

Cookbook

Muchang Bahng

Winter 2024

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I made these set of notes since I lose track of what I know how to cook and don't. It sometimes becomes a pain to keep track of what I need to buy in order to cook something when I go shopping. Most of these are simple enough to make, as I've been cooking during my senior year in college.

1 Pastas

1.1 Vongole and Aglio Olio

Ingredients 1.1 ()

1. *Pasta Noodles.*
2. *Garlic.* Chopped or minced.
3. *Olive Oil.* Better if extra virgin.
4. *Chili Flakes.* For spice but optional.
5. *Clams.* If you are making Vongole.
6. *Shrimp.* Optional.

Procedure 1.1 ()

1.2 Cream Pasta

1.3 Tomato Spaghetti

1.4 Rose Pasta

2 Stir-Fried Sweet and Spicy Pork

This was the first Korean food that I made.

Ingredients 2.1 ()

1. *Pork.* This can be pork belly (삼겹살), 목살, or anything that has some amount of fat on it.
2. *Gochujang* (고추장) and/or *Gochugaru* (고춧가루).
3. *Garlic.* Can be whole, minced, or sliced.
4. *Ginger.*
5. *Green Onions.*
6. *Onions.*
7. *Bell Pepper.* Optional but I like to put more vegetables.
8. *Carrots.* Optional but I like to put more vegetables.
9. *Soy Sauce.*

2.1 Burritos

During the winter of 2024, I was looking for an easy way to meal prep, and I found out that I can simply wrap these in a burrito.

Ingredients 2.2 ()

1. *Pork.* This can be pork belly (삼겹살), 목살, or anything that has some amount of fat on it.
2. *Gochujang* (고추장) and/or *Gochugaru* (고춧가루).
3. *Bacon.* Optional.

4. *Onions.*
5. *Cheddar Cheese.*
6. *White rice.*

3 LA Galbi

4 Spicy Chicken Feet

5 닭갈비

6 Spicy Cheese Back Ribs

Ingredients 6.1 ()

Essentials.

1. *Pork Ribs.* Such as baby pork ribs.
2. *Rice Cake.*
3. *Green Onions.*
4. *Onions.*
5. *Mozzarella Cheese.*
6. *Soy Sauce.*
7. *Rice Wine*
8. *물엿.* Can substitute with another portion of sugar.
9. *Sugar.* 2 tbsp.
10. *Gochugaru.*
11. *Minced Garlic.*

Procedure 6.1 ()

1. Rinse the ribs in 1-2 hours in cold water to drain the blood. tbh you don't need to do it that long, but it's better.
2. When water boils, put the ribs in and boil for 10 minutes. Then drain the water and rinse the ribs in cold water.
3. Then put the ribs in a new pot of water. Add the starch, sugar, and rice wine.
4. Slice the onions and green onions and put it in when the water boils.
5. Add the gochugaru, minced garlic, and soy sauce and boil on high for about 30 minutes.
6. Add rice cakes and boil for 5 more minutes on medium heat.
7. Then add more green onions and black pepper.

7 떡볶이

8 Soondubu (순두부)

9 Kimchi Stew (김치찌개)

10 Ramen

Here are different variants to make your ramen a bit better.

10.1 Stir Fried

Ingredients 10.1 ()

Essentials.

1. *Ramen*. Should be spicy and broth based.
2. *Eggs*.
3. *Vegetable Oil*.

Optional.

1. *Green Onions*.

Procedure 10.1 ()

1. Boil the ramen without the sauce.
2. While ramen is boiling, put 3 tablespoons of vegetable oil. Start scrambling the eggs in it.
3. Then add the ramen sauce in the eggs.
4. Then add the boiled ramen.
5. Add some green onions.

11 Korean Pancakes (전)

There are many different types of pancakes.

11.1 Cabbage Pancake

Originally from Japan.

Ingredients 11.1 ()

Essentials.

1. *Cabbage*.
- 2.

Optional.

11.2 Rice and Tuna Pancake

Ingredients 11.2 ()

Essentials.

1. *Canned Tuna*
2. *Rice*. Leftover white rice ideally.
3. *Frying Powder*. 부침가루/튀김가루 (both okay).
4. *Eggs*
5. *Salt*. Some MSG too is better.
6. *Green Onions*. Don't need too much.
7. *Onions*. Don't need too much.
8. *Carrots*. Don't need too much.

Optional.

1. *Peppers*. For spice, can be substituted with paprika. Optional.
2. *Ketchup*. For the sauce

12 Peanut Noodles