

Les Marmitons

Gastronomie et Fraternité ~ from Friendship to Gastronomy

Niagara Chapter Monday, December 3 2018

Chef Carmen Hyeri Kim

KOREA IS THE COUNTRY OF THE FERMENTED FOODS

1st course

KIMCHI ROSE MANDU SOUP

(Korean dumpling)

Kimchi Mandu - Korean Traditional Anchovy Broth

Fermented Peach Syrup Soju Cocktail (Go-chu-garu sugar rim)

2nd course

PAN ROASTED COD & MU-JORIM

(Braised radish)

Cod and Mu-Jorim - Pine nut purée - Fermented White Kimchi –
Soy Glaze Lotus Root Chips

Gekkeikan Plum Vintage Wine

3rd course

BULGOGI BIBIMBAB

(Korean Style Beef with Mixed Rice and Vegetables)

Beef Bulgogi - Steamed Wild Rice - Sautéed Vegetables - Egg Jidan
Fermented Go-chu-jang Chili Sauce - Sesame oil - Roasted Seaweed Strips

Fresh Bok-choy Kimchi Salad

Kloud Korean Beer

4th course

HWA-JEON & GOT- GAM HODU MARI

(Pan-fried Flower Rice Cake & Persimmon Walnut Roulades)

Sunnybrook Farm Estate Winery, 2017 Iced Pear

1st course
KIMCHI ROSE MANDU SOUP
(Korean dumpling soup)



Kimchi Mandu with Korean Traditional Anchovy Broth



Note: The priority is to make dough, while the dough is fermenting, make a broth and cook the glass noodles ahead, then make a filling.

DOUGH (30 Servings)

Each Rose *Mandu* needs 3-4 wrappers (120 wrappers)
Leaf Mandu need 1 wrapper each (30 wrappers)



Preparation

- **Wooden spoon**

- **Plastic bag**
- **Round pastry cutter 3 ½" - 4" diameter**
- **Pasta machine** (for Rose Mandu)
- **Rolling pin** (for Leaf Mandu)

Ingredients

Rose mandu dough (Pink colour)

- **8 cups All-purpose Flour** (1 cup for dusting)
- **2 2/3 cups Hibiscus tea** (2 Hibiscus tea bags, cold water)
- **1 tbsp Salt**
- **1 tbsp Canola oil**

Leaf mandu dough (Green colour)

- **4 cups All-purpose Flour** (1 cup for dusting)
- **½ cup Green tea powder**
- **1 1/2 cups Cold water**
- **1 tsp Salt**
- **1 tsp Canola oil**

Instructions

1. Combine flour, salt, oil and slowly add Hibiscus tea (Green tea for Leaf mandu dough. Make in a separate bowl at same time) in a large mixing bowl. Mix with a wooden spoon until it turns into a lump. Then knead it by hand for a few minutes until the dough gets a little softer. Put it in a plastic bag to keep it from the air and let it sit for 10 to 30 minutes at room temperature. Meanwhile, make the filling and broth.

2. Take the dough out of the plastic bag. It will be a little softer and moist and easier to handle. Knead it for 5 to 7 minutes, until the dough gets smooth and elastic.

3. Place the dough on a cutting board dusted with a bit of flour and divide it into 4-8 equal pieces. Put rest dough into the plastic bag to keep it from getting dried out as you work on the other one.

4. **Leaf mandu:** cut the pieces of dough into equal sized smaller pieces. Roll each piece out with a rolling pin into 3 ½" - 4" diameter and ¼" thick round circle disks.

Rose mandu: Roll the dough ¼" thick with a pasta machine and cut the round shape with a pastry cutter 3 ½" - 4" diameter.

FILLING (Use for both types of mandu)

Ingredients

- **1 bundle of glass noodles** (Dang-myeon)
Soak the glass noodles in cold water in 5 minutes and blanch in boiling water in 8-10 minutes and naturally cool down in the strainer and the chop into smaller pieces.
- **2 extra firm tofu**
Place in towel and place under the heavy pot for at least 10 minutes to remove excess water from tofu.

- **3 lbs Ground Beef**
- **3 lbs Ground Pork**
- **3 Eggs**
- **3 tsp Salt**
- **3 tsp Pepper**

- **1 ½ cups White Onion, Diced**
- **1 ½ cups Scallions, Chopped**
- **2 cups Fermented Kimchi, Chopped**
- **4 tbsp Kimchi liquid**

- **4 Cloves Garlic, Finely chopped**
- **2 tsp Ginger, Finely Chopped**
- **4 Tbsp Sesame oil**
- **4 Tbsp Soy sauce**
- **4 Tbsp Oyster sauce**
- **4 Tbsp Honey**

Instructions

1. In a large mixing bowl gently combine glass noodles, tofu, beef, pork, eggs, salt, pepper, white onion, scallions and chopped kimchi and add kimchi liquid.
2. In a separate bowl mix together garlic, ginger, sesame oil, soy sauce, oyster sauce, honey.
3. Pour liquid over meat and tofu mixture and gently mix together until well combined.

SHAPE / COOK

Preparation : 1 egg, Brush, 2" Cooperated hotel pan, Cheesecloth, Steamer

Instruction – Rose mandu



1. Place 4 mandu wrappers on countertop.
2. Place 1 tbsp amount of filling into the centre of each mandu wrapper.
3. Brush a small amount of egg wash onto the top half of outer circular edge mandu wrapper.
4. Fold wrapper, dry edge onto the wet edge and roll the wrapper into rose shape.



5. Place cheesecloth on top of hotel pan and steam the mandu in the steamer for 10-15 minutes.

Examples of shapes – Leaf mandu



A

B

C

D

B R O T H

***Note:** Save 3 cups of broth for 2nd-course brine

Preparation

Frying pan, Wooden spoon, Stock pot, Cheese cloth, Twine

Ingredients

- 20 Large dried anchovies
- 100g Dried shrimp
- ½ cup Dried shiitake mushrooms

- **3 Dashima (Kelp or Kombu) approximately 3"x3" size**
- **7 lts Cold water**
- **1 White onion, Roughly chopped**
- **3 White part of Scallions stems**
- **4 Garlic cloves**
- **6 Black pepper corns**
- **1 cup Soy sauce**
- **Salt to taste**

Instructions

1. Place dried anchovies in frying pan without oil and gently stir the dried anchovies with the wooden spoon for 2-3 minutes until removing the fishy aroma and then make anchovy sachet with cheesecloth and twine.
2. In a stockpot, fill 7 lts of cold water and soak dried anchovies, dried shrimps, dried mushroom, dashima for at least 20 minutes before heating. It is especially important for dashima to be pre-soaked in order to fully extract the flavour.
3. While the anchovies, shrimps and dashima are soaking in the water, prepare roughly chopped white onion, green onion, garlic cloves, black peppercorns and add in the same pot and place on the stove. (Always boil, uncovered, so any fishy aroma that develops can escape).
4. When the stock starts to boil, remove anchovy sachet and dashima.

Note: If you boil the anchovy and dashima too long, the stock will start losing the delicacy of the flavours or even develop an unpleasant taste. Also, dashima will develop a sticky substance when over boiled, making the stock cloudy.

5. After removing the anchovies and dashima, simmer the stock another 10 minutes. Skim off any foam on the top. Strain out the liquid into another pot and add soy sauce and adjust seasoning with salt.
6. Plate the steamed *mandu* and pour the broth (5-6 oz each plate) into a bowl and garnish with micro greens.

2nd course
PAN ROASTED COD & MU-JORIM
(Braised radish)



Cod (Dae-gu) Mu-Jorim – Pine nut purée – Fermented White Kimchi – Lotus
Root Chips (Yeon-geun) – Soy glaze

Preparation

- **30 pieces of cod fish steaks (4oz) or fillets**

- **Korean radish** (Mu / Lobok / Daikon), cut into 1" thick steak shape and trim the edge into a square shape 2 ½" X 2 ½" 30 pieces each

BRINE (For braising radish)

Ingredients

- **4 cups Soy sauce**
- **1 cups Rice wine**
- **1 cup Mirin or ½ cup Soju**
- **3 cups Anchovy broth** (From 1st-course broth) or **Water**
- **2 cups Sugar**
- **2 tbsp Go-chu-garu** (Korean chili flake)
- **1 White onion** (cut in half)
- **1 stem Scallion, Whole**
- **4 Garlic cloves, Whole**
- **1 oz Ginger, Whole piece**
- **1 or 2 Green and/or Red chili peppers or Jalapenos, Whole**

Instructions

1. Clean the fish, Prepare the vegetables.
2. In a pan, add all brine ingredients and stir well, when it is boiling, add the radish and boil over medium-high heat until radish becomes soft, about 10 minutes. Set aside the braised radish with some brine at a warm temperature.
3. Get another smaller pot or pan and simmer down the rest of the brine and reduce by half and add some honey or maple syrup to finish.
4. While the soy glaze is simmering down, preheat the pan and start to sear the cod in a pan and the cook in the oven for 5 min, and then take out from the oven and brush the soy glaze on top of cod and finish the cooking back in the oven (keep simmering the soy glaze until plating the dish and use the soy glaze as finishing garnish).
4. Make the Pine nut purée and prepare garnishes.

SOY GLAZE

- **Rest of soy brine** (after braising the radish)
- **Honey or Maple syrup**

PINE NUT purée

- **3 cups Pine nuts**
- **1lt Vegetable stock**

- **Salt to taste**

Toast the pine nuts at medium high heat in pan (without oil) or toast in the oven for 5 min (not too much color) and the cook in a vegetable stock until boiling and blend in Vitamix blender until nice and smooth and season with salt to taste.

G A R N I S H

- **Soy glaze**
- **Fermented White Kimchi** (Pre-made)
- **Crispy baked Lotus root chips** (Yeon-guen)

1. Peel the lotus like a potato and slice into 1/8" to 1/4" slices.
2. Place on a baking sheet with parchment paper and put another baking tray on top, and bake in the oven (keep the nice shape or deep fry it in deep fryer).
3. Season with salt to taste.

Note: Lotus will brown like potato once it exposed to air, but it will be fine because we will bake or deep fry it; but if you want to use the fresh lotus for another dish such as a salad, cut it close to serving time or keep in water before using it.

3rd course

BULGOGI BIBIMBAB

(Korean Style Beef with Mixed Rice and Vegetables)



Beef Bulgogi - Steamed Wild Rice - Sautéed Vegetables - Egg Jidan (Egg strips)
- Go-chu-jang sauce (Fermented Chili sauce) - Sesame oil - Roasted seaweed strips

Fresh Bok-choy Kimchi Salad

B U L G O G I (Beef)

Preparation :_Mixing bowl, whisk

- **Thinly sliced Beef Rib-eye**

Marinade

- **2 White onions, Chopped** (1 blend in marinade, 1 for cooking)
- **4 Scallions**, separate white part and green part (white part fine chopped, blend in marinade, green part thin sliced and use for the end of cooking bulgogi)
- **3 cups Soy sauce**
- **1 cup honey**
- **1 cup Sesame oil**
- **4 Cloves Garlic, Minced**
- **1 tbsp Ginger, Minced**
- **1 Green apple, Peeled, Grated**
- **1 Asian pear, Peeled, Grated**
- **4 tbsp Sesame seeds**
- **1 tbsp Go-chu-garu** (Korean chili flakes)
- **1 tbsp Ground black pepper**

1. Combine all marinade ingredients into a mixing bowl and mix well. Add beef slices to marinade; cover and refrigerate 30minutes.

2. Heat a skillet over medium heat, drizzle 1 tbsp sesame oil. Cook and stir beef and marinade together in the hot skillet until beef is cooked through, about 5 minutes. Add green parts of sliced scallions at the end of cooking.

W I L D R I C E

Soak the wild rice in cold water for 10 min and then steam in the steamer for 20-25 min and check the texture.

V E G E T A B L E S

NOTE: Prep and cook all vegetables separately



Vegetable prep example

- **4 Carrots**, thin julienne cut, sautéed in a pan 2-3 min, season with **salt to taste**, drizzle **1tsp sesame oil**, set aside
- **600 grams Shiitake mushrooms** (Pyo-go-beo-seot)
Clean, season with **3 tbsp soy sauce**, **2 tbsp sesame oil**, **1tsp minced garlic**; after 5 minutes Sauté in a pan for 2-3 minutes, Slice, set aside
- **2 bags Korean bean spouts** (Cong-na-mul)
Blanch for 2 minutes, strain, season with **1 tsp salt**, **½ tsp minced garlic**, **1 tsp sesame oil**, **1 tsp go-chu-garu** (chili flakes), mix well, set aside
- **4 bundles Fresh Spinach**
Blanch for 1 minute, strain, squeeze out moisture with cheesecloth, cut into thin strips, season with **½ tsp salt**, **½ tsp minced garlic**, **1tsp sesame oil**, set aside

EGG JIDAN_(White and Yellow egg sheet)



Preparation

Non-stick pan, Rubber Spatula

Ingredients

- **5 Egg yolks** (pinch salt)
- **5 Egg whites** (pinch salt)
- **Oiled paper towel**

Instructions

Note: similar method as to make a plain omelette, but thinner and keep bright colour and even texture

1. Separate the egg whites and egg yolks of 5 eggs. Add pinches of salt to the egg whites and repeat for the egg yolks. Beat well without creating a foam.
2. Wipe nonstick pan with an oiled paper towel, keep the temperature on medium-low. Pan fry with a little oil into thin sheets without browning.
3. Pour the yolk mixture into the non-stick frying pan. (Need to get thin egg sheet, try to use a wide pan or if using a small pan, divide the egg mixture and cook one at the time). Cook at a medium-low heat until the surface is no longer runny. Flip the egg yolks with a spatula and cook for another minute.
4. Follow the same process for the egg whites. Pour only half (or less than half) of the egg white mixture into the pan. Cook the rest of the egg whites separately.
5. Let cool before cutting. Then cut into thin strips (julienne cut).

Note: Jidan is a technique from Korean royal cuisine. By separating the egg whites and yolks, you get both a bright white and a bright yellow colour for your dish, which is especially important when balancing **Obang-saek** (five primary colours: Black, Red, White, Blue/Green, Yellow) on a traditional Korean table. Jidan should be cut into thin strips, diamonds, or rectangles depending on the type of the dish.

S A U C E

- **2.2lb Go-chu-jang paste** (Fermented Korean chili paste)
- **2 cups Honey**
- **2 cups Sugar**
- **2 Green apples, peeled, finely grated**
- **3 Scallions, finely chopped**
- **½ cup Sesame seeds**
- **1 can Ginger ale**
- **½ cup White vinegar**

Mix all ingredients in a mixing bowl, blend well

G A R N I S H

- Fresh Micro-greens, Pea sprouts

- Roasted seaweed strips
- Sesame oil drizzle

S I D E D I S H (Fresh Bok-choy kimchi salad)

- **1 bag Baby Bok-choy**, Washed, lengthwise cut
- **5 Fresh Cucumbers**, lengthwise cut, remove seeds, slice
- **8 Scallions**, Shredded

Salad dressing

- **2 cups Soy sauce**
- **½ cup White vinegar**
- **¼ cup Fermented peach or plum syrup**
- **½ cup Sugar**
- **1 tsp Garlic, minced**
- **1 tsp Sesame oil**
- **1 tsp Sesame seeds**
- **1 tsp Go-chu-garu** (Korean chili flakes)

Mix all ingredients in a mixing bowl, blend well and toss with salad

4th course
HWA-JEON & GOT- GAM HODU MARI

(Pan-fried Flower Rice Cake & Persimmon Walnut Roulades)



Preparation

Non-Stick Pan, Rubber Spatula or Flipper, Bamboo Sushi Mat

H W A – J E O N (Pan-fried Rice cake)

Ingredients

- **7 ½ cups sweet rice flour** (Glutinous rice flour)
- **1 tbsp salt**
- **3 ¾ cups hot boiling water**
- **2 ¾ cups sugar**
- **2 ¾ cups water**
- **Oil**
- **Edible flowers**

Instructions

1. Combine sweet rice flour and salt in a bowl.
2. Add 3 ¾ cups hot water and mix well with a wooden spoon until the dough has cooled enough that you can knead it by hand.
3. Knead the dough until it's smooth, and then divide it into 60 equal sized pieces. Roll each piece into a ball. Keep them covered with a piece of plastic wrap.
4. Press each rice cake ball into a disc about 2½ inches in diameter.

P A N - F R Y I N G

1. Heat up a non-stick pan over medium-high heat. Add vegetable oil, swirling the pan to coat the surface. Once pan is heated up, turn the heat down very low. Keep them white by low heat pan-frying without browning colour.
2. Put the rice cakes on the pan and cook them for a few minutes. When the bottoms are slightly crispy, turn them over and flatten them out with a spatula. Cook a few more minutes.
3. Place edible flowers on the top of each rice cake, then flip them over and press them down for 1 or 2 seconds so that the flower gets slightly cooked and sticks to the cake.

S I M P L E S Y R U P

- **2 cups sugar**
- **2 cups water**

In a medium saucepan, combine sugar and water. Bring to boil, stirring, until sugar has dissolved. Allow to cool. Serve with Hwa-jeon.

P E R S I M M O N R O U L A D E

- **Dried Persimmons**
- **Walnuts**

1. Cut off the top and bottom of the persimmons, and then slice the fruit down one side lengthwise (Note: Do not cut all the way through, just to the center) so it opens up into a nice, flat piece. Repeat for each persimmon. Make sure to remove any seeds.
2. Take two halves of walnut and stick them together with honey. Repeat.
3. Place your walnut pieces, one in the centre of each piece of persimmon, and start rolling. As you roll, press down tightly and evenly.
4. Remove the pieces of cling wrap and begin plating.

