



Korean Food Recipes

Nicolet Recreation

Saehee Chang

Korean Soybean Paste Stew (Dwenjang Jigae)

1 to 2 medium zucchini, chopped into 1 inch cubes

2 medium potatoes, chopped into 1 inch cubes

1 medium onion, bite size pieces

1 small package of mushrooms (shitake, king oyster, bella, button, etc.)

½ package tofu, bite size pieces (you can also add clams, beef, or other protein depending on preference)

3 to 5 cloves of garlic, minced

3 green onions, 2 inches long

1 to 2 tablespoon of cooking oil

2 TBSP fish sauce (or you can add anchovy powder or dried anchovies when water is first added)

4 to 5 cups of water

3 TBSP soybean paste (Korean dwenjang or substitute with Japanese miso paste)

1 to 2 Korean chili peppers, cut into diagonal slices or circular pieces

Salt/Pepper to taste

Cut all the vegetables as indicated and set them aside. Over medium high heat, saute onions and garlic with oil, salt and pepper. Add potatoes and saute a few minutes. Add water, soybean paste and bring to a boil with closed lid for 10 minutes. Next, add zucchini and boil for another 10 minutes. Add tofu, green onions and chili peppers to the pot and boil for a few more minutes. Enjoy with steamed rice!