# YOU NEED

- 8 **chicken thighs** or **drumsticks on the bone** (or a mixture of the 2) - skin removed if you prefer, or use **firm tofu** cut into bite-size pieces for a veg version (following the same cooking instructions)
- 1 **Chinese cabbage** - thinly sliced
- 1 **bunch of spring onions** - thinly sliced
- 3 medium **carrots** - peeled and thickly sliced
- 1 large **onion** - ½ cut into wedges, ½ roughly chopped
- **Fresh ginger** - roughly chopped to make 1 tbsp
- 2 **cloves of garlic** - roughly chopped
- 4 **eggs** (any size)
- 50g **sugar**
- 75g **rice flour** (for a gluten-free version) or **plain flour**
- 25g **cornflour**
- 60ml **vinegar** (rice, white wine or cider vinegar is best)
- 45ml **soy sauce** (any type) or gluten-free alternative
- 300g **Japanese sushi rice**

## EQUIPMENT NEEDED

Large lidded pan, Medium saucepan, Mixing bowl x 2, Blender, Large frying pan, Kitchen paper

## TTHE UNIQUE AND SPICY FLAVOURS OF KOREAN CUISINE...

Until recently, Korean food was something of a mystery to the western world, but it's now on everyone's list of 'must eats'. The Korean chilli flake (gochugaru) appears in many of the dishes - it has a lovely, sweet and slightly smoky flavour with just a touch of heat. To begin, we've got savoury pancakes (known as buchimgae) served with two of Korea's favourite dipping sauces - the first (ssamjang) is tangy and spicy, and the second (choganjang) is sweet, salty and gingery. For the main event we've got a comforting chicken stew served with sticky rice and a quick slaw version of kimchi, the ubiquitous fermented cabbage dish.

- The traditional communal act of making kimchi is known as kimjang and has UNESCO world cultural heritage status
- The Korean phrase for 'how are you?' is 'bap meo-geo-seo-yo?' which literally translates as 'have you eaten rice?'

An array of different types of kimchi at a Korean market

A busy street in South Korea's capital, Seoul

#HAPPYSPICING

# BUCHIMGAE KOREAN STEW with kimchi slaw

HEAT | PREP 30 MINS | COOK 1 HR 20 MINS | SERVES 4 | WEIGHT 45G

**MAKE IT AGAIN!**
**Find this spicebox online or substitute with these everyday Spicery Larder ingredients:**

**Ssamjang Spices:** 1 tsp chilli flakes and 1 tsp paprika **Paste Spices:** 1 tsp chilli flakes and 4 tsp paprika **Kimchi Slaw Spices:** 1 tsp chilli flakes and 2 finely chopped cloves of garlic **Buchimgae Blend:** You really need 2 tsp toasted sesame seeds for this! **Chicken Marinade:** 2 finely chopped cloves of garlic and 2 tsp finely chopped ginger **Sesame Seeds:** You really need 1 tbsp toasted sesame seeds for this! **Choganjang Spices:** You really need 2 tsp toasted sesame seeds for this!

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**INGREDIENTS**
**Ssamjang Spices:** Korean chilli, garlic, ginger **Paste Spices:** Korean chilli, red bell pepper **Kimchi Slaw Spices:** Korean chilli, onion, garlic, chives, coriander **Buchimgae Blend:** chives, white **SESAME**, white pepper **Chicken Marinade:** ginger, garlic, black pepper, yellow **MUSTARD** **Sesame Seeds:** white **SESAME**, black **SESAME** **Choganjang Spices:** white **SESAME**, Korean chilli, ginger **Allergens are listed in CAPITALS. May contain CELERY.** See sachets for BBE date. Store in a cool, dark place.

## 1 FOR THE KIMCHI SLAW:

Mix the Chinese cabbage with ½ tsp salt

## 2 FOR THE KOREAN STEW:

Mix the chicken with 1 tbsp soy sauce and the **CHICKEN MARINADE**. Leave to marinate

## 3 FOR THE SSAMJANG:

Mix the **SSAMJANG SPICES** with 2 tbsp vinegar, 1 tbsp water, 1 tbsp oil, 1 tsp sugar and a pinch of salt until the sugar dissolves. Leave to one side

## 4 FOR THE CHOGANJANG:

Mix the **CHOGANJANG SPICES** with a pinch of the spring onions, ½ of the ginger, remaining 2 tbsp soy sauce, 1 tbsp water and 1 tbsp sugar until the sugar dissolves. Leave to one side

## 5 FOR THE KOREAN STEW:

Blend the roughly chopped onion with the remaining ginger, all of the garlic, the **PASTE SPICES** and 75ml water to a smooth paste (adding an extra splash of water if necessary)

Fry the paste in 2 tbsp oil for 5 minutes or until it starts to stick to the base of the pan and the oil starts to split out

Stir in the chicken (including all the marinade), carrots, onion wedges, 150ml water and ½ tsp salt then cover and simmer for 45 minutes or until the chicken is cooked through to the bone and the vegetables are soft

## 6 FOR THE KIMCHI SLAW:

Squeeze the salted Chinese cabbage in kitchen paper or a clean tea towel to absorb all the excess water

Stir in the remaining 2 tbsp vinegar, remaining 2 tbsp sugar, the **KIMCHI SLAW SPICES** and ½ of the remaining spring onion. Leave to one side

## 7 FOR THE RICE:

Cook the rice in a covered pan with 400ml water and a pinch of salt for 15 minutes or until all the water has been absorbed and the rice is cooked through. Leave to stand with the lid on for 5 minutes before serving

## 8 FOR THE BUCHIMGAE:

Whisk the eggs with 2 tbsp water, the flour and cornflour to make a smooth batter

Stir in ½ of the kimchi slaw, the remaining spring onions, **BUCHIMGAE BLEND** and ½ tsp salt

Heat 3 tbsp oil in a large frying pan until very hot

Spoon the pancake mixture into the pan to make 4 pancakes about 10cm in diameter then fry for 5 minutes on each side or until golden brown and cooked through to the centre (you may have to do this in batches)

## 9 TO SERVE THE STARTER:

Serve the buchimgae with the ssamjang and choganjang on the side

## 10 TO SERVE THE MAIN:

Sprinkle the **SESAME SEEDS** over the stew

Serve the Korean stew and rice with the remaining kimchi slaw, ssamjang and choganjang on the side

SERVES 4

**See what everyone has been making this month!**

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Or tag us in your photos on Instagram and X to be featured on our website and, if you're lucky, in the Spice News!

**WHY NOT LET US KNOW HOW YOU GET ON?**
Post a photo on our ★ Wall of Fame ★ or join us online!

FRESHLY GROUND SPICES USE QUICKLY FOR THE BEST FLAVOUR!

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