



Olympic Meals



Easy Bulgogi (Korean BBQ Beef)

- 1/4 yellow onion, thinly sliced
- 2 green onions, chopped, dark green parts separated from white and light green parts
- 1/3 cup soy sauce
- 3 tbsp. white sugar
- 2 tbsp. toasted sesame seeds
- 3 cloves garlic, minced
- 1 tbsp. sesame oil
- 1/4 tsp. Korean red pepper flakes
- 1/4 tsp. minced fresh ginger
- 1/8 tsp. ground black pepper
- 1 1/2 lbs. beef sirloin steak, cut very thin using kitchen shears
- 1 tsp. honey, or to taste



Directions

- Combine yellow onion, white and light green parts of green onions, soy sauce, sugar, sesame seeds, garlic, sesame oil, red pepper flakes, ginger, and black pepper in a bowl until marinade is well mixed. Add steak slices to marinade; cover and refrigerate, 1 hour to 1 day.
- Heat a skillet over medium heat. Working in batches, cook and stir steak and marinade together in the hot skillet, adding honey to caramelize the steak, until steak is cooked through, about 5 minutes. Garnish bulgogi with green parts of green onions.

http://allrecipes.com/recipe/246172/easy-bulgogi-korean-bbg-beef/?clickid=right%20rail0&internalSource=rr_feed_recipe_sb&referringId=63912%20referringContentTpe%3Drecipe

Korean Cucumber Salad



- 1/4 cup rice wine vinegar
- 1/4 teaspoon black pepper
- 1/2 teaspoon red pepper flakes
- 1 teaspoon vegetable or sesame oil
- 2 tablespoons sesame seeds
- 1 cucumber, thinly sliced
- 1/2 green onion, sliced
- 1/2 carrot, julienned

Directions

- In a medium bowl, stir together vinegar, black pepper, and red pepper flakes.
- Heat oil in a saucepan over medium-high heat. Stir in sesame seeds, and reduce heat to medium. Cook until seeds are brown, about 5 minutes. Remove seeds with a slotted spoon, and stir into vinegar mixture. Mix in cucumber, green onions, and carrot. Cover, and refrigerate at least 5 minutes.

<http://allrecipes.com/recipe/63912/korean-cucumber-salad/?internalSource=hub%20recipe&referringId=16074&referringContentType=recipe%20hub>



Vegan Japchae Korean Noodles

- 1 (12 oz.) package Korean sweet potato noodles (dangmyun)
- 5 teaspoons sesame oil, divided
- 1/4 cup soy sauce
- 4 teaspoons white sugar
- 1 tablespoon vegetable oil
- 3 carrots, cut into matchsticks
- 1 onion, thinly sliced
- 1 cup shiitake mushrooms, sliced
- 6 green onions, chopped
- 4 cloves garlic, minced
- 1 (16 ounce) bag fresh spinach
- 1 tablespoon sesame seeds (optional)



Directions

Fill a large pot with lightly salted water and bring to a rolling boil; stir in noodles and return to a boil. Cook noodles uncovered, stirring occasionally, until tender yet firm to the bite, about 5 min. Drain and rinse with cold water. Toss noodles with 2 tsp. sesame oil. Cut into shorter pieces using kitchen shears. Combine soy sauce & sugar in bowl. Heat vegetable oil in a skillet over medium-high heat. Sauté carrots and onion until soft, about 1 minute. Add mushrooms, green onions, and garlic. Sauté until fragrant, about 30 seconds. Add the noodles, soy sauce mixture, and spinach. Cook and stir until noodles are heated through, 2 to 3 min. more. Remove from heat. Toss in remaining 1 tbsp. sesame oil and sesame seeds.

<http://allrecipes.com/recipe/262045/vegan-japchae-korean-noodles/print/?recipeType=Recipe&servings=4&isMetric=false>

Bibimbap (Korean Rice With Mixed Vegetables)



- 1 English cucumber, cut into matchsticks
- 1/4 cup gochujang (Korean hot pepper paste)
- 1 bunch fresh spinach, cut into thin strips
- 1 tbsp. soy sauce
- 1 tsp. olive oil
- 2 carrots, cut into matchsticks
- 1 clove garlic, minced
- 1 pinch red pepper flakes
- 1 pound thinly-sliced beef top round steak
- 1 tsp. olive oil
- 4 large eggs
- 4 cups cooked white rice
- 4 tsp. toasted sesame oil, divided
- 1 tsp. sesame seeds
- 2 tsp. gochujang (Korean hot pepper paste), divided (optional)

Directions

- Stir cucumber pieces with 1/4 cup gochujang paste in a bowl; set aside.
- Bring about 2 cups of water to a boil in a large nonstick skillet and stir in spinach; cook until spinach is bright green and wilted, 2 to 3 min. Drain spinach and squeeze out as much moisture as possible; set spinach aside in a bowl and stir soy sauce into spinach.
- Heat 1 tsp. olive oil in large nonstick skillet and cook and stir carrots until softened, about
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Bibimbap

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3 min; stir in garlic and cook just until fragrant, about 1 more min. Stir in cucumber pieces with gochujang paste; sprinkle with red pepper flakes, and set the mixture aside in a bowl.

- Brown beef in a clean nonstick skillet over medium heat, about 5 min. per side, and set aside. In a separate nonstick skillet, heat 1 more tsp. olive oil over medium-low heat and fry the eggs just on one side until yolks are runny but whites are firm, 2 to 4 min. each.
- To assemble the dish, divide cooked rice into 4 large serving bowls; top with spinach mixture, a few pieces of beef, and cucumber mixture. Place 1 egg atop each serving. Drizzle each bowl with 1 tsp. of sesame oil, a sprinkle of sesame seeds, and a small amount of gochujang paste if desired.
- <http://allrecipes.com/recipe/228240/bibimbap-korean-rice-with-mixed-vegetables/print/?recipeType=Recipe&servings=4&isMetric=false>

Have an Olympic Style Week,

~Tricia
Spencer's Fresh Markets
Morro Bay and Santa Maria

Egg Roll

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the center of each wonton wrapper. Spread beaten egg onto 2 edges of each wrapper and fold wrapper around filling, sealing edges together. Fry wontons in the hot oil until browned, 3 to 5 minutes. Transfer to a paper towel-lined plate using a slotted spoon.

<http://allrecipes.com/recipe/245125/korean-mandu-egg-roll/print/?recipeType=Recipe&servings=24&isMetric=false>

Korean Mandu (Egg Roll)



- 1 cup shredded cabbage
- 1/2 pound ground beef
- 1/2 pound ground pork
- 1 (14 ounce) can bean sprouts - drained, rinsed, and finely chopped
- 1/3 cup minced celery
- 1 green onion, chopped (white part only)
- 1 tablespoon soy sauce
- 1 1/2 teaspoons cornstarch
- 1 teaspoon sesame oil
- 1 teaspoon salt
- 1/2 teaspoon ground black pepper
- 2 (12 oz.) packages wonton wrappers
- 1 egg, beaten
- vegetable oil for frying

Directions

Place a steamer insert into a saucepan and fill with water to just below the bottom of the steamer. Bring water to a boil. Add cabbage, cover, and steam until tender, 2-4 min.

Heat a large skillet over medium-high heat. Cook and stir beef and pork in the hot skillet until browned and crumbly, 5- 7 min.; drain and discard grease. Transfer meat mixture to a large bowl, breaking up any large chunks.

Heat oil in a deep-fryer or large saucepan to 360 ° F (182 ° C). Mix cabbage, bean sprouts, celery, green onion, soy sauce, cornstarch, sesame oil, salt, and pepper into meat mixture. Spoon mixture into
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