

# Korean Spirit & Culture Promotion Project

## Taste of Korea

### Full of Wisdom & Nature



#### Demo Dishes for Class

- ❖ Rice with Mixed Vegetables (*Bibimbap*)
- ❖ Kimchi Salad
- ❖ Bulgogi

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# KSCPP

 Korean Spirit & Culture Promotion Project

# Bulgogi, Soy Sauce and Honey Marinated Beef : Reduces Carcinogens and COPs



- Americans usually like to grill their beef, which produces the cholesterol oxidation products (COPs) that cause heart disease or cancer as it is cooked. However, according to a recent news article, marinating meat, with soy sauce and sugar, when cooked, inhibits the formation of COPs.
- Dr. Bing-Huei Chen and his colleagues at Fu Jen University in Taipei carried out the research, and their findings were published in the Journal of Agricultural and Food Chemistry (June 28, 2006). Dr. Chen's experiments were performed on eggs and pork, because these are very commonly eaten in China. If we apply the result of his research to a Korean dish, Bulgogi, we can see what a wonderful and healthy food Bulgogi is. For Bulgogi, however, unrefined brown sugar and soy sauce are used as a marinade.
- As you know, meat has saturated fat. By adding sesame seed and sesame oil to the marinating sauce, unsaturated fat in sesame helps to lower the saturated fat in meat.
- In addition, the Korean pear extract makes the meat tender. By decomposing protein and fat enzymes, it makes the meat taste better, and also easier to digest. And of course, it is good for your health as well. On the other hand, using kiwi and/or pineapple does not achieve the same result as using the Korean pear extract. When we marinate and ferment the meat for 12 hours with pineapple or kiwi extract, the meat loses cohesiveness because kiwi and pineapple make the meat overly tender. Only those who do not understand the fermentation process of marinade will recommend using kiwi or pineapple for Bulgogi.

# Kimchi - One of the Five Healthiest Foods in the World

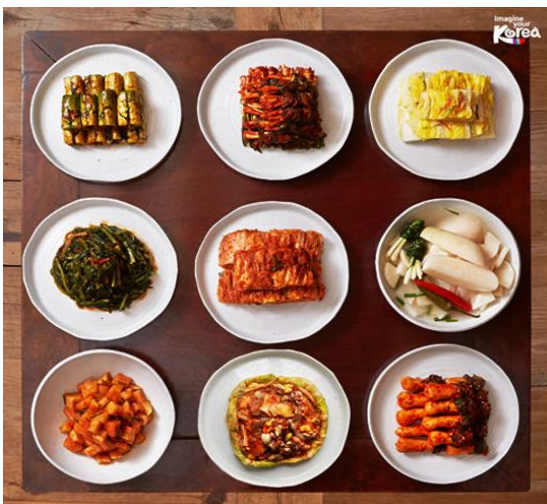
**The probiotics in Kimchi not only strengthen the body's immune system, but they also destroy harmful bacteria, such as salmonella, O-157, & Vibrio bacteria.**

In March 2006, Health Magazine selected Kimchi as one of the five healthiest foods in the world. Unlike vegetables pickled only in vinegar and salt, such as cucumber pickles, kimchi produces much more beneficial probiotics and valuable bioactive substances. In fact, one gram of well fermented kimchi contains about one hundred million probiotics, which is much more than the amount contained in yogurt.

These probiotics assist the growth of beneficial microorganisms and suppress harmful bacteria living inside the large intestine, thereby cleansing the intestine.

Furthermore, since kimchi is rich in anti-oxidants such as beta carotene, phenol compounds, and chlorophyll, it is very effective in reducing stress and preventing the aging process of the skin.

According to the studies by Professor Lee Jongmi of Ewha Women's University, when a mouse under stress was fed 5% kimchi, its blood corticosterone (a hormone that indicates the stress level) was reduced by 30.4%. In November 2006, Dr. Lee Jong Kyung of Korean Food Research Institute found that when salmonella, O- 157, and vibrio bacteria were injected to well fermented kimchi (ph 4.4), 99% of the bacteria were destroyed within 10 minutes of coming in contact with kimchi. It also became clear that when kimchi is consumed with meat or fish, it can help prevent food poisoning.





## **The Story of Doenjang (pronounced Dwen-jang)**

Doenjang is a traditional fermented dish made with soybean and is an important part of Korean diet. Soybean has its origins in Northeast Asia, specifically southern Manchuria and the northern Korean peninsula, where ancient Koreans lived during the Bronze Age. Archeologists and historians have concluded that soybeans were first farmed around 2,000 B.C., and fermented soy food was developed around 1,500 B.C. by ancient Koreans before spreading to other East Asian countries.

Soybean is rich in protein (40%) and has various essential amino acids that the body cannot synthesize on its own. Soybean also has plenty of substances that help lower cholesterol, lower neutral fat level, dissolve blood clots, and increase blood circulation. Like this, soybean contains great many beneficial substances, but if it is eaten raw, the body can absorb only about 55% of it. If it is boiled, the body can take in about 65% of it. But if it is fermented, like in the case of doenjang, the body can absorb about 85% of it.

## **Why we should all eat Kimchi and other Korean fermented foods Live Micro-organisms in Jang and Kimchi**

Our body is made up of tens of trillions of cells. And there are other tens of trillions of micro-organisms that live within the body. If it were not for these micro-organisms, human body would not be able to sustain its life.

Among the most well-known beneficial bacteria that live off of the nutrients of human body are the lactic acid bacteria that live within the intestines. Lactic acid bacteria, while fighting with other harmful germs within the intestine, give out anti-biotic substances. When lactic acid bacteria are taken as food, it is questionable whether they will survive the powerful acid secreted from the stomach and finally reach the intestine. On the other hand, according to research, even the dead lactic acid bacteria are beneficial because it feeds the other live lactic acid bacteria. However, the lactic acid bacteria found in traditional doenjang are salt resistant that they can survive in 20% salt water. They are also heat resistant that they can survive in water that is boiling in 100 degree Celsius.

Traditional Korean food such as Doenjang, Kimchi, and Cheong-guk-jang all contain plenty of lactic acid bacteria. While the lactic acid bacteria in these food are all beneficial, Doenjang especially is effective in eliminating the toxins that cause contagious diseases, in strengthening the immune system, and improving the health of the intestines. Doenjang is rich in Linoleic acids, one of the essential fatty acids that have anti-inflammatory effects. It also has the substances that form the lipid layer of the skin that it is very good for atopic dermatitis. The Yonsei Medical School and the Korea Food Research Institute joint research team announced that certain materials from traditional Doenjang can help increase immunity boosting cells (B cells or B lymphocytes), such immunomodulator was not found in soybean and only found in Doenjang.

# *Bangjja* Bronzeware

- Bangjja bronzeware is ancient form of Korean tableware. It is beautiful to look at, and very durable. The secret of its strength lies in using a unique ratio of copper and tin, which defies modern engineering standards. Moreover, Bangjja has beneficial health effects, enhancing the taste of food and counteracting infections such as the lethal O-157 colon bacillus. Its anti-bacterial effects can help fight harmful bacteria. In addition, if Bangjja encounters food that is rich in heavy metal or pesticides, its color will stain. Bangjja can also help preserve beneficial vitamins and proteins for longer period. In the early 21st century, the health benefits of Bangjja are once again gaining attention.



# Bulgogi

## Ingredients for Bulgogi

1 lbs. of thinly sliced beef (Sirloin) or beef shaved steak.

## Marinade for beef:

- 4 Tsp of Soy Sauce
- 4 Tsp of Korean Pear Juice
- 2 Tsp of Minced Garlic
- 2 Tsp of Finely chopped scallion
- 1Tsp of Sesame oil
- 1 Tsp of sugar or honey
- 1 Tsp of Sesame seed
- 1 Tsp of Red Wine or Rice Wine
- ½ Onion

## Instruction

1. If using packaged pre-sliced meat, separate the slices. Remove any excess blood from the pre-sliced meat.
2. Mix all the marinade ingredients in a bowl.
3. Place the meat and vegetables in a large bowl. Add the marinade and toss gently to combine everything well. Marinate the meat for at least 30 minutes to an hour and keep it in the refrigerator for about 12 hours.
4. Grilling: Grill the meat on a charcoal or gas grill or pan fry in a skillet over high heat until slightly caramelized. If pan searing, preheat the pan nice and hot and cook the meat until slightly caramelized. Do not crowd the skillet.



# Bibimbap

(Rice with mixed vegetables)



## Ingredients and recipe for

### Bibimbap (Serves 2)

1. 2 cups of rice (Before soaking in the water)
2. For seasoning for ingredients, we need soy sauce, minced garlic, finely chopped
3. scallion,
4. sugar or honey, sesame seed, sesame seed oil, salt and cooking oil
5.  $\frac{1}{4}$  cup of Chuinamool (1/2 tsp soy sauce, pinch of minced garlic and scallion)
6. Soak dried Chuinamool in the water over a night and boil it. And cut it. Rinse the Chuinamool, squeeze liquid out, mix with the seasonings, quickly stir-fry over high heat and set aside
7.  $\frac{1}{4}$  cup of bellflower root called Doraji (1/8 tsp salt,  $\frac{1}{4}$  tsp of agave) Rub bellflower strips with salt, rinse, squeeze out liquid, mix with seasoning and quickly stir fry over high heat and set aside.
8. 2 cup of soybean sprout (1 tsp salt, 1 tsp sesame seed oil, 1 tsp sesame seed) Rinse
9. and steam. Combine the soybean sprouts with the seasonings and set aside
10. 1 Pyogo mushroom finely sliced (softened in warm water and cut in strips), (1/2 tsp soy sauce, pinch of minced garlic and scallion,  $\frac{1}{4}$  sesame oil) Mix the mushrooms with the seasonings, quickly stir-fry over high heat and set aside.
11. 3 oz of radish (1/8 tsp salt,  $\frac{1}{4}$  sesame oil, 1/8 tsp sesame seed) Slice and stir-fry over
12. medium heat and set aside
13. 3 oz of carrot (1/4 tsp salt) Slice carrot and stir-fry over high heat and set aside.
14. 3 oz of grey zucchini (1/4 tsp salt and  $\frac{1}{2}$  tsp sesame oil) (halved lengthwise and sliced). Put a pinch of salt, squeeze out liquid, and mix with the seasonings and set aside
15. 1 cup of Rice  $\frac{1}{4}$  tsp of sesame oil and pinch of salt

A close-up photograph of two bowls filled with a vibrant Kimchi Salad. The salad consists of finely chopped green leafy vegetables, bright orange kimchi, and small pieces of red and yellow ingredients, possibly carrots and bell peppers. The bowls are stacked, with the top one slightly offset to the right.

# Kimchi Salad

## \*Ingredients for Kimchi Salad

1/2 cup finely chopped Kimchi, 1/2 Apple, 0.5 lbs spring mix, 3.5 Tsp Olive Oil, 2Tsp Balsamic Vinegar, 1 Tsp Honey or Agave

## \* Recipe

Chopped or sliced Apple

Seasoning finely chopped Kimchi with 0.5 Tsp of olive oil, 0.5 Tsp of Balsamic Vinegar and 0.5 Tsp of Honey

Toss spring mix with seasoned Kimchi and Apple



## \*Ingredients for Kimchi Pancake

1 1/2 cups all-purpose flour, 1/2 cup water, 10 oz chopped Kimchi (preferably aged), cooking oil.

Seasoning for Kimchi: 2 Tsp Agave or Honey, 1/2 Tsp sesame oil, 1/2 Tsp of finely chopped spring onion

### **Recipe**

1. Season Kimchi with agave, sesame oil and spring onion. Combine the flour with the water and mix.
2. Add seasoned Kimchi. Using 1 tsp of cooking oil, cook 1 thin pancake at a time over a medium flame.

## \*Kimchi Fried Rice (Kimchi bokkeumbap)

### **Ingredients**

3 tsp sesame oil, 1 cup chopped Kimchi, 1/4 cup Kimchi juice, 2-3 cups cooked white rice (leftover rice works great), 1 tsp toasted sesame seeds

### **Cooking Direction**

In a large pot, put sesame oil and add Kimchi and rice.

Simmer for 20 minutes stirring occasionally and add Kimchi