

FIVE FLAVORS

Vegan Korean for your Seoul



By Bug Karplus

BUNS & PASTRIES



STEAMED KIMCHI BUNS

Prep Time	Proof Time	Cook Time	Servings
30 minutes	55 minutes	20 minutes	16 buns

INGREDIENTS

- 1 cup warm water
- 2 teaspoons active dry yeast
- 1 tablespoon sugar
- 3 cups flour
- 2 tablespoons vegetable oil
- 1 block extra firm tofu, pressed
- 1 teaspoon plus 1 tablespoon sesame oil
- 5-6 cloves garlic just peeled
- 1 shallot (or 1/4 onion) chopped
- 1 carrot chopped
- 5-6 mushrooms chopped
- 1 potato chopped
- 2-3 leaves red cabbage chopped
- 3 whole scallions chopped
- 1/2 cup kimchi
- 1 tablespoon extra virgin olive oil
- 1 tablespoon soup (light) soy sauce
- 1 cup vermicelli noodles cooked
- Salt
- Pepper

INSTRUCTIONS

Add the yeast and sugar to the cup of hot water and set it aside to "proof."

Add the flour, vegetable oil, and a pinch of salt to a large bowl. Next, add the proofed yeast mixture and begin stirring everything with a wooden spoon (or your hands) until a dough forms.

Knead the dough for approximately 5 minutes. Shape it into a smooth ball. Add a teaspoon of sesame oil to the bottom of your bowl and place the dough ball in the bowl and cover it with a towel. Set it aside in a warm place for approximately 1 hour, until the dough doubles in size.

In the meantime, add 1 tablespoon of extra virgin olive oil and 1 tablespoon of sesame oil to a large pan. When the oils are hot, add the garlic, shallot, carrot, mushrooms, potato, cabbage, scallions, and kimchi to the pan.

Cook the vegetables for about 2 minutes and then add 1 tablespoon of the soup (light) soy sauce. Cook for an additional 7 to 8 minutes, until the vegetables are nice and softened.

Add the vegetables to a food processor, together with 1 cup of cooked vermicelli noodles. Grind the vegetables and noodles until they are the size of a small pebbles.

Place the vegetable filling back into a bowl and add the pressed tofu, using your hands to break the tofu apart. Incorporate the tofu into the vegetables. Set the filling aside in the refrigerator until you are ready to use it.

When the dough has proofed for about an hour, punch the dough to release excess gas. Knead the dough for about 1 minute and roll it back into a nice smooth ball. Place it back into its bowl, cover it with a towel, and let it rest for another 35 minutes.

Once the dough has completed its second "proof," knead the dough once more for about 1 minute and then divide it into 16 equal pieces.

Using a rolling pin, flatten a small piece into a round disc, about the size of your hand. Place the disc on your hand, scoop about 2 tablespoons of the filling onto the disc, and then fold and pinch the edge of the disc, until the filling has been completely enclosed.

Place the ball, seal side down, and roll it between your hands to smoothen the seal. Place the bun on a square of parchment paper and into your steamer, while you repeat with the remaining pieces of dough.

Allow the buns to proof for an additional 20 minutes before steaming. Steam them for 20 minutes.

RICE DISHES



INSTRUCTIONS

Cook the rice using slightly less water than usual.

Freshly cooked rice is best for kimbap.

Cut the tofu into about 3/4-inch thick sticks. Pat dry with a paper towel and lightly sprinkle with salt. Heat a small pan with enough oil to cover the pan. Add the tofu pieces and fry until all sides are golden brown.

Bring a large pot of water to a boil over high heat, and prepare an ice bath. Blanch the spinach, place immediately in the ice bath, then squeeze out the water. Cut into short lengths by running a knife through a few of times. Season with the sesame oil (about 1/2 teaspoon) and salt.

Cut the cucumber into 1/2-inch thick sticks. Do not use the seedy part. Heat the pan with a little bit of oil over medium high heat. Stir fry the cucumber until softened. Lightly season with salt.

Julienne the carrots. Heat the pan with a little bit of oil over medium high heat. Stir fry the carrots until softened. Lightly season with salt.

For the burdock root, see recipe on page 28.

When all the other ingredients are ready, remove the rice from the rice cooker. While the rice is still hot, add the sesame oil and salt. Mix well by gently folding with a rice paddle or large spoon until evenly seasoned. Add more salt to taste. The rice will cool down during this process and be ready to be used.

Put a sheet of kim, shiny side down and longer side toward you, on a cutting board or a bamboo mat if available. Spread about 3/4 cup to 1 cup of rice evenly over the kim, using a rice paddle or your fingers preferably. Lay the prepared ingredients on top of the rice close to the side toward you.

Lift the entire bottom edge with both hands and roll over the filling away from you, tucking in the filling with your fingers. Put firm pressure over the roll with the help of the bamboo mat, if using, to close everything in tightly. Then, continue to roll again, putting pressure evenly over the roll using both hands.

Rub or brush the roll with a little bit of sesame oil for extra flavor and shiny look. Apply a little bit of sesame oil to a sharp knife. This will keep rice from sticking to the knife. Repeat as necessary after each cut. Wipe the knife with a damp towel if the rice still sticks. Cut the roll into 1/2-inch thick bite sizes.

TOFU KIMBAP

Prep Time	Cook Time	Servings
35 minutes	20 minutes	5 rolls

INGREDIENTS

- 5 kim sheets
- 2 cups uncooked short grain rice
- 1 tablespoons sesame oil
- 10 ounces firm tofu
- 1 bunch spinach about 8 ounces
- 1 teaspoon sesame oil
- 3 kirby cucumbers
- 2 medium carrots
- 1 burdock root, braised
- Sesame oil
- Salt
- Cooking oil

SOUP & STEW



KIMCHI SOONDOOBBOO CHIGAE

Prep Time	Cook Time	Servings
10 minutes	15 minutes	4 people

INGREDIENTS

- 1 tablespoon** extra virgin olive oil
- 1/2 tablespoon** sesame oil
- 1 1/2 tablespoons** gochugaru
- 1/2** red onion diced
- 4-5** cloves garlic minced
- 1/4** zucchini, diced
- 1** small potato small, diced
- 1 cup** napa cabbage kimchi (vegan)
- 1 tablespoon** gochujang
- 1 tablespoon** soy sauce or light soy sauce
- 2 cups** vegetable broth or water
- 1** box silken tofu
- 2-4** scallions chopped
- Salt

INSTRUCTIONS

Over medium high heat, add both 1 Tbsp of extra virgin olive oil and ½ Tbsp of sesame oil to a medium sized pot (enough to serve 2 people). When oils are hot, add 1½ Tbsp of gochugaru and stir with a wooden spoon until the flakes start to foam. Do not allow flakes to get dark and burn.

Add diced onions, minced garlic, diced zucchini, and diced potatoes. Stir until they are all evenly coated with chili oil. Next, add 1 cup of kimchi, including any kimchi juice.

Add gochujang and deglaze the pan with soup soy sauce. Again, stir until all the vegetables are evenly coated.

Next, add vegetable stock. Gently spoon in the silken ("soon") tofu, including any brine. Break up the tofu using your spoon.

Bring the stew to a boil and then reduce to a simmer. Cook until potatoes are tender.

Right before serving, add chopped scallions as garnish. Serve with rice.



SIDE DISHES



SPICY BRAISED TOFU

Prep Time	Cook Time	Servings
30 minutes	15 minutes	4 people

INGREDIENTS

- 1 block extra firm tofu, pressed
- 3 tablespoons cooking oil
- 1 teaspoon toasted sesame oil
- 1 teaspoon toasted sesame seeds
- 1 clove garlic, minced
- ½ cup minced onion
- 2 green onions, chopped
- 1 tablespoon soy sauce
- 1 teaspoon kosher salt
- 1 teaspoon sugar
- 1 tablespoon gochugaru
- ½ cup water

INSTRUCTIONS

Rinse tofu in cold running water and dry it with cotton or paper towel. Cut it into $\frac{1}{4}$ inch thick bite size pieces.

Add the cooking oil to a non-stick pan and heat it up over high heat.

Gently set the tofu onto the pan and cook for 7 to 8 minutes. Rotate the pan to cook the tofu evenly. When the bottoms get a little crunchy, flip them over one by one with a spatula. Let cook another 7 to 8 minutes until both sides of each tofu piece are a little crispy and golden brown.

Transfer the tofu to a plate. Keep the leftover oil.

Heat up a small pan over medium high heat and add the leftover oil.

Add chopped onion, garlic, and green onion (less 1 tablespoon, to be used for a garnish later). Stir with a wooden spoon for a few minutes until the onion gets a little crispy.

Add the sauce and keep stirring until it reduces a bit and thickens.

Add tofu and braise for a minute until the tofu absorbs some of the flavor of the sauce. Add some toasted sesame oil and stir.

Sprinkle some sesame seeds over top and the rest of the chopped green onion. Serve right away with rice.

