



Korea Konnect

www.koreakonnect.com

Korean Food Recipes
Submitted by Saehee Chang
Milwaukee Public Market Cooking Class, February 9, 2013

Bindaetteok (Mung Bean Pancakes) recipe from Saehee's Mother **Serves 4 to 6**

2 cups yellow mung beans, peeled
½ to 1 cup sweet rice flour
1 egg, depending on consistency
1 cup sour kimchi, diced
1 cup blanched bean sprouts, chopped
½ cup to 1 cup of green onions, chopped
4 to 5 cloves of garlic, finely minced
½ lb boneless pork cutlet, chopped (Pork is optional if you want to make this a vegetarian dish)
Salt and pepper to taste
¼ cup sesame oil
Vegetable oil for frying
1 to 2 tbsp sesame seeds
2 TBSP soy sauce

Dipping Sauce: (From Kimchi Chronicles Recipe)

½ cup soy sauce, 1 TBSP sesame oil
¼ cup sesame oil,
2 TBSP rice wine vinegar
2 TBSP gochugaru, Korean red pepper powder
6 scallions, thinly sliced

Fry the pork with minced garlic, soy sauce, sesame oil, and pepper separately. Let it cool. Soak the mung beans in a large bowl of cold water for at least 6 hours, and up to 24 hours. Rinse and drain the mung beans, and place in a blender or food processor. Blend until coarsely pureed. Transfer to a bowl and add sesame oil, sesame seeds, kimchi, bean sprouts, green onions, pork, salt, pepper, egg, and sweet rice flour. Mix all the ingredients well.

Heat about one teaspoonful of vegetable oil on a non-stick frying pan over medium heat. Use a ladle to pour the pancake batter, about ¼ cup, and cook for about 2 to 3 minutes on each side. The pancakes should be brown and crispy on the outside. Transfer to a paper-towel lined plate and serve hot with dipping sauce.