

# JAPCHAE RECIPE

## INGREDIENTS

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### MAIN

8-9 oz Korean glass noodles  
1 carrot julienned  
4 oz. fresh spinach  
1/2 red bell pepper julienned  
1/2 yellow onion sliced thin  
3.5 oz shiitake mushroom, sliced thin  
3.5 oz ribeye fillet strips\* (optional)  
Cooking oil (I prefer Rice Bran oil)  
Large pot boiling water

### SPINACH SEASONING

1/4 tsp fine sea salt  
1/2 tsp minced garlic  
1 tsp toasted sesame oil

### BEEF MARINADE\* (OPTIONAL)

1 Tbsp soy sauce  
1 tsp rice wine (mirin)  
2 1/2 tsp minced garlic  
1/4 tsp black pepper  
1 tsp toasted sesame oil

### NOODLE & MUSHROOM MARINADE

1 Tbsp toasted sesame oil  
1 Tbsp honey  
1 Tbsp brown sugar  
4 Tbsp soy sauce  
1/8 tsp black pepper

### FINISHING TOUCH

1 Tbsp toasted sesame seeds  
1 Tbsp toasted sesame oil  
1-large egg (optional)

## DIRECTIONS

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\*Beef bulgogi can be substituted for ribeye fillet & beef marinade.

Cut ribeye into strips. Mix ribeye strips with beef marinade in small bowl. Cover bowl & set aside.

Add 1 Tbsp noodle & mushroom marinade to sliced mushrooms. Mix well & set aside.

Blanch spinach in boiling water 5-10 seconds. Remove spinach with slotted spoon, quickly cool by running under cold water. Gently squeeze to remove excess water.

Mix spinach with spinach seasoning. Set aside.

Add noodles to boiling water, boil 6-7 minutes. Drain, then rinse in cold water to cool down. Cut noodles with kitchen shears a couple times (6-8" long).

Place fully drained noodles in bowl. Pour in remainder noodle & mushroom marinade. Mix well, set aside.

Make egg sheet(s). You can use separated egg white & yolk or full egg together. Beat egg with fork.

Add 1 tsp oil to pre-heated skillet on low. Pour in beaten egg white, swirl to spread. Cook 1-2 minutes till cooked but not brown. Separated egg adds color to dish.

Transfer egg to cutting board & set aside. Repeat for yolk if egg is separated. (cont. next page)

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1-large egg (optional)

## DIRECTIONS CONT'D

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(cont. from page 1)

Add 1 tsp oil. Stir fry sliced onion with pinch of salt over low to medium heat 1-2 min. Transfer to bowl.

Add more oil if necessary. Stir fry julienned carrot with pinch of salt 2 min. Transfer to bowl with onions.

Add more oil if necessary. Stir fry julienned bell pepper with pinch of salt 1-2 min. Transfer to veggie bowl.

Add more oil if necessary. Stir fry marinated mushrooms (incl. any marinade) 1-2 minutes. Transfer to veggie bowl.

Add more oil if necessary. Stir fry beef strips 2-3 minutes over medium heat. Transfer to bowl with veggies.

Add more oil if necessary. Stir fry marinated noodles 2-3 minutes over low to medium heat. Transfer to bowl with veggies and meat.

Using clean (or plastic-gloved) hands, mix all ingredients in large bowl. Add finishing touches: 1 Tbsp toasted sesame oil, 1 Tbsp toasted sesame seeds, and mix.

Roll cooled egg sheets and slice to form thin strips. Add egg strips to top of japchae, mix before serving.

### Variations

Vegetarian: Omit beef

Vegan: Omit beef & egg

Stir fry leftover japchae to reheat and top with a bit of toasted sesame oil.

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