoned cucumber)**
- b. Thinly slice cucumbers, mix with salt, and allow them to pickle for about 30 minutes.
- c. Squeeze out excess liquid.
- d. Lightly oil the pan and quickly stir-fry the drained cucumbers, then allow to cool.
- e. Mix it with the dill. Serve 10 g of cucumbers per serving.
- C Southern rough shrimp preparation**
- a. Remove the shrimp heads and peel.
- b. Rinse the shrimps in 2% saline solution and drain.
- D Pine nut sauce**
- a. Remove the shells from the pine nuts and gently stir-fry them in a dry pan, then allow to cool.
- b. Finely grind the rest of the pine nut sauce ingredients in a blender.
- E Plating and finish**
- a. Put the seasoned cucumbers in a concave dish(or bowl).
- b. Arrange the southern rough shrimps on the top and add pear sticks.
- c. Decorate with micro nasturtium leaves and pentas flowers.
- d. Grate and sprinkle yuja peel for added aroma.
- e. Use hands to gently smash and sprinkle the pink peppers, and finish with pine nut sauce.



Baesuk(Honey Poched Pear) Sherbet

ONE SERVING chef. CHO EUN HEE, PARK SUNG BAE

Ingredients

- * Baesuk (Honey poched pear)
- 1kg Pear(peeled and seedless)
- 20g Ginger
- 2g Sichuan peppercorns
- 3g Whole black peppers
- 1L Water
- 80g Sugar
- 60g Honey

How to Cook

- Ⓐ Baesuk(Honey poched pear)
- a. Peel the pear and remove their seeds, then cut them into large pieces.
- b. Julienne about 100 g of the pear and set it aside for garnishing.
- c. Peel the ginger and slice it thinly.
- d. Prepare the Sichuan peppercorns and whole black peppers by placing them in a pouch for the broth.
- e. In a pot, add the pear, water, Sichuan peppercorns, whole black peppers, ginger, sugar, and honey, and bring it to a boil.
- f. Once it starts boiling, cook for another 5-7 minutes, then let it cool in the broth to prevent discoloration.
- g. From the boiled pear, slice about two pieces into 0.5 cm square shapes for garnishing.
- h. Blend the boiled pear and its broth until smooth, then pour it into a container and freeze. (To avoid freezing it too hard, intermittently scrape and mix it with a fork.)
- i. Place the julienned pear (set aside for garnishing) in a concave dish.
- j. Right before serving, finely grind the pear sherbet and place it on top of the julienned pear.
- k. Add the julienned pear on top of the sherbet to finish.



Strawberry

The dark green stem and red flesh deliver a refreshing taste without a high sugar content.



Strawberry Rice Cake

ONE SERVING chef. SHIN CHANG HO

Ingredients

* Vanilla strawberry jam

100g Strawberries
50g Strawberry puree
39g Sugar
1/2 Vanilla bean

* Strawberry rice cake

90g Glutinous rice flour
35g Non-glutinous flour
10g Sugar
15g Makgeolli(Korean rice liquor)
30g Chopped strawberries

* Red bean paste filling

100g Red bean paste
0.3g Salt
20g Sugar
10g Starchy syrup
10g Water

* Garnish

Basil flowers stalks
Young perilla
Fennel flowers
Begonia

How to Cook

A Vanilla strawberry jam

- Cut the vanilla bean in half and scrape out the seeds from the pod.
- Cut the strawberries into small pieces.
- Put the vanilla bean, strawberries, sugar, and strawberry puree in a pot. Simmer gently and blend in a blender to make jam.

B Strawberry rice cake

- Soak the glutinous rice and non-glutinous rice and blend them to prepare an amount of flour.
- Add makgeolli, finely chopped strawberries, and sugar to the flour and knead.
- Refrigerate the dough for 30 minutes.
- Mix all the red bean paste ingredients and divide into 5 g pieces and make small balls.
- After dividing the dough into 8 g pieces and making small balls, press the center of the batter so that you can add the filling.
- Put the red bean paste into the dough, shape it into a flat and rounded shape.
- After pan-frying the strawberry rice cake at low heat in an oiled pan, mix it with the vanilla strawberry jam.

C Plating and finish

- Place vanilla strawberry sauce in a concave depression in the center of the plate (or bowl).
- Use a spoon to place the fried strawberry rice cake into the sauce well and add some additional strawberry sauce.
- Decorate around or on the sauce well with flowers and herbs that match strawberries.



Grape

This bunch of purple-colored fruit offers great flavor and abundant juice.





Grapes

Grape Punch with Yuja Snow

ONE SERVING chef. SHIN CHANG HO

Ingredients

100g 7 Grapes(geobong)

480g 4 Green yuja

Liquid nitrogen

* Syrup

100g water

50g Sugar

5g Yuja peel

How to Cook

A Grape punch

- Prepare only the flesh by removing the skin and seeds from the Grapes.
- Before squeezing the yuja, thinly cut the yuja peel.
- Put the water, sugar, and yuja peels into a pot, and boil just enough to dissolve the sugar to make a syrup and then allow to cool.

B Yuja prepration

- Peel and shred the green yuja.
- After removing the seeds from the flesh, extract juice using a juicer or by manually squeezing.

C Plating and finish

- Put the Grapes and shredded yuja peels in a bowl and add the syrup.
- Just before serving, make yuja snow by using a dropper to add yuja juice one drop at a time into the container of liquid nitrogen.
- Sprinkle the yuja snow on top of the Grapes to finish.

Yuja

This citrus fruit is hard-textured and has a bumpy peel, but its aroma and color hides a rich juicy sweet and sour taste that is delightful.



Yuja-pear Sorbet and Pomegranate Consommé

ONE SERVING chef. KANG MIN GOO

Ingredients

- 1 Pear
- * **Yuja-pear sorbet**
 - 100g Water
 - 40g Yuja syrup
 - 30g Trimoline
 - 20g Glucose
 - 10g Sugar
 - 30g Yuja concentrate
 - 230g Pear juice
- * **Pomegranate consommé**
 - 200g 100% Pomegranate juice
 - 50g Sugar
 - 0.6g Xanthan gum
- * **Pickled pear**
 - 10g Yuja concentrate
 - 100g Water
 - 20g Sugar
 - 50g Pear
- * **Garnish**
 - Pickled pear
 - Pomegranate seeds
 - Candied yuja peels
 - Thinly-sliced pears
 - Pine nuts

How to Cook

- A Pear juice**
 - a. Peel the pear and cut only the flesh. Use a juicer to extract its juice.
- B Yuja-pear sorbet**
 - a. In a pot, mix water, yuja syrup, and trimoline, then heat to 50°C
 - b. First, add glucose and mix, then add sugar, stirring continuously with a whisk.
 - c. Once the sorbet base has cooled, mix in the yuja concentrate and pear juice, then freeze it in a Pacojet container.
 - d. Once frozen, use the Pacojet to create a smooth sorbet.
- C Pomegranate consommé**
 - a. Pour pomegranate juice into a pot and heat.
 - b. In a separate bowl, pre-mix sugar and xanthan gum, then add it to the heated juice. Stir continuously with a whisk. Once it boils, turn off the heat and allow it to cool.
- D Pickled pear**
 - a. In a bowl, add yuja concentrate, water, and sugar, then stir until the sugar is fully dissolved.
 - b. Slice the pear to a thickness of 0.3 cm and use a flower mold to shape them.
 - c. Soak the pear slices in the yuja syrup for preservation.
- E Plating and finish**
 - a. On a plate, serve the pickled pear and yuja-pear sorbet.
 - b. Scatter pomegranate seeds and pine nuts around it.
 - c. Place thinly-sliced pear and candied yuja peels on top of the sorbet, then pour the pomegranate consommé around the sorbet to finish.



Sweet Pepper

This colorful vegetable has a fresh, crunchy texture and sweet taste.



Grilled Kuruma Shrimp with Sweet Pepper Chili Paste Sauce and Rice Balls

ONE SERVING chef. KANG MIN GOO

Ingredients

- Red sweet peppers
- 4 Kuruma shrimps
- * **Pickled sweet peppers**
- Mini sweet peppers
- (each red, orange, yellow)
- 120g Soy sauce
- 180g Water
- 30g Sugar
- 1 Green chili pepper
- 120g Brown rice vinegar
- * **Sweet and sour red chili paste**
- 200g Red chili paste
- 50g Organic brown rice vinegar
- 25g Sugar
- * **Sweet pepper chili paste sauce**
- 300g Sweet pepper juice
- 20g Sweet and sour red chili paste
- 2g Korean soy sauce
- Xanthan gum
- * **Pickled sweet pepper rice ball**
- 100g Steamed glutinous rice
- 20g Diced pickled paprika
- 5g Pickled paprika juice
- 2g Sesame oil
- 10g Sesame
- * **Garnish**
- Micro herbs
- Edible flowers

How to Cook

- A Pickled sweet peppers**
 - a. In a pot, combine soy sauce, water, sugar, and green chili pepper. Bring to a slight boil and then let it cool.
 - b. After infusing the green chili pepper for about 5 minutes, remove it. Adjust the infusion time based on the desired level of spiciness.
 - c. Add vinegar and mix well to prepare the pickling solution.
 - d. Char the surface of the mini sweet peppers over open flames. Immerse in ice water and peel off the skin.
 - e. In a sealed container, place the sweet peppers and pour in the pickling solution to marinate.
 - f. Marinate the sweet peppers in a fridge for at least three days and shape them into ribbons.
- B Sweet and sour red chili paste**
 - a. Mix all the ingredients evenly to make sweet and sour red chili paste.
- C Sweet pepper chili paste sauce**
 - a. Remove the stem and seeds from the sweet peppers and use a juicer to extract 300g of sweet pepper juice.
 - b. Reduce the 300g of sweet pepper juice on low heat until you have 60g remaining.
 - c. In a mixing bowl, combine the reduced sweet pepper juice, sweet and sour red chili paste, and Korean soy sauce.
- D Pickled sweet pepper rice ball**
 - a. Finely chop the pickled sweet peppers.
 - b. Mix the steamed glutinous rice with the pickled sweet pepper solution and the finely chopped pickled sweet peppers.
 - c. After adding sesame oil and sesame, shape it into a ball.
- E Grilled kuruma shrimp**
 - a. Rinse the kuruma shrimps under running water and pat dry. Remove the heads and, using crustacean scissors, ensure the meat remains intact while removing the shell.
 - b. Brush the kuruma shrimps with sweet pepper chili paste sauce and grill over charcoal.
- F Plating and finish**
 - a. Dip sweet pepper chili paste sauce on a plate in a ring mold.
 - b. Put the pickled sweet pepper rice ball atop the red chili paste sauce and position the kuruma shrimps standing beside the rice ball
 - c. Finish off with micro herbs, edible flowers, and ribbon-shaped pickled sweet peppers.



Paprika Japchae

ONE SERVING chef. CHO EUN HEE, PARK SUNG BAE

Ingredients

- 100g Rump
- 80g Glass noodles
- 150g Sweet peppers
- 80g Onion
- 100g Zucchini
- 20g Chives
- Salt
- Ground black pepper
- Sesame oil
- Sesame salt
- * **Sauce for beef**
- 1 tablespoon of soy sauce
- Pint of salt
- 2 teaspoons of chopped green onion
- 1 teaspoon of sugar
- 1 tablespoon of sesame salt
- 1/2 tablespoon of sesame oil
- * **Sauce for glass noodle**
- 1 2/3 Water
- 1 tablespoon of soy sauce
- 1 tablespoon of sugar
- 1 tablespoon of sesame oil

How to Cook

- A Paprika Japchae**
- a. Thinly slice the beef and marinate with soy sauce, salt, chopped green onions, sugar, and ground sesame.
- b. Stir-fry the beef in a heated pan. Once fully cooked and the moisture has evaporated, turn off the heat and mix in the sesame oil.
- c. In a pot, add water, soy sauce, sugar, and sesame oil. Add the glass noodles and boil until cooked. Once the noodles are soft and the water volume has reduced, set them aside.
- d. Trim the ends of the sweet peppers, remove the seeds from the center, and thinly slice. Stir-fry in a pan with some cooking oil.
- e. Thinly slice the onion and stir-fry in a pan with some cooking oil. Season with salt and ground pepper.
- f. Cut the zucchini into 4 cm pieces and thinly slice. Lightly sprinkle with salt and mix. Quickly stir-fry in a pan with some cooking oil.
- g. Cut the chives into 5 cm lengths.
- B Plating and finish**
- a. In a bowl, combine all the prepared ingredients and mix well. Season to taste.
- b. Add sesame oil and ground sesame and mix again.
- c. Place them in a concave dish, ensuring the ingredients are visible on the top while plating.
- d. Sprinkle some more ground sesame to finish.



Shiitake Mushrooms

Its sweet aroma adds to the rich and unique flavor that delivers a host of healthy nutrients.



Steamed Chicken with Shiitake Mushroom

ONE SERVING chef. CHO EUN HEE, PARK SUNG BAE



Ingredients

- 1 Whole chicken
- Salt
- Ground pepper
- Potato starch
- 1 sheet of kelp(10cm×10cm)
- 1/2 Onion
- * **Chicken stuffing**
- 50g Rump
- 70g Well-drained tofu
- 70g Shiitake mushroom
- 1 teaspoon of perilla oil
- 50g Onion
- 1 teaspoon of crushed garlic
- Salt
- Cooking oil
- * **Seasoning for the stuffing**
- Soy sauce
- Salt
- 1 teaspoon of sugar
- 1 tablespoon of chopped green onion
- 1 teaspoon of sesame oil
- * **Chicken porridge**
- 2 and 1/2 cups of chicken broth
- 10g Soaked glutinous rice
- 40g Skinless mung beans
- 5 Soaked shiitake mushrooms

How to Cook

- A Separate chicken / Making rich chicken broth.**
- a. Thoroughly wash the chicken and separate the leg and breast meat. Spread the chicken open widely.
- b. Soak the chicken bones in water for about an hour to draw out the blood. Then, place them in a pot, add water, kelp, and onion, and boil it to make a rich broth.
- B Chicken stuffing / Steamed chicken**
- a. Finely chop the beef, and press the tofu to remove any excess moisture before mashing it finely.
- b. Slice fresh shiitake mushrooms and stir-fry them in a dry pan with a little salt. At the end, drizzle a bit of sesame oil and mix.
- c. Finely chop the onion, sprinkle a little salt, and let it sit for about 10 minutes. Then, wrap the onion in a cheesecloth to squeeze out the excess moisture. In a pan, add a bit of cooking oil and stir-fry the onion. Add crushed garlic and continue to stir-fry.
- d. Combine the prepared ingredients and mix with the chicken stuffing.
- e. Spread the opened chicken meat on a wrap and season with salt and ground pepper.
- f. Sprinkle some starch, add the chicken stuffing, and form a rounded shape while wrapped in the plastic wrap.
- g. Place it in a steamer with steam rising, and steam for about 30 minutes. Afterward, unwrap the chicken.
- h. Coat the outer layer of the steamed chicken with cornstarch. In a pan with some cooking oil, roll and fry the chicken until it's crispy.
- C Chicken porridge**
- a. To the rich chicken broth, add the glutinous rice soaked for about an hour, skinless mung beans, and soaked shiitake mushrooms, and bring to a boil.
- b. Keep stirring and boil until the glutinous rice and mung beans are fully cooked.
- c. Separate the shiitake mushrooms and season the remaining porridge until it's smooth and flavorful.
- D Plating and finish**
- a. Slice the fried chicken into 2 cm-thick pieces and place them in a concave dish.
- b. Top the chicken with the shiitake mushrooms that were set aside from the porridge.
- d. Pour the porridge over the shiitake mushrooms to finish.

Abalone

This gift from the sea has a hard, bumpy shell protecting plump flesh with a robust sea scent.



Grilled Abalone and Galbi Patties with Shiitake Glaze and Korean Melon Fresh Kimchi

ONE SERVING chef. SHIN CHANG HO



Ingredients

* Shiitake-bulgogi glaze

1.2 kg Beef by-products for broth
3L Water
500g Sugar
460g Cooking rice wine
500g Dark soy sauce
20g Dried chili pepper
10g Whole black pepper
160g Big green onion
30g Ginger
60g Garlic
120g Shiitake mushroom stem

* Sauce for grilled galbi patties

50g Garlic
25g Crushed ginger
300g Sugar
200g Cooking rice wine
500g Dark soy sauce
100g Pineapple
100g Pineapple juice

* Grilled abalone and galbi patties(4 servings)

4 Abalones
White radish
Kelp
150g Sirloin
15g Shiitake mushrooms
10g Onion
10g Sauce for grilled galbi patties
10g Shiitake glaze
Pine nut powder
Chives
Grilled abalone and galbi patties for one serving
1 Abalone
45g Meat for grilled galbi patties

* Korean melon fresh kimchi

1 Korean melon
Chive flowers

* Sauce for fresh kimchi

60g Ground pear
40g Ground apple
20g Ground onion
20g Salted shrimp
30g Crushed garlic
5g Crushed ginger
30g Red pepper powder
15g Salted anchovy sauce
15g Green plum syrup
7g Sugar
45g Glutinous rice paste

How to Cook

A Shiitake glaze

- Beef by-products for broth are soaked in water for an hour to draw out the blood, and then blanched in boiling water.
- Put all ingredients in a pot and heat. When it starts to boil, reduce heat and simmer for 2 hours.
- Taste the broth for proper seasoning, strain it through a cheesecloth, and allow to cool.

B Sauce for grilled galbi patties

- Put all ingredients in a blender, blend until fine, and allow it to age for one day.

C Grilled abalone and galbi patties

- After cleaning abalones and separating flesh from shells, remove intestines and beak.
- Lay the white radish on the steamer, put the abalone on top, cover with kelp and steam for 2 hours.
- Prepare the gently cooked abalone by slicing it thinly.
- Finely chop the shiitake mushrooms and onions, stir-fry separately, and cool to room temperature.
- After finely chopping the sirloin, mix with the stir-fried shiitake mushrooms, onions, and aged sauce.
- Alternatively layer the prepared abalone and meat mixture to create patties.
- Cook it slowly over charcoal and finish by spreading the shiitake glaze.

D Korean melon fresh kimchi

- Peel the Korean melon and cut it in half to remove the seeds, then cut into bite-sized pieces.
- Make fresh kimchi sauce by mixing all the ingredients.
- Mix the sliced Korean melon with the sauce to make Korean melon fresh kimchi.

E Plating and finish

- Chop and sprinkle small green onions and pine nut powder on the grilled abalone and galbi patties, and place it in a dish.
- Add the Korean melon fresh kimchi and chive flowers to finish.

Abalone Flower Rice

ONE SERVING chef. CHO EUN HEE, PARK SUNG BAE



Ingredients

* Steamed abalone

5 abalones
Salt
Rice wine
Big green onion

* Seaweed hot stone pot rice

2 cups of rice
2 cups of water
3 sheets of laver

* Namul(seasoned vegetable)

3 bellflower roots
5 Deodeok(Lance asiabell root)
500g White gourd
1/2 Mung Bean Jelly(Cheongpomuk)
2 Chestnuts
Cooking oil
Salt
Chopped green onion
Crushed garlic
Sesame oil

How to Cook

Ⓐ Steamed abalone

- Sprinkle salt on the flesh side of the abalone and scrub thoroughly to clean.
- Place it in a steamer with steam rising, sprinkle rice wine over the abalone, and place the big green onion on top. Steam for about 1 hour and 30 minutes.
- Once steamed, remove the abalone's intestines and beak, then finely slice.

Ⓑ Seaweed hot stone pot rice

- Rinse the rice thoroughly and soak for about 20 minutes. After soaking, drain the water.
- Put the soaked rice in a pot, add water, and place the laver on top to cook.
- Once cooked, mix the rice and laver thoroughly.

Ⓒ Namul(seasoned vegetable)

- Peel and thinly slice the bellflower roots. Heat them in a pan with some cooking oil, sprinkle water over the roots, add salt, finely chopped green onions, and minced garlic, and then stir-fry.
- Peel and thinly slice the Deodeok (lance asiabell root). Heat them in a pan with some cooking oil, add salt, finely chopped green onions, and minced garlic, and then stir-fry.
- Peel and thinly slice the white gourd. Heat them in a pan with cooking oil, add salt, finely chopped green onions, and minced garlic, and then stir-fry.
- After hardening the Mung Bean Jelly (Cheongpomuk) slightly, slice it finely and blanch briefly in boiling saltwater. Drain the water and season with salt and sesame oil.
- Peel and finely slice the chestnuts and rinse lightly with water to remove the starch. Drain the water using a sieve.

Ⓓ Plating and finish

- In a wide, slightly concave dish, shape the laver rice into a mound.
- Place the steamed abalone in the center and surround it with the five types of prepared vegetable side dishes in a flower-like pattern to finish.

Perilla Seed Tomato Risotto with Grilled Abalone

ONE SERVING chef. KANG MIN GOO



Ingredients

- 3 abalones
- Kelp
- White radish
- * **Steamed glutinous rice**
- 100g glutinous rice
- * **Anchovy broth**
- 50g Anchovies
- 1L Water
- 15g Dried herring
- 50g White radish
- 40g Big green onion
- 5g Kelp
- * **Mussel broth**
- 1kg Mussel
- 250g Water
- 100g White wine
- 30g Stem of big green onion
- * **Tomato water**
- 300g Cherry tomato
- 3g Salt
- 9g Sugar
- 9g Black vinegar
- * **Perilla oil butter**
- 300g Butter
- 100g Perilla oil
- * **Perilla risotto**
- 75g Steamed glutinous rice
- 90g risotto broth
- (Mix anchovy broth 1.5: mussel broth 1.5: tomato water 1 ratio and mix with 3% by weight of tomato vinegar)
- 20g Sliced abalone
- 4 Dried tomatoes
- 10g Jerusalem artichoke pickle
- 20g Perilla butter
- 1g Minced perilla leaves
- Perilla seed powder

How to Cook

- A Abalone preparation**
- a. Wash the abalone under running water and use a brush to thoroughly clean its shell before detaching it.
- b. Remove the abalone's innards, then gently tap the flesh about 8 times with a mallet. Put sufficient water in a steamer, place the abalone on its shell, and top it with kelp and white radish.
- c. Heat on high until steam appears, then reduce to medium-low and steam for about 2 hours. Once sufficiently cooled, slice half of the abalone thinly and finely chop the other half.
- d. For other pieces of abalone, make crisscross cuts for preparation.
- B Anchovy broth**
- a. Spread anchovies in a pan and bake in a 160°C(320°F) oven for 12 minutes, then allow to cool. In water, add anchovies, dried herring, white radish, big green onions, and kelp, then bring to a boil.
- b. Before it starts boiling, remove the kelp, occasionally skim off any froth, and continue to simmer on low heat until flavorful.
- c. Strain the broth using a sieve or cheesecloth.
- C Mussel broth**
- a. Wash the mussels under running water and remove any beards.
- b. Put all the ingredients in a pot, cover it, and then bring to a boil.
- c. Bring to a boil over medium-low heat for about an hour and when the taste is sufficient, filter the stock through cheesecloth or a fine sieve.
- D Tomato water**
- a. Pick the tips of the cherry tomatoes and drain water after washing them.
- b. In a blender, combine cherry tomatoes, black vinegar, salt, and sugar, and blend until smooth. Pour the blended mixture through a cheesecloth-lined sieve and allow to drain for 12 hours to produce tomato water.
- E Steamed glutinous rice**
- a. Soak the glutinous rice for a day and drain the water. In a steamer lined with a damp cheesecloth, steam the soaked rice for 30 minutes. Then spread it on a wide tray and let it cool to room temperature.
- F Perilla oil butter**
- a. Put perilla oil in softened butter at room temperature and mix it to make perilla oil butter.
- G Perilla risotto**
- a. In a pot, add risotto broth and steamed glutinous rice, and then bring to a boil. Once boiling, add thinly-sliced abalone. Add perilla oil butter, mix, and add perilla seed powder and perilla leaves, then mix once more.
- H Plating and finish**
- a. Just before serving, grease a pan with cooking oil, add the abalone, and sear until golden.
- b. Add butter for added flavor as it cooks, then cut it into three pieces.
- c. On a plate, serve the risotto and top with the grilled abalone and dried tomatoes to finish.

Kimchi

This staple of Korean food is salted, mixed with seasoning, fermented and aged. Several types of kimchi are offered depending on the ingredients and seasoning.



Chicken Bokimchi Cold Salad

ONE SERVING chef. CHO EUN HEE, PARK SUNG BAE

Ingredients

* Kimchi

2 heads of Kimchi cabbage
(2.5 kg per one cabbage)
500g Altari radish
200g Mustard greens
150g Green onion
150g Green pepper
100g Red pepper
1 Pear
1 Apple
1 Onion
Coarse salt

* Kimchi juice

1/3 White radish
100g Garlic
70g Ginger
5L Water
3 tablespoons of glutinous rice paste
1 tablespoon of anchovy fish sauce
2 tablespoons of green plum extract
Coarse salt

* Prepared Chilled salad

2 Chickens
Kelp
1 Big green onion
1 Onion
700g Octopus
1/3 White radish
1 Pear
5 cups of Kimchi juice
5 cups of chicken broth
Salt

How to Cook

A Kimchi

- Remove the outer leaves of Kimchi Cabbage, split the head in half, and soak them in saltwater. Sprinkle salt between the layers. **tip** — For 2.5 kg of Kimchi Cabbage, use 2.5 L of water and 500 g of coarse salt for the saltwater.
- Clean the Altari radishes, cut it into quarters, and slightly pickle it with salt and water. **tip** — The pickling time varies based on the season.
- Wash mustard greens and green onions thoroughly, remove excess water, and cut off the roots and dried parts, setting them aside for future use after trimming.
- Remove the stem from the red and green peppers and cut them in half.
- Wash fruit and use them with their skin on. Quarter the apple and cut the pear into six pieces. Peel the onion and slice it to the thickness of a finger.

B Make Kimchi juice / Add the Kimchi juice and allow it to age.

- Slice white radish, pear, garlic, and ginger finely and extract their juice using a juicer. In water, mix the extracted juice, glutinous rice paste, salted anchovy sauce, green plum extract, and coarse salt for seasoning.
- Start with Altari radishes at the bottom of the kimchi container, then layer with pear, apple, and onion. Add Kimchi Cabbage, followed by green onions, mustard green leaves, and peppers. When the container is 2/3 full, add the prepared kimchi broth.
- Keep the container at room temperature until gas bubbles are seen. Taste the food and then refrigerate.

C Prepared Chilled salad

- Clean the chicken and separate the meat from the bones.
- Soak chicken bones in water for about an hour to remove blood. Then, boil them with kelp, onion, and water for 30 minutes.
- Add the separated chicken meat and big green onion and continue to boil for another 30 minutes. Strain the broth.
- Allow the broth to cool, ensuring it remains clear. Shred the chicken into edible sizes.
- Clean the octopus, add ground radish, and marinate for 30 minutes.
- Heat sesame oil in a pot, add the octopus, stir-fry for a minute, cover it, and simmer for 15 minutes. Once the octopus is cool, peel off its outer skin and slice it to the desired thickness.
- Peel the pear and thinly slice it, carving it in a decorative manner.
- Mix the well-fermented kimchi juice with chicken broth and season with salt.

D Plating and finish

- Slice the inner ingredients of the prepared kimchi like cabbage leaves, mustard green leaves, apple, etc., into edible sizes.
- Lay out the outer kimchi leaves on a flat surface. Neatly place white kimchi, pear, chicken, and octopus on top of the leaves. Sprinkle some kimchi juice on top and fold the kimchi leaf slightly. Roll it to ensure the ends don't unfold to prepare kimchi salad.
- Place the kimchi salad in a bowl, add some chicken kimchi broth, and finish.



Shape, Share, Start:
FOR
KOREA
INGREDIENTS

Sichuan Peppercorn Pickles, Strawberries and Caviar
Oysters with Red Chili Paste Salsa Sauce and Scallop with Green Plum Mignonette
Grilled Kuruma Shrimp with Sweet Pepper Chili Paste Sauce and Rice Balls
Perilla Seed Tomato Risotto with Grilled Abalone
Yuja-pear Sorbet and Pomegranate Consommé

by Kang Min goo

Southern Rough Shrimp and Pear Salad with Yuja Pine Nut Sauce
Grilled Brown Croaker in Gochujang Sauce and Kimchi Cabbage Core Porridge
Grilled Abalone and Galbi Patties with Shiitake Glaze and Korean Melon Fresh Kimchi

Grape Punch with Yuja Snow

Strawberry Rice Cake

by Shin Chang ho

Chicken Bokimchi Cold Salad

Abalone Flower Rice

Paprika Japchae

Steamed Chicken with Shiitake Mushroom

Baesuk(Honey Poched Pear) Sherbet

by cho Eun hee, Park Sung bae



