**China**

**Lo Mein**

Lo mein is a Chinese dish with wheat flour noodles. It often contains vegetables and some type of meat or seafood, usually beef, chicken, pork, shrimp or wontons. It can also be eaten with just vegetables.The term lo mein comes from the Cantonese lou1 min6, meaning "stirred noodles". The Cantonese usage of the character pronounced lou1 and meaning "to stir", differs from the character's usual meaning of "to dredge" or "to scoop out of water" in Mandarin, in which case it would be pronounced as laau4 or lou4 in Cantonese (lao in Mandarin). In Mandarin, the dish is more typically called lao mian. In its country of origin, it is made of thin flour and egg noodles which are notable for their elastic texture.

Ingredients:

8 ounces lo mein egg noodles

1 tablespoon olive oil

2 cloves garlic, minced

2 cups cremini mushrooms, sliced

1 red bell pepper, julienned

1 carrot, julienned

1/2 cup snow peas

3 cups baby spinach

1 tsp. sesame oil

2 tablespoons reduced sodium soy sauce, or more, to taste

2 teaspoons sugar

1/2 teaspoon ground ginger

1/2 teaspoon Sriracha, or more, to taste

Instructions:

1. In a small bowl, whisk together soy sauce, sugar, sesame oil, ginger and Sriracha; set aside.

2.In a large pot of boiling water, cook noodles according to package instructions; drain well.

3.Heat olive oil in a large skillet or wok over medium high heat. Add garlic, mushrooms, bell pepper and carrot. Cook, stirring frequently, until tender, about 3-4 minutes. Stir in snow peas and spinach until the spinach has wilted, about 2-3 minutes.

4. Stir in egg noodles and soy sauce mixture, and gently toss to combine. Then serve immediately.

**Orange Chicken**

Orange chicken is a Chinese dish of Hunan origin. The variety of orange chicken most commonly found at North American Chinese restaurants consists of chopped, battered, and fried chicken pieces coated in a sweet orange-flavored chili sauce, which thickens or caramelizes to a glaze. While the dish is very popular in the United States, it is most often found as a variation of General Tso's chicken in North America rather than the dish found in mainland China. Chef Andy Kao claims to have developed the original Chinese-American orange chicken recipe at a Panda Express in Hawaii in 1987. Since Panda Express is closely associated with this dish, Panda Express uses orange chicken as a promotion tool by having a dedicated food truck tour the country distributing samples of orange chicken.

Ingredients:

1 1/2 lbs boneless skinless , chicken breast halves, diced into 1 - 1 1/2-inch pieces

1 cup low-sodium chicken broth

1 Tbsp finely grated orange zest (zest of 1 1/2 fairly large oranges)

1/2 cup freshly squeezed orange juice

1/3 cup white vinegar

1/4 cup soy sauce

2/3 cup granulated sugar

1/4 tsp dried ginger

2 Tbsp grated yellow onion (be sure to get some of the juices when measuring)

2 cloves garlic , finely minced

2 cloves garlic , finely minced

1 1/4 cups + 2 Tbsp cornstarch

2 Tbsp cold water

2 Tbsp cold water

vegetable or peanut oil , for frying

chopped green onions and sesame seeds , for garnish (optional)

Instructons:

1. Place chicken pieces in a gallon size resealable bag, set aside. Place chicken pieces in a gallon size resealable bag, set aside. Whisk mixture well, then measure out 2/3 cup of the mixture and pour it over the chicken in resealable bag. Whisk mixture well, then measure out 2/3 cup of the mixture and pour it over the chicken in resealable bag. Place bag in a bowl or baking dish and refrigerate 30 minutes.

2. Meanwhile, return remaining sauce mixture over medium heat and bring mixture just to a boil, stirring frequently. In a small bowl whisk together 2 Tbsp cornstarch with 2 Tbsp water then stir mixture into sauce. Reduce heat to medium-low and cook 1 - 2 minutes longer, stirring constantly, until thickened, remove from heat.

3. Pour vegetable oil into a large cast iron dutch oven, filling pot about 1 1/2 - 2-inches deep and heat oil to 350 degrees. Pour vegetable oil into a large cast iron dutch oven, filling pot about 1 1/2 - 2-inches deep and heat oil to 350 degrees. Pour remaining 1 1/4 cups cornstarch into a separate shallow dish. Remove chicken from refrigerator and drain and discard marinade from chicken.

4. Dip chicken pieces into egg followed by cornstarch and toss pieces to evenly coat in cornstarch, then carefully place 1/3 of the chicken pieces into preheated oil and cook for 5 - 7 minutes until golden, turning once during cooking. Using skimmer, remove fried chicken from oil and transfer to a paper towel lined cookie sheet to drain excess oil.

5. Repeat process with remaining chicken working in two more batches. Pour drained fried chicken into a bowl and toss with sauce. Serve warm over white or brown rice garnished with green onions and sesame seeds if desired.

**Sesame Chicken Potstickers**

Potstickers is a kind of Chinese dumpling, commonly eaten in China and other parts of East Asia. They are one of the major foods eaten during the Chinese New Year and year-round in the northern provinces. Though considered part of Chinese cuisine and popular in other parts of Asia and in Western countries. Potstickers typically consist of a ground meat and/or vegetable filling wrapped into a thinly rolled piece of dough, which is then sealed by pressing the edges together.

Ingredients:

1 pound ground chicken

3 ounces shiitake mushrooms, diced

2 cloves garlic, pressed

2 green onions, thinly sliced

2 tablespoons reduced sodium soy sauce

1 tablespoon freshly grated ginger

1 teaspoon rice vinegar

1/4 teaspoon white pepper

1 tsp. sesame oil

36 won ton wrappers

2 tablespoons vegetable oil

Soy sauce, for serving

Instructions:

1. In a large bowl, combine chicken, mushrooms, garlic, green onions, soy sauce, sesame oil, ginger, rice vinegar and white pepper.

2. To assemble the dumplings, place wrappers on a work surface. Spoon 1 tablespoon of the chicken mixture into the center of each wrapper. Using your finger, rub the edges of the wrappers with water. Fold the dough over the filling to create a half-moon shape, pinching the edges to seal.

3. Heat vegetable oil in a large skillet over medium heat. Add potstickers in a single layer and cook until golden and crisp, about 2-3 minutes per side.

4. Serve immediately with soy sauce, if desired.

**Wonton Soup**

Wonton soup! These wontons are filled with a juicy pork and prawn / shrimp filling and will knock your socks off. There are some couple of cheeky tips and when you see, you are going to be so surprised how fast and EASY these are to make.The first time you have a real wonton, whether homemade or at a proper restaurant that makes them fresh with real meat or seafood fillings (rather than fillers), you will be blown away. The filling is tender and you can actually taste what it's made of, rather than being a small grey ball of meat made of who-knows-what.

Ingredients:

2/3 lb. ground pork

4 tsp. soy sauce (2 tsp. for the soup and another 2 tsp for the wontons

2 tsp. Chives, thinly sliced

1 tsp. rice wine vinegar

1 tsp. cornstarch

1 tsp. grated ginger

3 garlic cloves (1 clove for the wontons and 2 smashed cloves for the soup)

/2 tsp. crushed red pepper flakes

1/2 tsp. sesame oil

1 package square wonton wrappers

1/4 c. water

4 c. chicken stock

2" piece of peeled ginger

1/4 tsp. sesame oil

2 tbsp. Sliced green onions, for garnish

Instructions:

1. In a large bowl, mix pork, soy sauce, chives, vinegar, cornstarch, ginger, garlic, red pepper flakes and sesame oil until fully incorporated.

2. Using your finger, wet the edges of wonton wrapper with water. Place half a tablespoon of pork filling in the center of the wonton wrapper. Fold wonton in half diagonally to create a triangle, and seal the edges. Fold the two identical corners in on each other and press again to seal. Repeat until all wonton wrappers are filled.

3.Bring all soup ingredients to a boil. Simmer on low for 10 minutes, then remove ginger and garlic cloves and bring it back to a boil. Lower in wontons and cook for 10 minutes more. Serve into bowls and garnish with green onions.

**India**

**Aloo Gobi**

Aloo gobhi is a vegetarian dish from the Indian subcontinent made with potatoes (aloo), cauliflower (gob(h)i) and Indian spices; popular in Bangladeshi, Pakistani, Indian and Nepali cuisines. It is yellowish in color, due to the use of turmeric, and occasionally contains kalonji and curry leaves. Other common ingredients include garlic, ginger, onion, coriander stalks, tomato, peas, and cumin. A number of variations and similar dishes exist, but the name remains the same.

Ingredients:

2 tbsp. canola oil

3 baking potatoes

1 head cauliflower

3 clove garlic

2 tsp. finely grated peeled fresh ginger

1/2 tsp. cumin seeds

1/2 tsp. brown mustard seeds

1/2 tsp. ground coriander

12 curry leaves

salt and pepper to taste

1 large tomato

c. frozen peas

1 tbsp. unsalted butter

Chopped cilantro

Instructions:

1. In a large skillet, heat the oil. Add the potatoes and cauliflower and cook over moderate heat, stirring, until golden in spots, 7 to 8 minutes.

2. Stir in the garlic, ginger, cumin seeds, mustard seeds, coriander, and curry leaves and cook until fragrant, 1 minute. Season with salt and pepper and add 1 1/2 cups of water.

3. Reduce heat to medium and melt another 2 tablespoons butter. Add the onions, jalapenos, and cinnamon stick. Cook until the onion and the jalapenos are tender, about 8 minutes. Stir in the garlic, ginger, remaining teaspoon garam masala, and paprika and cook until fragrant, about 1 minute. Stir in the garlic, ginger, cumin seeds, mustard seeds, coriander, and curry leaves and cook until fragrant, 1 minute. Season with salt and pepper and add 1 1/2 cups of water.

4. Add the tomatoes and bring mixture to a simmer. Add the chicken and toss to coat in the sauce. Let simmer until the chicken is cooked through, about 8 minutes.

5. Add the cream and the remaining 2 tablespoons butter and stir until the butter has melted. Serve warm over rice with naan.

**Indian Butter Chicken**

Butter chicken or murgh makhani is a dish, from the Indian subcontinent, of chicken in a mildly spiced curry sauce.The dish has its roots in Punjabi cuisine. It was developed by three Indians, Kundan Lal Jaggi, Kundan Lal Gujral and Thakur Dass all Punjabi Hindu restaurateurswho were the founders of Moti Mahal restaurant in Delhi, India.

Ingredients:

1 c. Greek yogurt

Juice of 1/2 a lemon

1 tsp. turmeric

2 tsp. garam masala, divided

1 tsp. cumin

1 1/2 lb. chicken breast, cut into 1" pieces

6 tbsp. butter, divided

1 large onion, sliced

2 jalapenos, minced

1 cinnamon stick

3 cloves garlic , finely minced

1 tsp. paprika

1 tbsp. freshly grated ginger

1 28-oz. can diced tomatoes

1/2 c. heavy cream

Cilantro, for garnish. Basmati rice, cooked. for serving. Naan, for serving

Instructions:

1. In a large bowl, whisk together yogurt, lemon, turmeric, 1 teaspoon garam masala, and cumin. Toss chicken in mixture and let marinate for 15 minutes.

2. In a large bowl, whisk together yogurt, lemon, turmeric, 1 teaspoon garam masala, and cumin. Toss chicken in mixture and let marinate for 15 minutes.

3. Reduce heat to medium and melt another 2 tablespoons butter. Add the onions, jalapenos, and cinnamon stick. Cook until the onion and the jalapenos are tender, about 8 minutes. Stir in the garlic, ginger, remaining teaspoon garam masala, and paprika and cook until fragrant, about 1 minute.

4. Add the tomatoes and bring mixture to a simmer. Add the chicken and toss to coat in the sauce. Let simmer until the chicken is cooked through, about 8 minutes.

5. Add the cream and the remaining 2 tablespoons butter and stir until the butter has melted. Serve warm over rice with naan.

**Keema Beef Curry**

Keema or Qeema is a traditional meat dish from the South Asia. The word may be borrowed from the Turkish kiyma, which means minced meat. It is typically minced beef or mutton curry (lamb or goat) with peas or potatoes. Keema can be made from almost any meat, can be cooked by stewing or frying, and can be formed into kebabs. Keema is also sometimes used as a filling for samosas or naan.

Ingredients:

1 tbsp. canola oil

2 tbsp. minced fresh ginger

2 clove garlic

1 can unsweetened coconut milk

1 1/2 c. frozen baby peas

1 1/2 tbsp. madras curry powder

1 large Yukon gold potato

1 1/2 lb. lean ground sirloin

salt and pepper to taste

1 large onion

1 can diced tomatoes with their juices

Chopped cilantro, warm naan, and steamed rice

Instructions:

1. In a large, deep skillet, heat the oil. Add the ground meat and cook over high heat, stirring to break up the lumps, until no longer pink, about 5 minutes.

2. Add the onion, ginger, garlic, and curry powder and season with salt and pepper. Cook over high heat, stirring frequently, until the onion is softened, about 3 minutes.

3. Add the potato, broth, coconut milk, and the tomatoes and their juices and bring to a boil. Cook over moderate heat, stirring occasionally, until the potato is tender, about 15 minutes.

4. Using the back of a spoon, lightly crush some of the potato. Add the peas and cook just until heated through. Serve in bowls with cilantro, naan, and rice.

**Punjabi Chicken Curry**

Punjabi is associated with food from the Punjab region of India and Pakistan. There are many styles of cooking in Punjabi. In the villages many people still employ the traditional infrastructure for cooking purposes. This includes wood-fired and masonry ovens. In the past many people employed wood-burning stoves. But this method is dying out. One derivation from this type of cooking is the tandoori style of cooking commonly known as tandoor.

Ingredients:

1 tbsp. canola oil

1 large onion, finely chopped

3.5cm (1 1/2 in) fresh root ginger, crushed or pureed

8 garlic cloves, minced or pureed

3 to 4 green chillies, minced or pureed

1 heaped garam masala,cumin seeds, salt, and ground turmeric powder

1 (400g) tin plum tomatoes

4 chicken breasts, cut into 4cm cubes

1/2 lemon, juiced

1 handful fresh coriander leaves, chopped

1 tablespoon dried fenugreek leaves (optional)

Instructions:

1. In a large, deep skillet, heat the oil. Add the ground meat and cook over high heat, stirring to break up the lumps, until no longer pink, about 5 minutes.Heat the butter in a pan. Add the onion and fry till soft but not brown. Add root ginger, garlic and chillies and continue to fry, stirring. Allow the flavours to infuse for a few minutes before adding the salt, garam masala, turmeric and cumin seeds. Reduce the heat so the spices don’t burn and give the ‘tarka’ as it’s called, a good stir.

2. Add tomatoes, turn up the heat and stir, squashing down the tomatoes to make a smooth paste. This will take 5 or 6 minutes and you should keep stirring the mixture until the liquid has reduced down to a paste. Once it has thickened, add the chicken and stir on a high heat until again, the liquid has reduced completely.

3.Add 600ml (1 pt) water and once this has started to boil, reduce the heat to the lowest setting on a small hob. Squeeze in the lemon juice, add fenugreek leaves and leave to simmer with the lid on for 20 to 30 minutes.

4.Add the chopped coriander leaves, turn the heat up and reduce down to the consistency you like for about 5 to 10 minutes.

**Japan**

**Gyudon**

Gyudon (beef bowl), is a Japanese dish consisting of a bowl of rice topped with beef and onion simmered in a mildly sweet sauce flavored with dashi (fish and seaweed stock), soy sauce and mirin (sweet rice wine). It also often includes shirataki noodles, and is sometimes topped with a raw egg or a soft poached egg (onsen tamago). A very popular food in Japan, it is commonly served with beni shoga (pickled ginger), shichimi (ground chili pepper), and a side dish of miso soup. Gyu is the prefix for anything cow-related, and don is short for donburi, the Japanese word for "bowl".

Ingredients:

1 onion

2 green onions/scallions

3/4 lb thinly sliced beef (chuck or rib eye) (3/4 lb = 12 oz or 340 g

1 Tbsp neutral flavor oil (vegetable, canola, etc)

2 Tbsp sake

2 Tbsp mirin

1 Tbsp soy sauce

3 large eggs (beaten, optional)

3 cups cooked Japanese short grain rice

Pickled red ginger (to garnish)

Instructions:

1. Gather all the ingredients.

2. Cut the onion and green onion into thin slices and cut the meat into small pieces.

3. Heat the oil in a large frying pan over medium high heat and cook the onions until tender.

4. Add the meat and sugar and cook until no longer pink.

. Add sake, mirin, and soy sauce.

6. Reduce the heat and simmer for 2-3 minutes.

7. If you like to add the egg, slowly and evenly drizzle the beaten egg over the beef. Cook covered until the egg is done. Add the green onion right before removing from the heat.

8. Place the beef and egg on top of steamed rice and pour desired amount of sauce. Top with pickled red ginger.

**Omurice**

Omurice or omu-rice (Omu-raisu) is an example of yoshoku (a Western-influenced style of Japanese cuisine) consisting of an omelette made with fried rice and usually topped with ketchup. With omu and raisu being contractions of the words omelette and rice, the name is an example of Gairaigo. It is a popular dish both commonly cooked at home and often found at western style diners in Japan. Omurice is said to have originated around the turn of the 20th century at a western style restaurant in Tokyo's Ginza district called Renga-tei, inspired by chakin-zushi. The dish was brought to Korea and Taiwan, and it is popular cuisine. In Japan, children in particular enjoy omurice, and it is often featured in okosama-ranchi.

Ingredients:

1/4 onion (1/4 = 60 g)

4 mushrooms (4 mushrooms = 50 g)

4 slices ham (4 slices = 2 thick slices = 80 g)

1 Tbsp neutral flavor oil (vegetable, canola, etc)

3 Tbsp green peas (3 Tbsp = 25 g) (defrosted and drained, if frozen)

Kosher salt

Freshly ground black pepper

2 - 2 1/2 cups cooked Japanese short grain rice (2 cups = 360 g)

2 Tbsp unsalted butter (divided)

3 Tbsp ketchup

3 Tbsp tomato paste

2 Tbsp water

4 large eggs (divided)

2 Tbsp milk (divided)

Instructions:

1. Gather all the ingredients.
2. To make tomato sauce, combine ketchup, tomato paste, and water in a small saucepan and mix all together. Set aside.
3. To make the Fried Rice:
   1. Clean the mushrooms with damp towel and slice them.
   2. Slice the onion and dice into small pieces.
   3. Cut the ham into small pieces.In a 10-inch frying pan, heat 1 Tbsp vegetable oil and sauté onion.
   4. Add green peas and mushrooms, and hams.
   5. Season with pinch of kosher salt and freshly ground black pepper.
   6. Add rice and break big chunks of rice into smaller pieces.
   7. When combined well, add 3-4 Tbsp tomato sauce and mix well. Make sure to save some sauce for topping. Divide the fried rice in half.
4. Make the omelette and put it together (Makes 2 Omurice)
   1. Start with the first omurice. Crack 2 eggs in a small bowl and add 1 Tbsp milk and pinch of salt. Whisk all together.
   2. Heat another frying pan over medium high heat and add 1 Tbsp butter. Swirl around and when it’s melted, add the beaten egg.
   3. Quickly swirl around with chopsticks. When the mixture is set but still runny, add half of ketchup rice in the middle. If you feel the pan is getting too hot, remove the pan from the heat and put on top of the damp towel.
   4. Wrap the ketchup rice both sides with egg omelette.  It doesn’t have to be perfectly wrapped, but make sure to create the “edge” around the fried rice with omelette
   5. Place the serving plate under the pan and flip the pan to transfer the omelette rice.
   6. place a piece of paper towel and gently shape the omelettte into a football shape.  Repeat this process to make the second omurice.
   7. When serving, garnish omurice with parsley and drizzle hot tomato sauce.

**Teriyaki Salmon**

Teriyaki Salmon recipe, and show you how the Japanese make it at home. Over here, salmon fillets are cooked in a frying pan until nicely browned but the meat is still tender and juicy. We then finish it off with a nicely glazed homemade Teriyaki Sauce.

Ingredients:

* 2 fillets salmon with skin (2 fillets = ½ to ¾ lb = 340 g) (1/2 to 3/4" thickness, skin will hold the flesh together while cooking)
* 1/4 tsp kosher salt
* Freshly ground black pepper
* 1 Tbsp all-purpose flour (See Notes why using flour)
* ½ Tbsp neutral flavor oil (vegetable, canola, etc)
* 1 Tbsp unsalted butter
* 1 Tbsp [sake](https://www.justonecookbook.com/pantry_items/sake/) (or Chinese rice wine or dry sherry)
* 1 Tbsp [mirin](https://www.justonecookbook.com/pantry_items/mirin/) (or 1 Tbsp. sake + 1 tsp. sugar)
* 1 Tbsp granulated sugar
* 2 Tbsp [soy sauce](https://www.justonecookbook.com/pantry_items/soy-sauce/)

Instructions:

1. Gather all the ingredients.

2. Combine the ingredients for Seasonings and mix well until the sugar is mostly dissolved (or you can microwave for seconds). Rinse the salmon and pat dry. Season the salmon with kosher salt and black pepper on both sides.

3. Sprinkle 1/2 Tbsp. of all-purpose flour on one side of salmon and spread evenly. Flip over and sprinkle the rest of flour on the other side. Gently remove the excess flour.

. In a frying pan, add the vegetable oil and melt the butter over medium heat. Don’t burn the butter. If the frying pan gets too hot, reduce heat or remove from the heat temporally.

5. Add the salmon fillets, skin side on the bottom (this will be top when you serve). Cook the salmon for 3 minutes, or until the bottom side is nicely browned, and then flip.

. Add sake and cover with lid. Steam the salmon for 3 minutes, or until it's cooked through. Remove the salmon to a plate.

7. Add the seasonings to the pan and increase the heat little bit. When the sauce starts to boil, add salmon back in the pan and spoon the sauce over the salmon.

8. When the sauce thickens, turn off the heat. Plate the salmon on a plate and serve immediately.

**Tonkatsu**

Tonkatsu (pork cutlet), is a Japanese dish which consists of a breaded, deep-fried pork cutlet. There are two main types, fillet and loin. It is often served with shredded cabbage. In Korea, tonkatsu is known as don-gaseu or don-kkaseu, which derived from a transliteration of the Japanese word. Tonkatsu originated in Japan in the 19th century. Early katsuretsu was usually beef; the pork version was invented in Japan in 1899 at a restaurant called Rengatei in Tokyo. It was originally considered a type of yoshoku-Japanese versions of European cuisine invented in the late 19th and early 20th centuries-and was called katsuretsu or simply katsu

Ingredients:

* ¾ cup [panko (Japanese breadcrumbs)](https://www.justonecookbook.com/pantry_items/panko/)
* 1 Tbsp extra virgin olive oil
* 2 ½"-thick lean boneless pork loin chops (2 pieces = ½ lb or 227 g, ½” = 1.2 cm)
* 1 tsp Kosher salt
* Freshly ground black pepper
* 2 Tbsp all-purpose flour
* 1 large egg
* [Tonkatsu Sauce](https://www.justonecookbook.com/pantry_items/tonkatsu-sauce/) (See Notes for homemade recipe)
* 1 Tbsp [white and black sesame seeds (roasted/toasted)](https://www.justonecookbook.com/pantry_items/sesame-seed/)

Instructions:

1. Gather all the ingredients.

2. Adjust an oven rack to the middle position and preheat the oven to 400F (200C). Line a rimmed baking sheet with parchment paper.

3. Combine the panko and oil in a frying pan and toast over medium heat until golden brown. Transfer panko into a shallow dish and allow to cool.

. Get rid of the extra fat and make a couple of slits on the connective tissue between the meat and fat. The reason why you do this is that red meat and fat have different elasticity, and when they are cooked they will shrink and expand at different rates. This will allow Tonkatsu to stay nice and flat and prevent Tonkatsu from curling up.

5. Pound the meat with a meat pounder, or if you don’t have one then just use the back of knife to pound. Mold the extended meat back into original shape with your hands.

6. Sprinkle salt and freshly ground black pepper.

7. Dredge each pork piece in the flour to coat completely and pat off the excess flour. Then dip into the beaten egg and finally coat with the toasted panko. Press on the panko flakes to make sure they adhere to the pork.

8. Place the pork on the prepared baking sheet or even better if you have an oven-safe wire rack (as air goes through on the bottom so panko won't get crushed). Bake until the pork is no longer pink inside, about 20 minutes.

>9. Place the pork on the prepared baking sheet or even better if you have an oven-safe wire rack (as air goes through on the bottom so panko won't get crushed). Bake until the pork is no longer pink inside, about 20 minutes.

10. To make special sesame tonkatsu sauce, grind black and white sesame seeds in a mortar and add tonkatsu sauce. Mix all together.

**Korea**

**Bulgogi**

Bulgogi literally means "fire meat", is a gui (Korean-style grilled or roasted dish) made of thin, marinated slices of beef or pork grilled on a barbecue or on a stove-top griddle.It is also often stir-fried in a pan in home cooking. Sirloin, rib eye or brisket are frequently used cuts of beef for the dish. The dish originated from the north area of the Korean Peninsula and is very popular in South Korea.

Ingredients:

* 1 pound of beef tenderloin, sliced thinly into pieces 1/2 inch x 2 inches and 1/8 inch thick
* ½ cup of crushed [pear](https://www.maangchi.com/ingredient/korean-pear)
* ¼ cup onion purée
* 4 cloves of minced garlic
* 1 teaspoon minced ginger
* 1 chopped green onion
* 2 tbs [soy sauce](https://www.maangchi.com/ingredient/soy-sauce)
* 2 tbs brown sugar (or 1 tbs of brown sugar and 1½ tbs [rice syrup](https://www.maangchi.com/ingredient/rice-syrup))
* a pinch of ground black pepper
* 1 tbs toasted [sesame oil](https://www.maangchi.com/ingredient/sesame-oil)
* several thin slices of carrot

Instructions:

1. Mix all the marinade ingredients in a bowl.
2. Add the sliced beef and mix well.
3. You can grill, pan-fry, or BBQ right after marinating, but it’s best to keep it in the fridge and let it marinate for at least 30 minutes, or overnight for a tougher cut of beef. Serve with [*ssamjang*](https://www.maangchi.com/recipe/ssamjang).

**Bibimbap**

Bibimbap, sometimes anglicized as bi bim bap or bi bim bop, is a Korean dish. The word literally means "mixed rice". Bibimbap is served as a bowl of warm white rice topped with namul (sauteed and seasoned vegetables) and gochujang (chili pepper paste), soy sauce, or doenjang (a fermented soybean paste). A raw or fried egg and sliced meat (usually beef) are common additions. The hot dish is stirred together thoroughly just before eating.

Ingredients:

* 5 cups cooked [short-grain rice](https://www.maangchi.com/ingredient/short-grain-rice)
* 12 ounces soy bean sprouts, washed and drained
* 8 ounces of spinach blanched and washed with the excess water squeezed out by hand
* 1 large carrot
* 1 large red bell pepper
* 1 large zucchini
* 1 English cucumber
* 3 to 4 green onions, chopped
* ½ pound fresh lean cut of beef (fillet mignon, flank steak)
* 4 ounces [fernbrake (gosari)](https://www.maangchi.com/ingredient/kosari), fresh or soaked from ½ ounce dried gosari (details below)
* 1 ounce [dried bellflower roots (doraji)](https://www.maangchi.com/ingredient/dried-bellflower-root), soaked in cold water for 18 to 24 hours.
* 4 eggs
* salt
* vegetable oil
* [sesame oil](https://www.maangchi.com/ingredient/sesame-oil)
* [sesame seeds](https://www.maangchi.com/ingredient/sesame-seeds)
* garlic
* [soy sauce](https://www.maangchi.com/ingredient/soy-sauce)
* honey (or sugar)
* [Korean hot pepper paste (gochujang)](https://www.maangchi.com/ingredient/hot-pepper-paste-gochujang)

Instructions:

1. HOW TO PREPARE DRIES FERNBRAKE (GOSARI) FOR USE:

* If you have presoaked or fresh fernbrake you can use it straight away, but if you have dried fernbrake you'll need to get it ready to eat. It's fast if you have a pressure cooker, but if you don’t it will take some time

2. RICE:

* Rinse 2 cups of rice in cold water and scrub the wet rice with your hand. Rinse and drain until the drained water is pretty clear
* Put the rice in a heavy-bottomed pot. Add 2 cups of water, cover, and soak for 30 minutes.
* Cook over medium high heat for 7 to 8 minutes until the surface is covered with abundant bubbles that are spluttering noisily and look like they're about to overflow the pot. Turn the rice over a few times with a spoon and cover the pot again
* Turn the heat to very low and simmer for another 10 minutes until the rice is fully cooked and fluffy. Remove from the heat
* Fluff the rice with a spoon to release excess steam. Let the rice stand, covered, at room temperature to keep it warm

3. SOYBEAN SPROUTS:

* Put the soy bean sprouts in a pot and add 4 cups water and 2 or 3 teaspoons salt. Cover and cook for 20 minutes over medium high heat. Take out the sprouts with tongs and put them into a bowl, leaving about 1/2 cup of sprouts in the pot with the water you used to boil them. This is the soup to serve with bibimbap later
* In a bowl, mix the sprouts by hand with 1/2 teaspoons salt, 1 teaspoon minced garlic, and 2 teaspoons sesame oil. Put them on the large platter.

4. SPINACH:

* Clean the mushrooms with damp towel and slice them.Crack 3 eggs in a bowl and add 1/4 teaspoon salt. Beat it with fork and remove the stringy chalaza.Cut up the blanched spinach a few times and put it in a bowl. Mix by hand with 1 teaspoon garlic, 1 teaspoon sesame oil, 1/2 teaspoon salt, and 1 teaspoon sesame seeds. Cover and put it next to the soy bean sprouts on the platter.

5. OTHER FRESH VEGTABLES:

* Cut the carrot into matchsticks, put them in a bowl, and mix with a pinch of salt. Let stand for 5 to 10 minutes until sweating.
* Cut the red bell pepper into halves, deseed, and slice into strips. Put them in a bowl.
* Cut the zucchini into matchsticks and mix with ½ teaspoon salt.
* Cut the cucumber into halves lengthwise and slice thinly crosswise. Mix with 1/4 teaspoon salt.

6. BEEF:

Cut the beef into matchsticks and put them in a bowl. Then mix with 1 tablespoon minced garlic, 1 tablespoon soy sauce, 1 tablespoon honey, 2 teaspoons sesame oil, and 1 teaspoon sesame seeds with a spoon. Cover and keep in the fridge until ready to use.

7. MOUNTAIN VEGTABLES:

Cut the fernbrake (gosari) a few times into bite size pieces. Set aside. Put the bellflower roots (doraji) in a large bowl. Add 1 or 2 tablespoons salt. Rub for a minute to wilt slightly and release some of the bitterness. Rinse them in cold water a couple of times and drain. If you find some roots are too thick, split them lengthwise. Set aside.

LET'S COOK!

* Heat up a pan over medium high heat. Squeeze out excess water from the carrot. Add a few drops of cooking oil to the pan and saute the carrot for 1 minute. Put it on the platter next to the soy bean sprouts and spinach. Clean the pan with wet paper towel or wash it.
* Heat a few drops of cooking oil in the pan and squeeze out the excess water from the cucumber. Saute with 1/2 teaspoon minced garlic and a few drops of sesame oil for 30 seconds. Put it on the platter. Clean the pan.
* Heat up the pan with a few drops of cooking oil. Add the red bell pepper and sprinkle a pinch of salt over top. Saute for 30 seconds. Put it on the platter. Clean the pan.
* Heat up the pan and squeeze out excess water from the zucchini. Add a few drops of cooking oil and saute with 1 teaspoon minced garlic, 1 tablespoon chopped green onion, a drop of sesame oil for 1 minute until slightly softened. Put it on the platter. Clean the pan.
* Heat up the pan with a few drops of cooking oil. Add the bellflower roots and saute for 2 to 3 minutes. Lower the heat to medium so as not to brown them. Add 1 teaspoon minced garlic and a drop of sesame oil. Stir for another minute until a little softened. Put it on the platter. Clean the pan.
* Put some sesame oil on the finshed rolls and sprinkle some sesame seeds over top. Cut each roll into 1/4 inch bite size pieces with a sharp knife, occasionally wiping it with a wet paper towel or cloth to clean the starch off and to ease cutting.
* Heat up the pan. Add a few drops of cooking oil. Stir the gosari for 2 minutes until a little softened. Add 1/2 teaspoon of minced garlic, 2 teaspoons soy sauce, and 2 teaspoons sugar, and keep stirring for another minute. Put it on the platter.

**Gimbap**

Gimbap is a Korean dish made from cooked rice and other ingredients that are rolled in gim-dried sheets of laver seaweed and served in bite sized slices. The dish is often part of a packed meal, or dosirak, to be eaten at picnics and outdoor events, and can serve as a light lunch along with danmuji (yellow pickled radish) and kimchi. It is a popular take-out food in Korea and abroad, and is known as a convenient food because of its portability.

Ingredients:

* 5 sheets of [gim](https://www.maangchi.com/ingredient/kim) (seaweed paper), roasted slightly
* 4 cups cooked rice ([the recipe is here](https://www.maangchi.com/recipe/rice), but make with 2 cups of short grain rice instead of 1 cup)
* ½ pound beef skirt steak (or tenderloin, or ground beef)
* 1 large carrot, cut into matchsticks (about 1½ cup)
* 5 strips of [yellow pickled radish](https://www.maangchi.com/ingredient/dan-moo-ji) (use pre-cut danmuji or cut into 8 inch long strips)
* 8  to 10 ounces spinach (1 small bunch), blanched, rinsed in cold water, and strained
* 3 eggs
* 3 garlic cloves
* 2 teaspoons [soy sauce](https://www.maangchi.com/ingredient/soup-soy-sauce)
* 1 tablespoon plus 1 teaspoon brown (or white) sugar
* 1½ teaspoon salt
* 2½ tablespoons [sesame oil](https://www.maangchi.com/ingredient/sesame-oil)
* vegetable oil

Instructions:

Rice:

1. Place freshly made rice in a large, shallow bowl. Gently mix in ½ teaspoon salt and 2 teaspoons sesame oil over top with a rice scoop or a wooden spoon.
2. Let it cool down enough so it’s no longer steaming. Cover and set aside.

Spinach:

1. Combine the blanched spinach, 2 minced garlic cloves, ½ teaspoon salt, and 2 teaspoons sesame oil in a bowl.
2. Mix well by hand and put it on a large platter with the sliced yellow pickled radish.

Carrots:

1. Combine the carrot matchsticks with ¼ teaspoon salt. Mix well and let it sweat for 5 to 10 minutes. Heat a pan and add a few drops vegetable oil.
2. Squeeze out excess water from the carrot, then saute for about 1 minute. Put it on the platter next to the spinach.

Steaks:

1. Trim the fat from the skirt steaks and slice into ¼ inch wide, 3 to 5 inch strips. Put the strips into a bowl. Add 2 teaspoons soy sauce, 1 minced garlic clove, ¼ teaspoon ground black pepper,1 tablespoon plus 1 teaspoon brown (or white) sugar, and 2 teaspoons sesame oil.
2. Mix well by hand.
3. Set aside, and let them marinate while we do the egg strips.

Eggs:

1. Crack 3 eggs in a bowl and add ¼ teaspoon salt. Beat it with fork and remove the stringy chalaza.
2. Drizzle a few drops of oil on a heated 10 to 12 inch non-stick pan. Wipe off the excess with a paper towel so only a thin sheen of oil remains. Turn down the heat to low and pour the egg mixture into the pan. Spread it into a large circle so it fills the pan.

 When the bottom of the egg is cooked, flip it over with a spatula. Remove from the heat and let it cook slowly in the hot pan for about 5 minutes, with the ultimate goal of keeping the egg as yellow as possible, and not brown.

 Cut it into ½ inch wide strips. Put it next to the spinach on the platter.

Finish steaks:

1. Heat up a pan over medium high heat and cook the marinated beef, stirring it with a wooden spoon until well cooked.
2. Set aside.

Let’s roll gimbap!

1. Place a sheet of gim on a bamboo mat with the shiny side down. Evenly spread about ¾ cup of cooked rice over top of it, leaving about 2 inches uncovered on one side of the gim.
2. Place beef, carrot, yellow pickled radish strip, a few egg strips, and spinach in the center of the rice.
3. Use both hands to roll the mat (along with gim and rice) over the fillings, so one edge of the rice and gim reaches the opposite edge. This centers the fillings in the roll, so they’ll be nicely in the middle when you slice it.
4. Grab the mat with both hands and and press it tightly as you continue rolling the gimbap. Push out the mat as you roll, so it doesn’t get wrapped in the gimbap.
5. Remove the roll from the mat at the end and set the finished roll aside with the seam down, to seal it nicely.
6. Repeat 4 more times with the remaining ingredients.
7. Put some sesame oil on the finshed rolls and sprinkle some sesame seeds over top. Cut each roll into ¼ inch bite size pieces with a sharp knife, occasionally wiping it with a wet paper towel or cloth to clean the starch off and to ease cutting.Put it on a plate and serve immediately or pack it in a lunchbox.

**Japchae**

Japchae is a sweet and savory dish of stir-fried glass noodles and vegetables that is popular in Korean cuisine. Japchae is typically prepared with dangmyeon, a type of cellophane noodles made from sweet potato starch; the noodles are topped with assorted vegetables, meat, and mushrooms, and seasoned with soy sauce and sesame oil.Once a royal dish, it is now one of the most popular traditional celebration dishes, often served on special occasions, such as weddings, birthdays (especially dol, the first birthday, and hwangap, the sixtieth), and holidays.Japchae is commonly served as a banchan (side dish), though it may also be a main dish. It is sometimes served on a bed of rice: with rice, it is known as japchae-bap

Ingredients:

* 4 ounces beef, filet mignon (or pork shoulder), cut into ¼ inch wide and 2½ inch long strips
* 2 large dried [shiitake mushrooms](https://www.maangchi.com/ingredient/shiitake-mushrooms), soaked in warm water for 2 to 3 hours, cut into thin strips
* 2 garlic cloves, minced
* 1 tablespoons plus 2 teaspoons sugar
* 2 tablespoons plus 1 teaspoon [soy sauce](https://www.maangchi.com/ingredient/soy-sauce)
* 2 tablespoons [sesame oil](https://www.maangchi.com/ingredient/sesame-oil)
* 1 tablespoon [toasted sesame seeds](https://www.maangchi.com/ingredient/sesame-seeds)
* 1 large egg
* 4 ounces spinach, washed and drained
* 4 ounces of [dangmyeon](https://www.maangchi.com/ingredient/starch-noodles) (sweet potato starch noodles)
* 2 to 3 green onions, cut crosswise into 2 inch long pieces
* 1 medium onion (1 cup), sliced thinly
* 4 to 5 white mushrooms, sliced thinly
* 1 medium carrot (¾ cup), cut into matchsticks
* ½ red bell pepper, cut into thin strips (optional)
* ground black pepper
* salt
* vegetable oil

instructions:

Marinate the beef and mushrooms

1. Put the beef and shiitake mushrooms into a bowl and mix with 1 clove of minced garlic, 1 teaspoon sugar, ¼ teaspoon ground black pepper, 2 teaspoons soy sauce, and 1 teaspoon of sesame oil with a wooden spoon or by hand. Cover and keep it in the fridge.

Make the egg garnish (jidan):

1. Crack the egg and separate the egg yolk from the egg white. Remove the white stringy stuff (chalaza) from the yolk. Beat in a pinch of salt with a fork.
2. Add 1 teaspoon of vegetable oil to a heated nonstick pan. Swirl the oil around so it covers the pan, and then wipe off the excess heated oil with a kitchen towel so only a thin layer remains on the pan.
3. To keep the jidan as yellow as possible, turn off the heat and pour the egg yolk mixture into the pan. Tilt it around so the mixture spreads thinly. Let it cook using the remaining heat in the pan for about 1 minute. Flip it over and let it sit on the pan for 1 more minute.
4. Let it cool and slice it into thin strips.

Prepare the noodles and vegetables:

 Bring a large pot of water to a boil. Add the spinach and blanch for 30 seconds to 1 minute, then take it out with a slotted spoon or strainer. Let the water keep boiling to cook the noodles.

 Rinse the spinach in cold water to stop it from cooking. Squeeze it with your hands to remove any excess water. Cut it a few times and put it into a bowl. Mix with 1 teaspoon soy sauce and 1 teaspoon sesame oil. Put it into a large mixing bowl.

 Put the noodles into the boiling water, cover and cook for 1 minute. Stir them with a wooden spoon so they don’t stick together. Cover and keep cooking for another 7 minutes until the noodles are soft and chewy.

 Strain and cut them a few times with kitchen scissors. Put the noodles into the large bowl next to the spinach. Add 2 teaspoons sesame oil, 1 teaspoon soy sauce, and 1 teaspoon sugar. Mix well by hand or a wooden spoon. This process will season the noodles and also keep the noodles from sticking to each other.

 Heat up a skillet over medium high heat. Add 2 teaspoons vegetable oil with the onion, the green onion, and a pinch of salt. Stir-fry about 2 minutes until the onion looks a little translucent. Transfer to the noodle bowl.

 Heat up the skillet again and add 2 teaspoons vegetable oil. Add the white mushrooms and a pinch of salt. Stir-fry for 2 minutes until softened and a little juicy. Transfer to the noodle bowl.

 Heat up the skillet and add 1 teaspoon vegetable oil. Add the carrot and stir-fry for 20 seconds. Add the red bell pepper strips and stir-fry another 20 seconds. Transfer to the noodle bowl.

 Heat up the skillet and add 2 teaspoons vegetable oil. Add the beef and mushroom mixture and stir fry for a few minutes until the beef is no longer pink and the mushrooms are softened and shiny. Transfer to the noodle bowl.

Mix and serve:

1. Add 1 minced garlic clove, 1 tablespoon soy sauce, 1 tablespoon sugar, ½ teaspoon ground black pepper, and 2 teaspoons of sesame oil to the mixing bowl full of ingredients. Mix all together by hand.
2. Add the egg garnish and 1 tablespoon sesame seeds. Mix it and transfer it to a large plate and serve.

**Philippines**

**Champorado**

Champorado or tsampurado (Spanish: champurrado) is a sweet chocolate rice porridge in Philippine cuisine.It is traditionally made by boiling sticky rice with cocoa powder, giving it a distinctly brown color and usually with milk and sugar to make it taste sweeter. However, dry champorado mixes are prepared by just adding boiling water. It can be served hot or cold and with milk and sugar to taste. It is served usually at "merienda" or tea or snack time in the afternoon.

Ingredients:

* 1½ cup sticky white rice (also known as glutinous rice)
* 2½ liter water, plus 1 liter if rice gets too thick
* ¾ cup unsweetened cocoa powder
* ¾ cup organic sugar (or more if desired)
* ¾ cup non-dairy milk, plus more to drizzle for garnish (preferably coconut milk or almond milk)
* pinch of cinnamon (optional)
* pinch of nutmeg (optional)

instructions:

1. Boil water in a medium-sized pot.
2. Add rice and stir every once in a while to prevent sticking from the bottom of the pot.
3. Once the rice has turned soft and mushy, add rest of the ingredients: cocoa powder, sugar, non-dairy milk, cinnamon, and nutmeg.
4. Adjust seasoning to taste. Add more sugar if desired. Add more water if rice gets too thick.
5. Put pot to a boil and turn off heat.
6. Transfer to a bowl and drizzle non-dairy milk on top. Serve hot. Alternatively, you could bring to room temperature then refrigerate to serve cold.

**Chicken Adobo**

Philippine Adobo (from Spanish adobar: "marinade," "sauce" or "seasoning") is a popular dish and cooking process in Philippine cuisine that involves meat, seafood, or vegetables marinated in vinegar, soy sauce, garlic, and black peppercorns, which is browned in oil, and simmered in the marinade. It has sometimes been considered as the unofficial national dish in the Philippines.

Ingredients

* 8 chicken pieces, legs and thighs
* ½ cup/125 ml soy sauce/Bragg or Kikkoman brand for gluten-free version
* ½ cup to ¾ cup of rice vinegar (adjust it to your taste)
* 2 tbsp vegetable oil
* 2" long piece of ginger, grated
* 5 garlic cloves, crushed
* 2-3 bay leaves
* ½ tsp fresh ground black pepper
* 1 carrot, medium, cut in large chunks
* 1 potato, medium, cut in large chunks
* ½ cup/125 ml water
* 1 tbsp corn starch
* 1 tbsp water
* 1 spring onion (optional)
* 1 lime

Instructions

1. In a large bowl combine soy sauce, rice vinegar, 1 tbsp of oil, 4 garlic cloves crushed, half of grated ginger, black pepper, add chicken pieces and let them marinade for 30 minutes in the fridge.
2. In a wok or a deep pan brown chicken pieces for 3 minutes on each side, might need to do that in batches not to overcrowd chicken, otherwise they will steam instead of brown. Do not discard the marinade. Chicken will not be cooked all the way through, remove it from the pan to a plate and set aside.
3. To the same pan add 1 tbsp of vegetable oil, sliced garlic and the remaining ginger, stir fry for 1 minute, do not let them brown. Add the chicken, marinade, water, bay leaves, potatoes and carrots, (the sauce will not cover the chicken entirely), turn the heat up and bring the sauce to a boil, then reduce the heat to low and let it simmer for 45 minutes until carrots and potatoes are easily pierced with a fork and the chicken is cooked all the way through.
4. In a small bowl mix cornstarch with water, making sure there are no clumps and add to the sauce, mix through and let it simmer for a couple more minutes, which will allow the sauce to thicken. Spoon the sauce over the chicken, it should be thick enough to coat the pieces. If the sauce is not thick enough, cook it a bit longer until desired consistency. Sprinkle with sliced spring onion.
5. Serve with plain rice and lime wedges.

**Filipino style spaghetti**

Filipino style spaghetti recipe does not use any fancy ingredients. Just like any other spaghetti, this makes use of ground meat (pork), and a tomato based sauce (sweet Filipino style). The red juicy hotdogs and minced ham are important because it gives this dish a distinct flavor and appeal. The quickmelt cheese on top also helps to make the spaghetti have a richer flavor. The secret in making a tasty spaghetti such as this is to simmer the sauce for a longer period.

**Ingredients**

* 1 lb. spaghetti noodles
* 1 lb. Italian tomato sauce (the kind they used was called “Italian” but tasted sweet and was very smooth in texture)
* 8 ounces tomato paste
* 2 tablespoons minced onion
* 2 tablespoons minced garlic
* 2 tablespoons oil
* 1 lb. ground pork
* ½ cup minced carrots and red peppers
* 2 cups diced or thinly sliced hot dogs
* 1 cup water
* 1 tablespoon salt
* 1 teaspoon seasoning mix
* 7 ounces evaporated milk
* grated cheese for topping (they use a processed cheese similar to Velveeta)

**Instructions**

1. Cook the noodles according to package directions. Set aside.
2. Place the garlic, onion, and oil in a large saucepan or skillet. Saute for 3-4 minutes or until soft and fragrant. Add the ground pork and brown the meat until it’s completely cooked.
3. Add the minced vegetables and hot dog pieces and stir to combine. Add the water and allow the mixture to simmer for 10-15 minutes. Add the tomato sauce and tomato paste to the meat and continue to simmer the mixture for another 10-15 minutes. Add the evaporated milk and salt and stir until incorporated.
4. Combine the noodles and the sauce in a large pot or mixing bowl. Top with grated cheese. At Cherne they grate a processed cheese similar to Velveeta and let it melt into the top layer of the spaghetti.

**Pancit palabok**

In Filipino cuisine, pancit are noodles. Noodles were introduced into the Philippines early on by Chinese Filipino settlers in the archipelago, and over the centuries have been fully adopted into local cuisine, of which there are now numerous variants and types. The term pancit is derived from the Hokkien pian i sit which literally means "convenient food.

Ingredients:

* 500 grams rice noodles (bihon)
* 30 ml (2 tablespoons) cooking oil
* 10 grams dried prawns
* 5 cloves garlic, crushed
* 4 tablespoons flour
* 1 teaspoon achuete powder
* 600 ml shrimp stock (see recipe below)
* 30 ml (2 tablespoons) fish sauce (plus more to taste)
* salt and pepper
* Toppings: grilled squid, prawns, pork belly, smoked fish (tinapa), crushed pork crackling (chicharon), spring onions, hard boiled egg (quartered)
* 500 grams fresh prawns

Instructions:

1. To make the prawn stock, peel the prawns and place the peels (including the prawn heads) them in a pot and cover with around 600 ml of water. Bring to a boil and then turn the heat down to a simmer. Make sure to press the peels as the stock is simmering to extract as much flavour as you can. Continue to simmer for around 30 minutes and set aside.  The peeled prawns can be used for the toppings.
2. Heat the cooking oil and saute the dried prawns and garlic until fragrant, around 2 minutes. Next, add the flour and the achuete powder.
3. Add the prawn stock, a little at a time as if making a roux and mixing well after each addition. The sauce should now be thick (like a custard or a thick bechamel). If you prefer to make it thinner, add some water to dilute. Add the fish sauce and some salt and pepper to taste.
4. For the toppings – this should be done to taste. Marinate the squid, prawns and pork belly in equal quantities of soy sauce and fish sauce for around 30 minutes then grill or pan fry.
5. Fill another pot with water and bring to a boil. Add the bihon noodles and cook for around a minute until tender. Strain then place in a bowl Top with the prawn gravy, and the toppings (see above).