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1

유자차 (y u j a t e a)



Ingredients:

2-3 tsp marmalade syrup

2-3 slices of citrus from the marmalade

1 cup water hot or cold water

Directions:

In a cup, mix all of the ingredients together. Enjoy hot or cold.

FEBRUARY



바나나 (banana)



2

바나나 빵 (banana bread)

Ingredients:

1/2 cup margarine or 1/2 cup butter

1/2 cup brown sugar

2 eggs

1 teaspoon vanilla

1 1/2 cups flour

1 teaspoon baking soda

1/2 teaspoon salt

1 cup mashed banana

1/2 cup chopped walnuts

1/2 cup sour cream

Directions:

Grease 1 large loaf pan.

Cream margarine, sugar, eggs and vanilla.

Add dry ingredients, then bananas, nuts and sour cream.

Mix well.

Bake at 350 F for 1 hour.

MARCO



날짜 (date)



3

삼계탕 (s a m g y e t a n g)

Ingredients:

2 cornish hens. Each hen weighs about 1½ pounds, a nice portion for 1 person.

½ cup short grain rice (or glutinous rice), rinsed and soaked in cold water for 1 hour.

2 fresh ginseng roots, washed

2 large dried dates, washed

16 garlic cloves, washed and the tips are removed

2 to 3 green onions, chopped

kosher salt

ground black pepper

Directions:

Strain the rice.

Remove the giblets from the hens and rub them with salt all over to clean them nicely. Rinse under cold running water.

Put the hens on the cutting board, pat dry, and remove any extra fat around the body cavities with kitchen scissors. Cut off the tips of the wings if you want.

Stuff each hen with rice, 1 ginseng, 1 date, and 8 garlic cloves. Put any leftover rice in the pot.

Place the hens into a heavy pot. Add 8 cups of cold water, cover, and cook over medium high heat for 30 minutes.

Turn down the heat to medium and cook for another 40 minutes until the chicken, ginseng, and rice turn soft. Open up the pot from time to time and ladle some broth from the bottom over top of the chickens. If the broth evaporates too much, add more water.

Remove from the heat.

APRIL



살구 (apricot)



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4

크림 케이크 (cream cake)

Directions:

Preheat the oven to 350 F. Grease and flour two 9-inch round cake pans. Prepare, bake and cool the cake as directed on the package.

Split each cake layer in half horizontally. Reserve 1 tablespoon preserves. Place one split cake layer on a serving plate. Spread one-third remaining preserves on top. Repeat with remaining layers and preserves, leaving top plain.

Prepare pudding mix as directed on the package using 3/4 cup milk. In a large bowl, beat whipping cream until soft peaks form. Fold whipping cream into pudding. Spread on sides and top of cake. Garnish with apricot halves and mint leaves. Warm reserved preserves to glaze apricot halves. Refrigerate until ready to serve.

Ingredients:

1 box golden cake mix

1 (18 oz) jar apricot preserves

1 (3.4 oz) pkg vanilla instant pudding and pie filling

3/4 cup milk

1 1/2 cups whipping cream

apricot halves

mint leaves

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피망 (bell pepper)

5

감자조림 (braised potatoes)

Directions:

Peel and cut potatoes into about 1-inch cubes. Cut the carrot, peppers, and onion into big chunks.

In a small bowl, combine all the braising liquid ingredients except the sesame oil and seeds. Stir well.

In a non-stick pan (or a small pot), sauté the potatoes in cooking oil over medium heat for 4 – 5 minutes, stirring occasionally so the potatoes don't stick to the pan.

Add the sauce mix and bring it to a boil over high heat. Drop the carrot pieces in. Cover, and reduce the heat to medium and cook until the potatoes are almost cooked through (about 5 to 6 minutes, depending on the type or size of potatoes). The potatoes should be firm and not mushy.

Stir in the green peppers and onion, and continue to boil (uncover this time) until the sauce is reduced and slightly thickened, about 3 minutes. The potatoes will continue to soak up the sauce even after being cooked. Stir in the sesame oil and sprinkle with sesame seeds.

Ingredients:

1.5 pounds potatoes (about 3 medium size)

1 carrot (about 3 ounces) See note 1

2 to 3 green chili peppers (or 1/2 green bell pepper)

1/4 medium onion

1 tablespoon cooking oil



오이 (cucumber)

6

빔 빔 남면 (mixed namyeon)

Ingredients:

- 1 Korean pear (about 300 grams)
- 2 scallions, divided
- 1/2 small yellow onion (about 50 grams), coarsely chopped
- 3 garlic cloves
- 3 tablespoons gochugaru (Korean hot red pepper flakes)
- 3 tablespoons gochujang (Korean hot red pepper paste)
- 2 tablespoons rice syrup or honey
- 1 tablespoon apple cider vinegar, plus more for serving
- 1 tablespoon soy sauce
- 4 large eggs
- 1/2 English cucumber (about 135 grams)
- 1 pound dried naengmyeon noodles (Korean buckwheat noodles)
- Toasted sesame seeds, for serving

Directions:

Peel and coarsely chop one-half of the pear and transfer to a food processor or blender. Coarsely chop 1 scallion and add to the food processor. Add the onion, garlic, gochugaru, gochujang, rice syrup, vinegar, oil, and soy sauce and process until smooth. This will yield about 1 cup sauce. Refrigerate while you prepare the noodles and garnishes.

Bring a large pot of water to a rolling boil. Using a slotted spoon, gently lower in the eggs. Cook, uncovered, for 8 minutes, then immediately transfer to an ice bath to cool before peeling. Peel, then slice in half lengthwise. Reserve the pot of water. While the eggs cook, slice the cucumber and the remaining Korean pear half into thin matchsticks. Thinly slice the remaining scallion.

When ready to serve, bring the reserved pot of water to a boil. Cook the noodles for 4 minutes, until slightly chewy and elastic. Drain and rinse well with cold water. Divide the noodles among 4 large shallow serving bowls. Spoon about $\frac{1}{4}$ cup of the bibim sauce over each bowl of noodles.

Place the sliced pear, sliced cucumber, pickled radishes, and 2 egg halves on top of the noodles. Drizzle with some oil and sprinkle with the scallions and seeds.

When ready to eat, use scissors to cut through the noodles a few times to make them easier to mix and eat.



딸기 (strawberry)

7

딸기 & 설탕 (strawberries & sugar)



Ingredients:

Strawberries

Sugar

Directions:

Mix sugar and strawberries in a bowl.

AUGUST



포도 (grape)

8

감자 샐러드 (potato salad)

Ingredients:

Yukon gold potatoes (red potatoes will work)

English cucumber

carrots

sweet onion (white or yellow onion will work)

seedless grapes

golden raisins

mayonnaise or a vegan version like this one.

sugar (just a tablespoon)

rice vinegar (apple cider vinegar works)

salt and pepper

Directions:

In a large pot, place quartered potatoes and pour in enough cold water to cover. Add a pinch or two of salt and bring to a boil. Cook potatoes until fork tender, around 12-15 minutes.

While potatoes are cooking, place cucumber slices on a paper towel or clean flour cloth and sprinkle with salt. It takes around 1 1/2 teaspoons and they need to sit with salt for around 5 minutes. Then rinse and squeeze the excess water from the cucumbers in the paper towels or cloth.

Don't skip this step, or you will end up with soggy potato salad.

Drain cooked Yukon gold potatoes and add to a larger mixing bowl. Add all remaining ingredients along with a pinch or two of salt and pepper and mix to combine.

Refrigerate for a half hour before serving.



사과 (apple)

9

사과 커피 케이크 (apple coffee cake)

Directions:

Cut 12 tablespoons unsalted butter into small cubes, then place in a stand mixer and let sit at room temperature to soften. (Alternatively, place in a large bowl if using an electric hand mixer.) Meanwhile, arrange a rack in the middle of the oven and heat the oven to 350 F. Grease a 9x13-inch baking pan with butter. Place 2 large eggs and 1 cup sour cream at room temperature while you prepare the streusel and cut the apples. Prepare the streusel.

Make the streusel. Place 8 tablespoons unsalted butter in a medium microwave-safe bowl and microwave in 20-second bursts until completely melted, 50 to 60 seconds total. (Alternatively, melt in a small saucepan over medium-low heat.)

Add 1 tablespoon ground cinnamon, 1/2 teaspoon grated or ground nutmeg, and 1/2 teaspoon kosher salt to the melted butter and stir until combined and the salt is melted. Add 1 cup all-purpose flour, 1/2 cup granulated sugar, and 1/2 cup packed light brown sugar and stir with a fork until evenly moistened and a variety of crumb sizes form. Do not mix into a paste of uniform consistency. Refrigerate until the butter firms up, at least 10 minutes. Meanwhile, make the cake.

Make the cake. Peel and dice 1 1/2 pounds Granny Smith, Honeycrisp, or Pink Lady apples (about 3 2/3 cups). Place 3 cups all-purpose flour, 2 teaspoons baking powder, 1 teaspoon ground cinnamon, and 1/2 teaspoon baking soda in a large bowl and whisk to combine.

Add the eggs, sour cream, 1/2 cup milk, and 1 tablespoon vanilla extract to a medium bowl and whisk to combine.

Add 1 cup granulated sugar, 1 cup packed light brown sugar, and 1 teaspoon kosher salt to the butter in the stand mixer. Beat with the paddle attachment on medium speed until lightened in color fluffy, about 7 minutes. Scrape down the sides and bottom of the bowl. With the mixer on low speed, add half of the flour mixture and beat until mostly incorporated. Add the milk mixture and beat until just combined. Scrape down the sides and bottom of the bowl.

Return the mixer to low speed, add the remaining flour mixture, and beat until just combined. Stop the mixer, add the apples, and fold in by hand with a flexible spatula.

Transfer the batter to the prepared baking pan and smooth the top. Crumble the chilled streusel evenly over the top.

Bake until the cake is lightly browned and a toothpick inserted into the center comes out clean, 58 to 63 minutes. Place the pan on a wire rack and cool completely, about 3 hours. Cut into squares and serve straight from the pan.

Ingredients:

12 tablespoons (1 1/2 sticks) unsalted butter, plus more for the pan

2 large eggs

1 cup sour cream

1 1/2 pounds medium apples, such as Granny Smith or Honeycrisp (3 apples)

3 cups all-purpose flour

2 teaspoons baking powder

1 teaspoon ground cinnamon

1/2 teaspoon baking soda

1/2 cup whole or 2% milk

1 tablespoon vanilla extract

1 cup granulated sugar

1 cup packed light brown sugar

1 teaspoon kosher salt

8 tablespoons (1 stick) unsalted butter

1 cup all-purpose flour

1/2 cup granulated sugar

1/2 cup packed light brown sugar

1 tablespoon ground cinnamon

1/2 teaspoon grated or ground nutmeg

1/2 teaspoon kosher salt

OCTOBER



10

매실차 (plum tea)

Ingredients:

3 Tbsp Maesil Cheong (Korean plum extract)

8 Oz Filtered Water

Optional: Ice

Optional: Lemon or Lime Slice

Directions:

Hot Maesil Cha:

First, heat water. In a mug, combine Korean plum extract with hot water. Stir until the two ingredients combine.

Enjoy! (You can also serve with an optional lemon or lime slice.)

Iced Maesil Cha:

In a glass, combine ice cubes and Korean plum extract. Then, pour over the water. Stir until the plum extract and water combine. Enjoy! (You can also serve with an optional lemon or lime slice.)

NOVEMBER

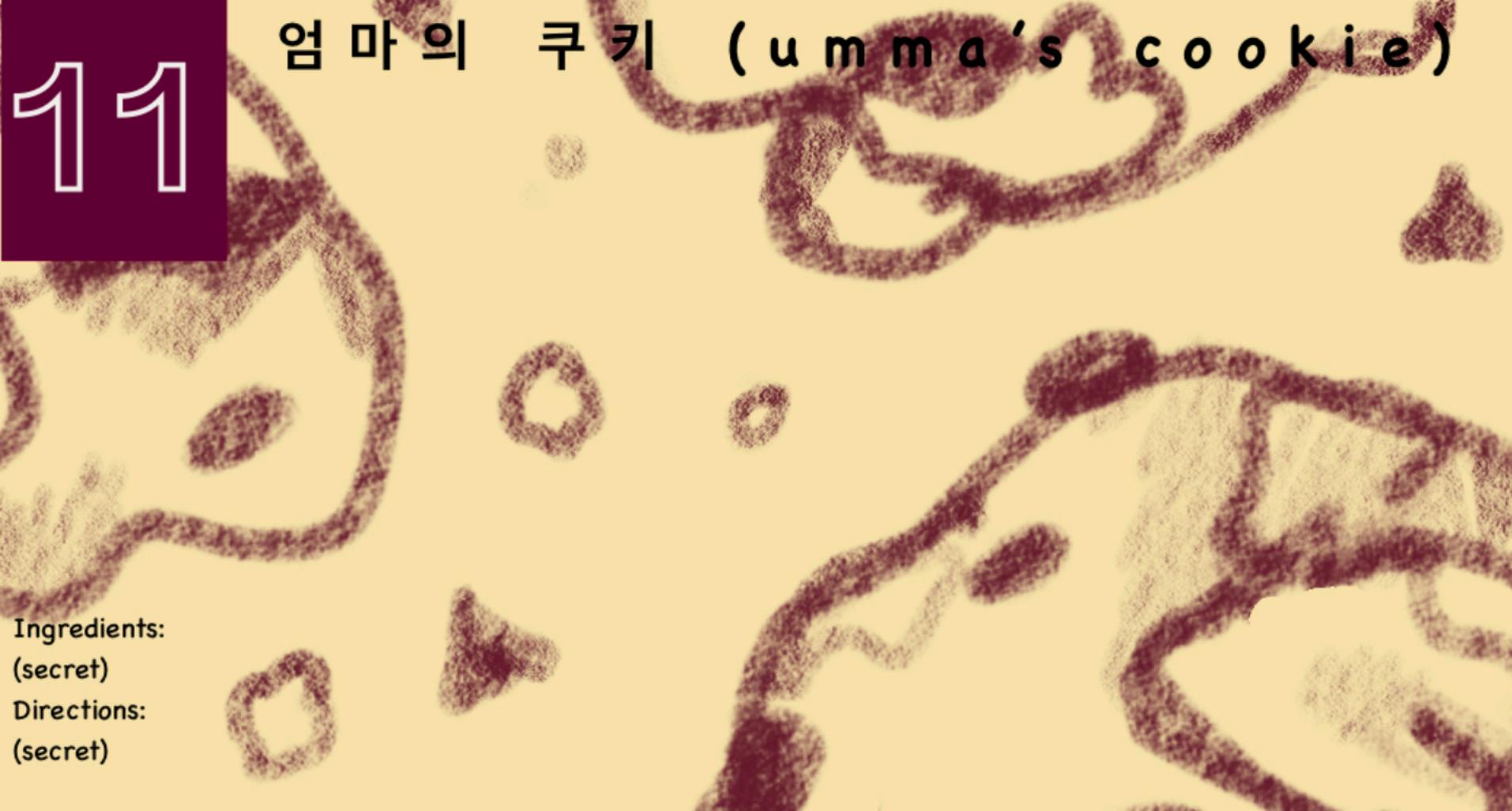
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크랜베리 (cranberry)

11

엄마의 쿠키 (umma's cookie)



Ingredients:
(secret)
Directions:
(secret)

■ (pear)

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12

물 김 치 (water kimchi)

Directions:

Separate cabbage leaves and chop into bite-size pieces. Dissolve a quarter cup of sea salt in a bowl of warm water, then pour salt water over cabbage leaves. Give cabbage a gentle toss to distribute salt water. Allow salted cabbage to sit for at least four hours.

Give cabbage a good rinse to remove excess salt and then transfer cabbage to a large bowl.

Combine the Korean Chile flakes with sufficient water to make a thick paste then add to cabbage. Add the minced garlic, ginger, green onions, and fish sauce.

Blend the apple and pear with one cup of water in a Food Processor or Blender and then add to the cabbage. Put on a pair of rubber gloves and give everything a thorough toss and rubdown. You want to evenly distribute all ingredients, especially the red chile paste.

Transfer seasoned cabbage leaves into a large glass bottle. Be sure to use firm pressure with your hands to push down on cabbage leaves as they stack up inside the bottle. Transfer any liquid that accumulated during the mixing process into the bottle as well. This liquid will become Kimchi brine. Some liquid will also come out of the cabbage leaves as you press down on them as they are stacked in the bottle. Be sure to leave about 2 inches of room at the top of the bottle before capping it tightly with a lid. Allow the bottle of Kimchi to sit at room temperature for 24 hours.

Ingredients:

1 Head of Napa cabbage

1/4 Cup Sea Salt

Water

1/4 Cup Korean Chile Flakes

2 Tbsp. Garlic, minced

1 Tbsp. Ginger, minced

4 Green onions, sliced

2 Tbsp. Fish sauce

1/2 Apple

1/2 Pear



