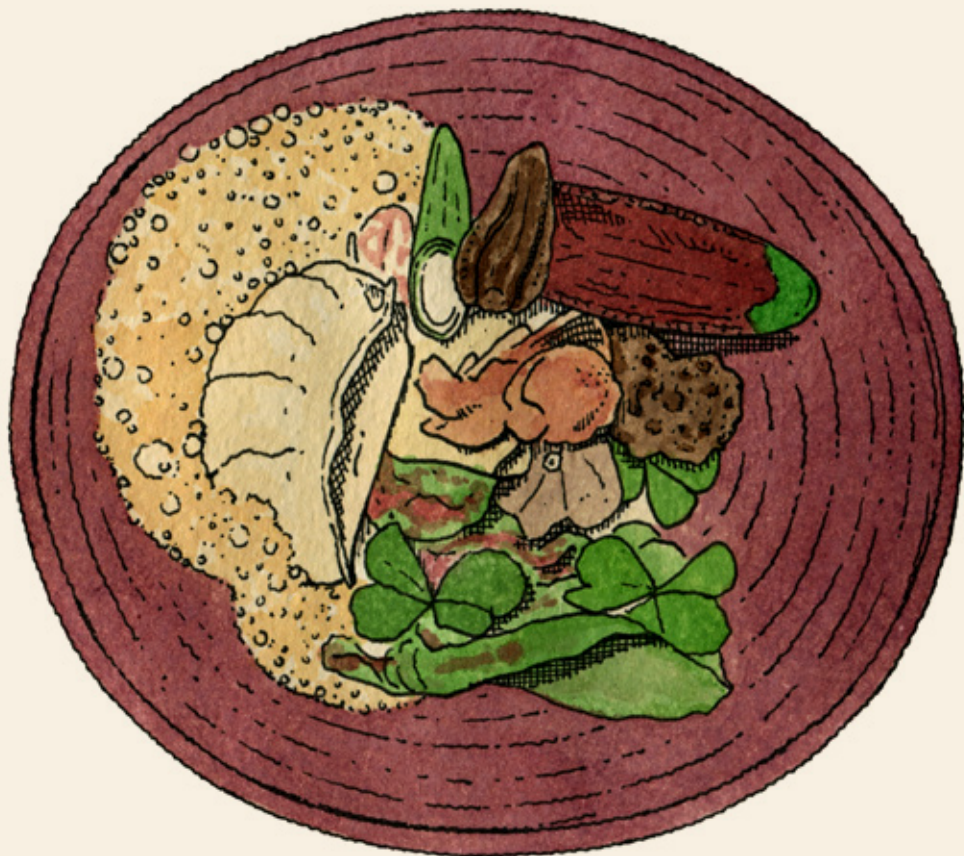


HANSIK, KOREAN CUISINE

Cooking Inspiration from Korea



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INTRODUCING HANSIK

Hansik (한식) refers to Korean food or Korean cuisine. According to the Korean Food Promotion Act, hansik means 'food made using food ingredients used in Korea, or similar ingredients, and food made using Korea's traditional cooking methods or similar recipes, as well as making use of tangible and intangible resources, activities and food culture related to that food'.

Hansik is known for being healthy and full of flavour, as well as for its broad range of dishes that include both fermented super-foods and condiments. Like other cuisines, hansik is influenced by the natural environment. As Korea has four distinct seasons, Koreans have developed various healthy dishes to survive the harsh winters and the intense heat of summer.

Koreans usually eat rice as their staple food and have it with various side dishes. Basic side dishes include a soup or stew, kimchi and sauces and pastes, as well as various types of food made using meat, fish, and vegetables.

Popular dishes among international visitors include bulgogi, bibimbap, and hanjeongsik (Korean table d'hote). Bulgogi is a marinated beef dish that is sweet and tender in texture. It is prepared with a soy sauce seasoning that is not spicy, thus making it a great introduction to hansik. Bibimbap is a complete meal in and of itself. It is made by mixing rice with all kinds of vegetables, and then topping it with gochujang for that extra kick. Hanjeongsik is served as a full table's worth of side dishes, featuring meat and vegetables alongside soup, steamed foods and hot pots. This is a popular choice for visitors who are looking to try a little bit of everything.

Hansik has also evolved to fit in with modern trends, offering foreign dishes that have a distinctly Korean touch. The recipes in this book have been developed by incredible chefs, and showcase unique Korean flavours with a modern twist. They are all made with ingredients that are easily found in UK supermarkets.

MAYAK GIMBAP

Mini seaweed rolls



In Seoul's bustling Gwangjang market, 'mayak gimbap' alley is lined with stalls selling what translates as narcotic gimbap – so-called because this version is famously addictive. These rolls are much smaller than the traditional version, and often with just rice, pickled radish and carrot inside. The addictive special ingredient is the dipping sauce, a sweet and tangy mustard.

Recipe source: Da-Hae West



INGREDIENTS

Makes 12 small seaweed rolls

- 3 sheets nori/gim (sushi seaweed)
- 75g spinach
- 1 carrot, peeled and julienned
- 100g Danmuji (Korean yellow pickled radish), cut into 1cm thick strips (alternatively could use sliced of gherkin/pickled cucumber)
- Vegetable oil for frying
- Salt

For the Spinach:

- 2 tsp sesame oil
- 1 tsp sesame seeds
- Sesame seeds for garnish

For the Rice:

- 150g cooked sushi rice
- 2 tsp sesame oil
- ¼ tsp salt

For the Mustard Sauce:

- 1 Tbsp Korean soy sauce
- 1 Tbsp apple or rice vinegar
- 2 tsp caster sugar
- 1½ tsp English mustard
- 1 Tbsp roasted sesame seeds

METHOD

- 1 For the mustard sauce, crush the sesame seeds in a mortar and then mix in the remaining ingredients. Pour into a dipping bowl and set to one side.
- 2 Mix the cooked rice with the sesame oil and salt and set to one side.
- 3 Place the spinach in a bowl and cover with boiling water to blanch. Leave for 2 minutes, then drain and squeeze out any excess. Mix with 2 tsp sesame oil and 1 tsp sesame seeds then set to one side.
- 4 Heat a little oil in a frying pan with a pinch of salt and fry the julienned carrot for 1-2 minutes over a medium low heat until just cooked and slightly softened. Set to one side.
- 5 Cut a sheet of seaweed into quarters. Place them shiny side down and spread a thin, even layer of rice over the top.
- 6 Lay the prepared ingredients on top of the rice on the bottom third (closest to you) of the seaweed.
- 7 Lift the entire bottom edge with both hands and begin to roll the seaweed and filling away from you, tucking in the filling at the side with your fingers.
- 8 Apply firm pressure over the roll to close everything in tightly. Then, continue to roll again, putting pressure evenly over the roll using both hands.
- 8 Rub or brush the roll with a little bit of sesame oil for extra flavour and shine. Sprinkle some sesame seeds on the top for garnish.
- 9 Serve with the mustard dipping sauce.

SUPERMARKET BLENDER KIMCHI



In Korea, kimchi is eaten with almost every meal, it is a staple that can be eaten on its own or used to make other dishes like kimchi fried rice or kimchi pancakes. For the Hansik Challenge, we present Chef Da-Hae West's version of the fermented cabbage side-dish, which is simple and uses easily found ingredients.

Recipe source: Da-Hae West



INGREDIENTS

- 500g White cabbage
- 2 Tbsp salt
- 2 Tbsp fish sauce
- 6 long red chillies, roughly chopped
- 1 apple, roughly chopped (peel can stay on)
- 1 thumb sized piece of ginger, peeled and roughly chopped
- 4 cloves garlic, peeled
- 3 spring onions, roughly chopped

METHOD

- 1 Cut the cabbage into bitesize pieces. Place in a bowl and sprinkle salt on top. Using your hands, make sure all the cabbage is covered in the salt and set to one side for 2 hours.
- 2 After 2 hours, thoroughly rinse the cabbage of the salt and squeeze out any excess water.
- 3 Put the apple, chillies, ginger, fish sauce and garlic into a blender and puree as smooth as possible.
- 4 Pour the blender mix over the cabbage and use your hands to rub the mixture into the cabbage (ideally wear gloves!)
- 5 Mix in the spring onion and then put the kimchi into a Tupperware container. Leave at room temperature for 1-3 days to ferment and then into the fridge. The kimchi will continue fermenting in the fridge but at a slower rate and will become more tangy as time goes on.

TOFU-JANG



INGREDIENTS

- 500g tofu (firm)
- 1 Tbsp Korean fermented soy sauce
- ½ Tbsp salt
- 5 Tbsp doenjang (soybean paste, optional)
- Large tupperware container or sterilised jar
- Cheesecloth

METHOD

- 1 Carefully remove the tofu block from its package and drain the water.
- 2 Gently mash the tofu with your hands, making sure that all big lumps have been removed.
- 3 Add soy sauce and salt to the mashed tofu. Mix and mash it together evenly.
- 4 Put the mashed tofu in a container and drape the cheesecloth over it. If you have doenjang, place it on top of the cloth, making sure the tofu has no contact with the air. Close the lid and store it at room temperature.
- 5 Ferment at room temperature for a week. If refrigerated, tofu-jang is edible for up to 5 months. Leave doenjang in the container during refrigeration and remove before eating.

Tofu, or dubu in Korean, is a food made by curdling fresh soya milk and pressing it into a solid block. Nutritionally, tofu is low in calories and relatively high in protein. During the fermentation process you can see a change in colour and taste. Once fermented, this tasty, soft and savoury tofu is a perfect replacement for cheese.

Recipe source: Venerable Jeong Kwan



VEGETABLE GEOTJEORI

(Salad)



Geotjeori is a freshly made salad with a crisp texture and refreshing flavour. It can be made with any vegetables you have. Popular green leaves in Korea include lettuce, cabbage, chicory greens and kale. This salad is particularly tasty when served with the tofu-jang shown on the previous page. The braised tofu can be eaten by itself or with bread.

Recipe source: Venerable Jeong Kwan



INGREDIENTS

Serves 1

Vegetables of choice

For the braised tofu:

- 500g tofu (firm)
- 2 Tbsp perilla oil (olive oil can also be used)
- 2 Tbsp soy sauce (preferably Korean fermented)
- 1 Tbsp grain syrup
- 1 Tbsp roasted sesame seeds

For the sauce:

- 2 Tbsp tofu-jang (optional)
- 1 Tbsp sesame oil (again, olive oil can be used as a replacement)
- ½ Tbsp soy sauce
- 1 Tbsp honey or jam
- 1 Tbsp roasted sesame seeds

METHOD

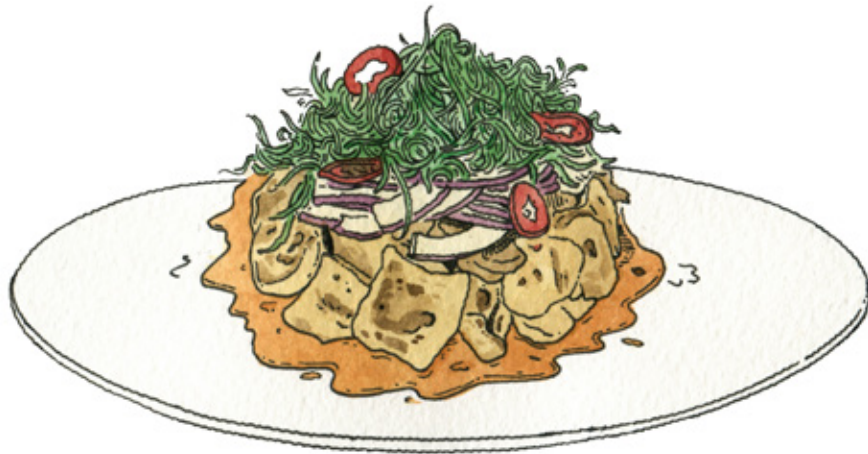
For the braised tofu:

- 1 Cut one block of tofu into small rectangular pieces that are 8 cm wide, 5 cm long, and 1 cm thick. Dry off any excess moisture.
- 2 Heat the oil in a frying pan and fry the tofu pieces on a medium heat, until golden brown on both sides.
- 3 Turn the heat to the lowest level. Add the soy sauce, grain syrup and sesame seeds and cook the tofu pieces for a further 2 minutes on each side.

To assemble the dish:

- 1 Prepare and cut your vegetables.
- 2 Slice the braised tofu diagonally.
- 3 Mix the tofu-jang, sesame oil, soy sauce, honey and sesame seeds in a bowl and set to one side.
- 4 Put the vegetables and the sauce into a bowl. Place the sliced braised tofu on top to garnish.

PORK BELLY BULGOGI, RED ONION, PERILLA & SOY VINAIGRETTE



Korean Pork Belly Bulgogi is one of Korea's most beloved meat dishes. Bulgogi, literally means "fire meat". It is a "gui" (meaning grilled dish) made of thin, marinated slices of beef or pork grilled on a barbecue or on a stove-top. Commonly, the main ingredient is meat: beef, pork, or chicken. Chef Joo Won shares one of his recipes to cook at home: a Korean inspired recipe of marinated pork belly Bulgogi.

Recipe source: Chef Joo Won



INGREDIENTS

Serves 4 as a main

- 1 kg pork belly (skin removed)

Bulgogi Marinade:

- 5 Tbsp soy sauce
- 4 Tbsp water
- 2½ Tbsp sugar
- 1½ Tbsp honey
- 1 Tbsp sesame oil
- 3 garlic cloves
- ½ cm thick slice of fresh ginger
- ¼ pear, roughly chopped
- ¼ apple, roughly chopped
- ¼ medium sized onion, roughly chopped
- 10 twists of pepper mill

Sweet Soy Sauce:

- 5 Tbsp soy sauce
- 3½ Tbsp sugar
- 1 Tbsp water
- 1½ Tbsp rice wine (sake)
- ¼ apple, chopped
- ¼ lemon, sliced

French Dressing (optional, as can use shop bought):

- 10 Tbsp rapeseed oil or vegetable oil
- 1 Tbsp shallots, finely chopped
- 3 Tbsp white wine vinegar
- 1 Tbsp Dijon mustard
- 1 tsp salt
- A few twists of pepper mill

Red Onion Salad:

- 2 medium sized red onions, sliced thinly
- 15 Perilla leaves (Kkaennip), chopped (or alternatively substitute with 1 bunch of fresh coriander)
- 1 Tbsp toasted sesame seeds
- 2 red chillies, sliced thinly

METHOD

- 1 To make the bulgogi marinade, put all the ingredients into a blender and blend together. Set to one side.
- 2 Make the sweet soy sauce by putting the soy sauce, sugar, water and rice wine into a pan and bring to a boil. Add the apple and lemon.
- 3 Turn off the heat then leave to cool at room temperature. Keep it in the fridge overnight, strain, keep the liquid and get rid of the rest.
- 4 If making your own French dressing, mix together the French dressing ingredients in a small bowl. Alternatively, use a store-bought French dressing and skip this step.
- 5 Make the soy vinaigrette by mixing together equal amounts of the sweet soy sauce with French dressing, stirring well (you can adjust to your own preference).
- 6 Slice the pork belly thinly (it is easier to do this when the meat is semi frozen - or simply ask your butcher to slice the pork belly for you).
- 7 Put the pork belly into the bulgogi marinade at least an hour before cooking. You can keep the meat in the marinade until the next day. Add oil to a frying pan and wait until it gets hot, near smoking. Add the meat and sauté. Keep the frying pan on a high heat to ensure the sauce caramelises and creates a good savoury flavour.
- 8 Put the meat onto a plate, spread the slices of red onion and chopped perilla over the top. Stir the soy vinaigrette and drizzle over salad. Garnish with the sesame seeds and chili. Enjoy!

KIMCHI RISOTTO, POACHED EGG & SESAME OIL



One of the everyday dishes in Korea, kimchi is also a popular ingredient for other dishes, such as kimchi fried rice, kimchi stew and stir-fried pork. The kimchi risotto is one of Chef Joo Won's signature dishes. This special recipe from him is spicy, creamy and also delicious.

Recipe source: Chef Joo Won



INGREDIENTS
Serves 4 as a starter

- 200g well fermented Kimchi (keep the juice), finely chopped.
- Sugar, good pinch to sauté with kimchi
- 60g butter
- ½ medium sized onion, diced into small pieces (0.5cm or less)
- 200g risotto rice
- 2lt light chicken stock (once this is all used, can use boiling water if extra liquid is needed)
- 60g cheddar cheese, grated
- 50g Parmigiano Reggiano, grated
- Salt and pepper
- Olive oil

To finish:

- Sesame oil
- Extra parmesan to grate on top of the dish
- 4 organic hen eggs
- Spring onion, finely sliced

PREPARATION

- Poach the eggs and then keep them in warm water.
- Drain the kimchi of the kimchi juice, keeping about 50ml of the liquid for later (if you don't have the kimchi juice later it is fine without).
- Fry the kimchi in a hot pan with vegetable oil. Add a good pinch of sugar to give a nice caramelised flavour, then set to one side
- Bring the chicken stock up to a simmer before you start cooking rice - ensure that it is constantly simmering during cooking.

METHOD

- 1 Heat a pan to medium temperature, add half of the butter and a little drizzle of olive oil. Add the onion to the pan and sweat slowly so that it softens but does not brown.
- 2 Once the onion is soft, add the rice with a pinch of salt and cook for 1 minute. Add more oil if necessary.
- 3 Ladle in a good amount of simmering chicken stock (about 5 ladles) and stir the rice continuously. The most important part of cooking the risotto is that the rice and stock bubble continuously, so that the rice can be cooked properly without becoming stodgy.
- 4 Continue to add the simmering stock, a ladleful at a time whenever the rice becomes dry.
- 5 Stir well continuously for about 12 mins.
- 6 Add kimchi juice to your taste and stir.
- 7 Add the fried kimchi and cook for a further 2 minutes. The rice should be nearly at an al dente stage - you can continue to add stock, but a little less at a time.
- 8 Lower the heat or move the pan away from the centre of the stove so that you can have better control of the last stages of the risotto. Keep tasting it to make sure that the rice is cooked to your preference.
- 9 Put the pan on the side of the stove and leave to rest for about a minute. Add the remaining butter, cheeses and a small pinch of salt and pepper. Beat thoroughly to emulsify the cheese and butter into the risotto. Move your pan of risotto in and away from the heat to control the temperature. Check the texture and flavour, then season again if needed.
- 10 Place the risotto into a bowl. Lay a poached egg in the middle, sprinkle with a good amount of extra parmesan and spring onion, then finish with a drizzle of sesame oil. Serve with fresh kimchi on the side for additional garnish.

CHEESE AND KIMCHI CROQUETTES WITH DOENJANG MAYONNAISE



These bechamel-based cheese croquettes are spiked with tangy, complex kimchi. Crisp on the outside and silky in the middle, they're served with a doenjang (soybean paste) mayonnaise for dipping.

Recipe source:



GREAT
BRITISH
CHEFS

INGREDIENTS

Makes 12 large croquettes

- 25g unsalted butter
- 90g plain flour
- 250ml whole milk, warm
- 50g mature cheddar, grated
- 50g mozzarella cheese, chopped
- 100g kimchi, any larger pieces roughly chopped
- ½ tsp light soy sauce
- rice vinegar, to taste
- 3 eggs, beaten with a pinch of salt
- 100g panko breadcrumbs
- 3 Tbsp sesame seeds, ideally a mixture of black and white
- 1½ Tbsp gochugaru (Korean red pepper flakes)
- sunflower oil, for deep-frying

For the mayonnaise:

- 100g mayonnaise
- 2 tsp doenjang
- ½ tsp gochugaru (Korean red pepper flakes), plus extra for serving

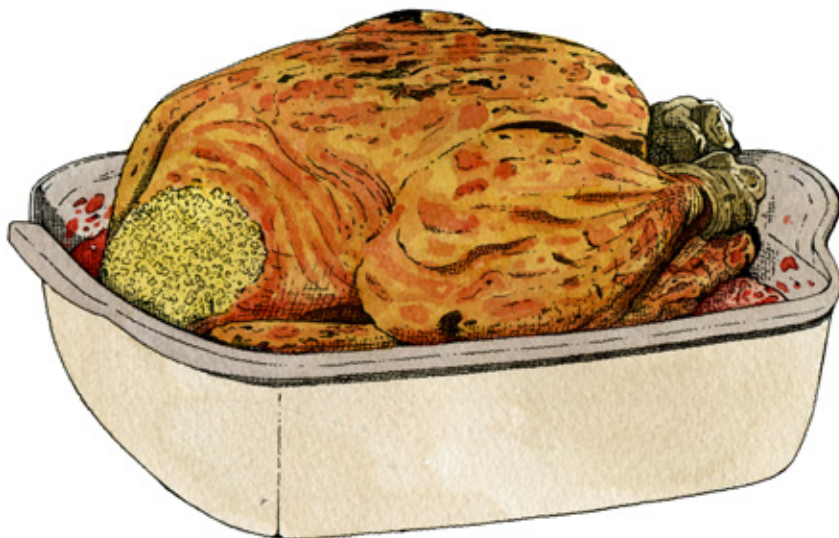
PREPARATION

- Melt the butter in a saucepan and then stir in 50g of the flour. Cook whilst stirring for 1 minute, before slowly whisking in the warm milk to create a thick sauce. Cook over a low heat for 5 minutes, stirring constantly.
- Stir in the cheeses and beat until melted. Add the kimchi and soy sauce, and then taste for seasoning. Add a splash of rice vinegar for acidity.
- Lay 2 sheets of cling film on top of each other on a work surface. Spoon half of the mixture along the bottom edge, then tightly roll up and tie at each end so you have a compact, firm sausage shape, between 2-3 cm in diameter. Repeat with the other half of the mixture and place both sausages in the freezer for at least 4 hours.

METHOD

- 1 Place the remaining 40g of flour, beaten egg and panko breadcrumbs in 3 separate wide bowls, with an empty tray at the end for the finished croquettes. Remove the frozen croquette mixture from the freezer and use a serrated knife to cut it into 3 cm slices, removing the cling film as you do so. You need to breadcrumb the croquettes whilst they are still frozen to ensure they keep their shape, so work quickly and keep them in the fridge if needed.
- 2 Stir the mixed sesame seeds and red pepper flakes into the breadcrumbs. Working in batches, dip each slice in the flour, then in the egg, and finally the breadcrumbs. Pat the breadcrumbs tightly around the croquette and then dip it once more in the egg and breadcrumbs, which reduces the chance of the mixture leaking out during frying.
- 3 Heat a pan of oil (or a deep-fat fryer) to 180°C. Do not fill the pan more than halfway. Working in batches, deep-fry the croquettes until crisp and brown all over (around 5-7 minutes). Remove the croquettes and drain on kitchen paper.
- 4 Mix the mayonnaise, doenjang and red pepper flakes together. Transfer to a serving bowl and finish with an extra pinch of red pepper flakes over the top.
- 5 Serve the croquettes hot, with the mayonnaise on the side for dipping.

GOCHUJANG ROAST CHICKEN WITH KIMCHI RICE STUFFING



A vibrant, flavourful and Korean-inspired take on roast chicken, this recipe sees the bird rubbed with fiery red gochujang, resulting in a beautiful burnished red skin. The real winner is the kimchi and rice stuffing, which soaks up plenty of the roasting juices and provides the perfect accompaniment to the meat. Serve with pak choi, broccoli with chilli and garlic or some green beans for a wonderful alternative for your Sunday roast.

Recipe source:



GREAT
BRITISH
CHEFS

INGREDIENTS

Serves 4

For the chicken:

- 1 free-range chicken
- 2 tsp gochujang
- 15g garlic, finely grated
- 1 tsp vegetable oil

For the stuffing:

- 20g vegetable oil
- 10g sesame oil
- 5 spring onions, whites and greens separated and sliced
- 20g ginger, peeled and finely chopped
- 100g brown rice
- 450ml chicken stock
- 150g kimchi, plus 100g of the liquid from the jar
- ½ bunch of coriander, roughly chopped
- 1 tsp light soy sauce
- 1 tsp rice vinegar
- sea salt

To finish:

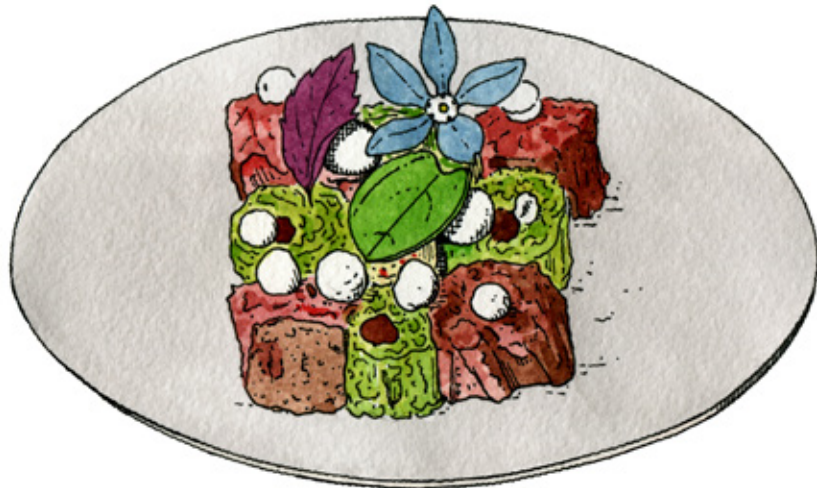
- 2 spring onions, finely sliced

METHOD

- 1 If you have time, marinate the chicken overnight for a deeper flavour. Mix together the gochujang, garlic and vegetable oil and rub this all over the chicken and inside the cavity (you may want to wear gloves while doing this). Cover and place in the fridge overnight.
- 2 The following day, make the stuffing. Heat the vegetable and sesame oil in a small pan and, once warm, add the ginger and the white parts of the spring onions along with a pinch of salt. Turn the heat down low and gently cook for a few minutes until they are softened but without colour.
- 3 In the meantime, wash the rice and heat the chicken stock. When ready, add the rice to the pan with the ginger and spring onions and cook for 1 minute to toast the rice a little. Add the stock and kimchi liquid and gently simmer, uncovered, for 30 minutes. The rice should be only just cooked and have a slight bite to it, as it will be finished off in the oven.
- 4 Preheat the oven to 180°C/gas mark 4.
- 5 Once the rice is cooked, drain off any excess liquid (there shouldn't be much, if any). Stir through the soy sauce, spring onion greens, kimchi and chopped coriander. Taste, and if needed, season with soy sauce for salt and rice vinegar for acidity.
- 6 Spoon the stuffing into the cavity of the chicken and place onto a roasting tray. Roast in the oven for 30 minutes, then cover with tin foil and roast for another hour. The juices should run clear when you insert a knife into the thickest part of the thigh.
- 7 Leave to rest for 15–20 minutes before spooning out the stuffing and carving the chicken. Serve sprinkled with some sliced spring onions on top.

ENTRÉE: BO SSAM

Oysters with pickled cabbage, oysters and yuzu gochujang mousseline



Bo Ssam is a pork dish, usually made with boiled pork shoulder in Korean cuisine. The meat is served with side dishes such as kimchi, lettuce and kkaennip (perilla leaves), which you can wrap the meat with and eat it. The literal meaning of bossam is “wrapped” or “packaged”. This unique version of Bo Ssam created by Chef Sang Hoon Degeimbre is a new version of a delicious classic and is full of rich tastes and flavours.

Recipe source: Chef Sang Hoon Degeimbre



INGREDIENTS

Serves 15

For the lard:

- 1 PQA (Porcs Qualité Ardenne) salted leaf lard (or Ibérico de Bellota pluma)
- 1 Tbsp Doenjang (fermented soya bean paste)

For the Oysters:

- 30 white pearl no. 3 oysters
- 2 Chinese cabbage
- 100g coarse salt
- 4 Tbsp Gochujang paste
- 2 Tbsp rice vinegar
- Kimchi (to taste)

For the Mousseline:

- 200g butter
- 50g lemon juice
- 75g egg white
- 3.5g salt
- Mustard leaves

PREPARATION

For the lard:

- 1 Soak the lard in water for 24 hours to remove the salt. Dry it and then rub with doenjang. Place in a heatproof sous vide bag for at least 45 hours to marinade. When ready to cook, place the sous vide bag in a steam oven for 3 minutes, then finish in a bain marie at 66° for 60 hours.
- 2 Remove the sous vide bag from the bain-marie, cool at room temperature for 10 minutes and then in cold tap water (16°) for 15 minutes. Place the bag in a fridge at 3° until ready to use - the shelf life will be between 15-21 days.
- 3 To finish the lard, take it out of the bag and cut into 15mm cubes. Store warm in a hermetically sealed container until needed.

METHOD

For the lard:

- Salt and brown it on both sides in a pan. Leave to rest in an oven at 80° for 40 minutes

For the Oysters with Pickled Cabbage:

- 1 Open the oysters and rinse them, let them drain in the fridge.
- 2 Blanch the cabbage leaves for 3 minutes in boiling water and then cool them immediately in a bain-marie filled with 2% salt water. Separate the stalks from the cabbage leaves, leaving the stalks to one side for use another day.
- 3 Store the cabbage leaves in the chilled brine until needed. Wrap the oysters in the cabbage leaves with a little kimchi, then cut into 1cm pieces.

For the gochujang sauce:

- Mix the vinegar and the paste then keep in a burette

For the yuzu mousseline:

- Melt the butter and let it chill. Once cooled, add the yuzu juice and egg white. Mix using a blender to make an emulsion, then place in a 500ml siphon with a nitrous oxide cartridge. Store in a bain marie at 56°

To assemble the finished dish:

- On a flat white dinner plate, create a perfect square of 3 lines of 3 ingredients. Alternate a piece of pork with an oyster wrapped in the cabbage. Add a spot of gochujang sauce on the oysters followed by a little yuzu mousseline on each piece. Dress with mustard leaves and serve.

FROGS' LEG MANDU

*(Korean dumplings) served with
a liquorice and morel sauce*



Mandu is Korean dumpling, which can be steamed, boiled, pan-fried, or deep-fried. It is filled with a mixture of various meats and vegetables. Mandu is so versatile that Chef Pierre Sang Boyer has made it with frogs' leg. With this recipe, you will taste the harmony of French and Korean flavours.

Recipe source: Chef Pierre Sang Boyer



INGREDIENTS

Serves 12

For the Mandu pastry:

- 300g plain flour
- 6g salt
- 3 eggs
- 30ml oil

For the Mandu filling:

- 500g frogs' legs (can use chicken instead)
- 50g dried morels
- 500ml chicken stock
- 40g butter
- 8 spring onions
- 600ml Noilly Prat
- 2 Tbsp crème fraîche
- Salt
- Pepper

For the liquorice sauce:

- 50g butter
- ½ tsp plain flour
- 1 glass white wine
- 200ml chicken stock
- 1 stick liquorice
- ½ glass vin jaune (or dry sherry)
- 2 Tbsp crème fraîche

To finish:

- Red sorrel
- Oxalis
- Korean pepper

METHOD

For the Mandu Pastry:

- Put the flour and salt in a large bowl and form a well in the centre. Break the eggs into it, then with the help of a fork, mix gently. Add the oil and mix well with your hands. Form a ball, wrap it in cling film, then leave it to rest in the fridge for at least 1 hour.

For the filling:

- 1 Put the dried morels in a large bowl and cover them with warm chicken stock. Allow them to rehydrate for 1 hour. Drain the morels and keep the stock to one side.
- 2 To prepare the frogs' legs, start by gently patting them dry, then cut off the backbone and the feet. Separate the thighs from the calves, then trim the ends.
- 3 Reserve 2 whole morels per person and roughly chop the remainder with a knife. Put the chopped morels in a pan with 20g of butter for about 3 minutes. Season with salt and pepper, then add a ladle of the used stock. Add half of the Noilly Prat and allow it to simmer for 5 minutes whilst stirring. Finally, add the crème fraîche and allow it to cook for a further 2 minutes.
- 4 Place the frogs' thighs and calves into a frying pan with the remaining butter and cook on a high heat for 2 minutes until fully browned. Season with salt and pepper, then add the remainder of the Noilly Prat. Allow to simmer for 2 minutes on a medium heat.
- 5 Once the frogs' calves have cooled enough to handle, debone them. Chop the flesh then place in a large bowl. Peel and chop the spring onions. Put the white bulbs of the spring onion to one side and add the green parts to the bowl along with the chopped morels. Mix and season accordingly. Put to one side.

(see next page)

(METHOD)

For the liquorice sauce:

- Put the chopped spring onion bulbs in a saucepan with butter and cook on a low heat for 3 minutes. Add the flour and mix. Stir in the white wine. Loosen the sauce by adding the chicken stock and the remaining stock from the morels. Add the grated stick of liquorice, bring it to a simmer and allow it to reduce by half. Pour the sauce through a sieve - pushing the spring onions through to extract all of the flavour and put to one side.

To assemble the Mandu:

- 1 Roll the mandu pastry as thinly as possible. Cut out 12 discs out of the pastry using an 8cm pastry cutter. Spread the frog stuffing over the middle of the pastry discs, leaving a little space around the edges to seal. Spread a little water on the edge of each pastry disc, fold them in two, then, using fingers, seal the edges of the dumpling by crimping them several times.
- 2 Reheat the sauce and add the vin jaune and the crème fraîche. Allow it to simmer for two minutes on a low heat whilst stirring. Add the whole morels which were put to one side, then cook for 2 minutes on a low heat. During this time, gently place the mandu into a pan of simmering salted water. Cook for 2-3 minutes depending on the thickness of the mandu pastry.

To serve:

- Drain the morels and make an emulsion of the sauce with the aid of a hand blender. Place one dumpling on a plate, then add the foam of the liquorice sauce. Place the whole morels next to the mandu, along with the leaves of the red sorrel and oxalis. Dust with Korean pepper and serve.



DA-HAE WEST

Da-Hae West is a Korean cookery teacher, consultant and author of K-Food. Born in Busan, South Korea, Da-Hae moved to England when she was three. Da-Hae is an authority on Korean food, having worked behind the scenes on TV shows Gizzi Erskine's Seoul Food and John Torode's Korean Food Tour, as well as personally appearing on the BBC's One Show and The Travel Channel's Footie Shorts

Recipes:

- p. 4 Mayak Gimbap
- p. 6 Supermarket Blender Kimchi



VENERABLE JEONG KWAN

The Venerable Jeong Kwan is a Buddhist nun, selected as one of the Plant-forward Global 50 by Eat Forum and Culinary Institute of America, and known as 'The Philosopher Chef' by the New York Times. She has made influential insights into the field of Buddhist temple cooking methods, particularly those focused on the future of sustainable eating practices.

Recipes:

- p. 8 Tofu-jang
- p. 10 Vegetable Geotjeori (Salad)



CHEF JOO WON

Joo Won is originally from Busan, Korea. He studied Le Cordon Bleu Grand Diploma cuisine & pastry in London. He was a part of the opening team of Galvin at Windows as chef de partie and he became Head Chef in 2013. Joo developed dishes showing gentle Korean touches in a very smart way, not over taking traditions or deviating from classic French style but instead harmonising it by giving a depth and interests to the flavours. In Aug 2020, after 15 years of service, Joo left Galvin at Windows and is looking forward to establishing his own ventures.

Recipes:

- p. 12 Pork Belly Bulgogi, Red Onion, Perilla & Soy Vinaigrette
- p. 14 Kimchi Risotto, Poached egg & Sesame Oil



CHEF PIERRE SANG BOYER

A French chef of Korean heritage, Pierre Sang Boyer grew up in Haute Loire, in the south of Auvergne, and developed a passion for cooking very early on. After training with renowned chefs in France, Great Britain and Korea, in 2011 he was one of the finalists for the Top Chef show. In 2012 and then in 2014, he opened two restaurants in the multicultural district of Oberkampf. His restaurants are renowned for having a French and Korean balance of flavours and textures, traditions and techniques, all kept in harmony by the cultural and culinary diversity of the chef.

Recipe:

- p. 22 Frogs' Leg Mandu



CHEF SANG HOON DEGEIMBRE

Sang Hoon Degeimbre is a chef and entrepreneur, owner of two Michelin stars restaurant L'air du temps in Liernu, Belgium. He describes himself as a Korean born, a Belgian man and a citizen of the world. He started working in restaurants as a sommelier and become a self-taught chef. He is known for his innovative dishes and he has a reputation of revolutionising the concept of foodpairing, such as combining Mozzarella with Asian ingredients.

Recipe:

- p. 20 Entrée: Bo Ssam

Photo ©Miguel De Groote
Photo of Bo Ssam ©Pieter D'Hoop

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Da-Hae West, Venerable Jeong Kwan,

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