

## Korean Food Survival

- **Basic Equipment**

- **Knives**

- You don't need much (No serrations, tinker trucks, Noryangjin)
    - Take care of them (sharpening and cleaning)

- **Prep** (pestle & mortar, cutting board, mixing bowls, wooden spoon, silicone spatula)

- **Cooking utensils** (spatula, spring-loaded tongs, pots & pans, hand towels, peeler)

- **Heating devices** (microwave, toaster oven)

- **Bonus items** (oven, rice cooker, blender, coffee maker)

- "I'm leaving Korea" sales are your best friends (ESL Café, Craig's List, ROKD Classifieds)

- **Hunting and Gathering**

- Take advantage of ingredients that are cheaper in Koera (garlic, mushrooms, pine nuts, seafood)
  - Hard-to-find items are becoming easier to find

- **Grocery stores** (cheeses, Indian curry, celery, tortillas, bacon, canned goods, frozen pizza, salsa, southeast Asian, lunchmeat)
  - Watch for special shipments (avocados)
- **Department stores** (more expensive, better cheeses and booze, spices, baking supplies, German and Japanese)
- Fresh and dried herbs and spices
  - **Grocery stores** (getting better, buy whole when possible, dried herbs suck, fresh cilantro and parsley, cut herbs are pricey)
  - **Flower shops**
- **Middle Eastern, Central Asian, and Chinese grocers** (cheap lamb, venison & goat, ground corn-polenta & grits, cheap cilantro, shallots, green beans, durian, Vietnamese vodka, imported beers, Indian flatbreads, chutneys)
- **French, German, Australian**
  - **Soraema-eul** (more expensive, good for special occasion stuff, wine and cheese, Vinestock, olive oils and coffees)

- **Itaewon** (Le St-Ex, Meili Delicatessen, Suji's, Tony's)
- **Filipino Market** (canned goods, okra, corned beef hash, sausages, good cheap meals)
  - Controversy
- **American**
  - Hannam and Itaewon
  - A little secret... (Dragon Hill Lodge, turkey dinners, Oasis)
  - Dongdaemun is risky

***WHEN ALL ELSE FAILS...***

- **Costco** (not everyone has access, pool together with friends, buy what you can stock up on, find that you don't really need it, can get too heavy, depletes funds)
  - Coffee, tortillas, bacon, cheese, Suji's lunchmeat
- **Korean open-air markets** (duck-be careful, very fresh veggies, local, more likely organic, cheaper, special finds—asparagus ₩5,000)

- Be open to **ingredient substitutions** (Sesame leaves—fennel & basil, Omija—cranberries, soju—vodka in cocktails and cooking—infused soju)
- **Outright replacements** (bulgogi in burritos, mandu wrappers for ravioli)
- **In the Kitchen**
  - **Zipper bags** are also your friends (store stocks, dividing and freezing stuff from Costco, organizing stuff in your house)
  - **Ssam bags** for salads (supposedly pre-washed but wash again to be safe)
  - **Sundays are for stocks** (leftover turkey carcass, don't let cooled stock stand for long)
    - Recipe
  - **Sundays are for “low and slow”** (braises and stews—bolognese; prep for the week's meals)
  - **Sundays are for special projects** (cheese, yogurt, meat, alcohol)
  - Use **leftover booze** in cooking (or housework; bokbunja poached pears, soju sauce, wine in everything)

- **Toaster oven** for mini oven meals (AvecEric.com – Get Toasted; fish, turkey)
- Other uses for the **microwave** (disinfecting sponges, cappuccino)
- **The Rice Cooker** (Pressure cooker, slow cooker, small oven)
  - Fast mashed potatoes, galbi jjim, chicken soup, carrot cake
- **Homemade “Ricotta” Cheese**
  - Read ingredients then go to...
- **Homemade Goat Cheese**
  - Two quarts of Milk, One pint of Fresh Cream, Juice from one Lemon, Pinch o’ Salt
  - 185F/80C
  - Turn off heat and stir in the acid until it gets grainy
  - Strain in a cheesecloth or very clean towel
  - Roll it up or store it in a container
- **Yogurt in a Thermos**

- Sterilize thermos, Heat milk 82-85°C, Cool it at 41-46°C, Add some yogurt, Close tightly and rest for 8 hours

- **Home Curing – Corned Beef**

- Charcuterie, Ingredients (yangji)
- Mix in bag, put in fridge weighted down. Ten days.
- Boil 2-3 time to rinse off the excess salt

- **Mexican at Home**

- Be open-minded about the meat
  - Some people insist on ground beef, which is really a North American variation, not true Mexican
- Spices (1,2,3,4)
- Carnitas, Fish Tacos, Galbi Tacos
- Salsa – Store or Homemade?  
(3 veggies, 5 flavors)

- **Sandwiches** (lunchmeat is starting to pick up)

- Po' Boys
- Killer Tuna Melts

- Shaved Beef with Horseradish

- **Sesame Leaf Pesto**

- ½ cup Pine Nuts
- 3 cloves Garlic
- 1 cup XV Olive Oil
- ½ tsp Salt
- ¼ tsp Black Pepper
- 25-30 Sesame Leaves

- **Oyster Bisque**

- ½ stick Butter
- ½ Onions, chopped
- 1 cup White Wine
- Milk & Cream
- Oysters w/Liquor
- Salt & Pepper

- **Cheese Ravioli in Soju Sauce**

- Mock Ricotta, Parsley, Salt & Pepper, Mandu wrappers
- Sealing and scoring

- Sauce (Onion, Lots o' Garlic, Olive Oil, Salt & Pepper)
- Tomato sauce (you can cheat), ½ bottle Soju
- Cream!!!
- **Let's Wrap It to Go**
  - Get basic equipment and maintain it
  - Take advantage of different markets
  - Use substitutions
  - Days off are for big projects
  - Share it, dude (food finds, recipes, restaurants)
    - Go on ZenKimchi and tell us
- Resources