

MA / A Cooking Adventure

~Korean Dishes Cooking Class~

Serves 4 to 5 persons

Oogoppa

This dish is specialty for New Years.

Rice (Kome)	1 cup	Millet (Kibi)	1/2 cup
Glutinous rice (Mochigome)	1 cup	Black beans (Kuromame)	1/2 cup
Red beans (Azuki)	1/2 cup	Water	1-1.5 cups
Water used after boiling red beans	2 cups	Salt to taste	

1. Soak the red beans and black beans into water for a night.
2. Wash the red beans and place in a pan. Add the same amount of water as beans. Boil the red beans and drain the water. Add 3 more cups of water and boil until the beans become soft but don't crush the beans.
Save 2 cups of the boiled water to tint the rice slightly red.
3. Wash rice and glutinous rice together and drain the water.
Leave for 30 minutes.
4. Put rice and all the beans together in a rice cooker. Make 3-3.5 cups of water with used water (after boiling red beans). Add salt to taste and cook.
(If you use a home rice cooker add the millet when it is halfway cooked.)

Sonpyon (Sticky rice cakes)

This dish is a specialty for the Bon Festival. In Korea it is said that if you can make this rice cakes look good it means you can be a good wife.

【Dough】		【2 types of Filling】	
Rice powder	2 cups	Chestnut	100g
Salt to taste		Ground sesame seeds	3 Tbsp.
Water	An appropriate amount	Sugar to taste	
Sesame seed oil	1/2 Tbsp.		

1. Place rice powder in a bowl, add salt and water, knead it until it becomes soft.
2. Cut the dough and shape it into balls. (We are making two types)
3. In a small bowl put ground sesame seeds with sugar and mix.
4. Fill the balls with chestnut or sesame paste and shape them like a shell.
5. Steam it. (It is said that if you use cedar leaves under the dough it drives away evil spirits.)
6. Wash in cold water, add sesame seed oil so they won't stick together.

2 types of Namurul

Namuru is like a side dish. It goes well with Oogoppa.

【Kosari】		【Kongnamul】	
Royal fern (Zenmai)	200g	Bean sprout	200g
Garlic	1 Clove	Minced green onion	1 Tbs.
Salad Oil	1 Tbs.	Ground sesame seed	1 Tbs.
Salt and Ajinomoto your taste		Garlic	1/4 Clove
Water	1/4 cups	Salt and Ajinomoto to your taste	
		Sesame seed oil	1 Tps.

【Kosari】

1. In a frying pan, add salad oil and swish it around and fry the washed royal fern with seasoning.
2. Pour in water and cover with a lid, wait until the royal fern seeds pop.

【Konnamul】

1. Pour water and salt in a pan and boil the washed bean sprout.
2. Drain the water and put them in a bowl with minced green onion, garlic, ground sesame seed and seasoning.

Kongnamul kuppu (Bean sprout soup)

This is very simple and easy to make and good for drunkenness.

Bean sprouts	100g	Salt and Ajinomoto to your taste	
Garlic	3/4 Clove	Water	4-5 cups
Sliced green onion	50g		

1. Put bean sprouts in a pan, pour in water and boil.
2. Add minced garlic, sliced green onion and seasoning.

