



Korean Cooking

2017

Saehee Chang

Kimchi Stew (Kimchi Jigae)

2 to 3 cups chopped Kimchi, with juice- Use at least 3 to 4 weeks old /fermented Kimchi (the older the Kimchi, the better!)

2 to 3 cups of kelp/anchovy stock (5 to 6 dried anchovies, 1 piece of kelp, 4 cups water) Substitute with chicken broth or half and half.

1/2 to 1 package of tofu (if you prefer meat, you can add some pork shoulder/belly, or add can tuna for seafood)

1 to 2 tablespoon of sesame oil

1 teaspoon sugar

1 TBSP gochujang Korean pepper paste

2 to 3 teaspoon gochugaru Korean chili flakes

Salt/Pepper to taste

Roasted Sesame Seeds and green onions, for garnish

Stock: Combine anchovies and kelp in water and boil for 20 minutes. Strain and let it sit. (substitute kelp/anchovy stock with chicken stock or beef stock. Otherwise, do half and half of anchovy/kelp and chicken stock.) In a pan, fry kimchi with sesame oil, add sugar, gochujang, and gochugaru. Then add the stock and cook for 10 to 15 minutes over medium high. Add sliced tofu and cook for another 10 minutes. Garnish with green onions and sesame seeds and enjoy! Serve with rice. Enough for a family meal.