



JAPCHAE

INGREDIENTS

MAIN

250 G KOREAN SWEET POTATO STARCH NOODLES (8.8 OUNCES, DANGMYEON)
100 G RIB EYE FILLET (3.5 OUNCES), CUT INTO STRIPS
1 CARROT (120G / 4.2 OUNCES), RINSED, PEELED & JULIENNED
110 G BABY SPINACH (3.9 OUNCES), RINSED
1/4 RED CAPSICUM (BELL PEPPER, 50G), RINSED & JULIENNED
1/2 YELLOW ONION (105G), PEELED, RINSED, & THINLY SLICED
100 G FRESH SHIITAKE MUSHROOM , CLEANED, STEMS REMOVED & THINLY SLICED

NOODLES & MUSHROOM MARINADE – MIX THESE IN A SMALL BOWL

4 TBSP SOY SAUCE
1 TBSP HONEY
1 TBSP BROWN SUGAR
1 TBSP TOASTED SESAME OIL
1/8 TSP GROUND BLACK PEPPER

SPINACH SEASONING

1/4 TSP FINE SEA SALT
1/2 TSP MINCED GARLIC
1 TSP TOASTED SESAME OIL

BEEF MARINADE

1 TBSP SOY SAUCE
1 TSP RICE WINE (MIRIN)
1/2 TSP MINCED GARLIC
1/4 TSP GROUND BLACK PEPPER
1 TSP TOASTED SESAME OIL

FINISHING TOUCH

1 TBSP TOASTED SESAME SEEDS
1 TBSP TOASTED SESAME OIL
1 EGG (EXTRA LARGE, OPTIONAL)
RINSED, EGG WHITE AND YOLK SEPARATED

OTHER

COOKING OIL (I USED RICE BRAN OIL)
FINE SEA SALT
WATER TO BOIL THE SPINACH & THE NOODLES

DIRECTIONS

1. PLACE THE BEEF STRIPS INTO A MEDIUM BOWL. ADD THE "BEEF MARINADE" AND GENTLY MIX THE SAUCE INTO THE MEAT. COVER THE BOWL WITH FOOD WRAP AND SET IT ASIDE WHILE YOU'RE WORKING ON OTHER INGREDIENTS.
2. GET THE REST OF THE INGREDIENTS READY PER BELOW.- PREPARE THE VEGETABLES AS INSTRUCTED IN THE "MAIN INGREDIENTS" SECTION.
 - PUT THE SLICED MUSHROOM INTO A MEDIUM BOWL AND ADD 1 TBSP OF "NOODLES & MUSHROOM MARINADE" MIXTURE. MIX THEM WELL. SET IT ASIDE UNTIL YOU COOK IT (IN ABOUT 20 MINS).
 - BLANCH THE SPINACH IN ROLLING BOILING WATER (5 TO 10 SECONDS). DRAIN THE WATER AND QUICKLY COOL IT DOWN BY RUNNING IT UNDER COLD TAP WATER. SQUEEZE THE SPINACH TO REMOVE ANY EXCESS WATER AND PUT IT INTO A MIXING BOWL.

 **Counterpart**

JADE AXLINE
UI/UX DESIGNER

