

ATTICUS PUBLISHING

Two chopsticks are crossed diagonally across the cover. The handles are black, and the sticks are a light peach color.

# Of Foreign Lands and Peoples

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A MUSICIANS' GUIDE TO  
LOCKDOWN COOKING

By Jo Yee Cheung and Victor Lim

With thanks to R.S

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# FOREWORD

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Our idea for a lockdown cookbook came during a 2am phone call in the middle of November 2020, after nearly 9 months of continuous pandemic-fuelled cooking. For both of us, this largely took the form of dishes from our own cultures or that we grew up eating - perhaps to evoke a sense of comfort or home during these uncertain and disruptive times. As musicians, we've perhaps had more free time than most to indulge our hobby... Now we'd like to share what we've fine-tuned with all of you!

The aim of this book is not to provide a definitive guide to cooking the dishes included but to firstly share some of our favourite foods with friends and secondly offer a helpful (if loose) framework from which to have a go yourself. Quantities are suggestions only - feel free to amend amounts of ingredients and seasonings according to your own taste.

It is worth noting that whereas most cookbooks take anywhere from a year to several years to develop and put together, that this magnum opus was compiled in just over 3 weeks - from when the first photo was taken to sending the entire book to the slightly bemused printing shop. If we can manage to muddle this together in the midst of a national lockdown, you can certainly succeed at cooking anything in here. Happy cooking!

**Of Foreign Lands and Peoples** explores recipes drawn from Korean (Victor) and Cantonese (Jo) cuisine, with a particular focus on dishes you may not have seen before (but all very delicious!)

In **A Curious Story**, we share recipes associated with different events or have particular nostalgic significance - often funny or indeed curious stories!

**A Pleading Child** is self-explanatory - these are the dishes we either pled for as children, or (in some cases) have witnessed other people's children plead for.

Every culture has food linked to **An Important Event**. Not all of the dishes included necessarily have to be served on special occasions but would be great shared with a large group of friends (lockdown restrictions permitting...)

Finally, **At The Fireside** is a small collection of some of our favourite comfort foods. We hope you enjoy them as much as we do.



# A NOTE ABOUT INGREDIENTS

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Given that the vast majority of recipes are either Korean or Cantonese, many of the ingredients and seasonings may seem a little unfamiliar. Don't panic! Everything in this book can be found in your local Asian supermarket, all very cheaply - a large live crab (see p.60) costs £4-5 and feed 2 people generously, and fresh scallops in their shell (p.56) are £1.50 each. The same goes for any of the ingredients listed below, none of which are more than a few pound each. Below is a list of kitchen essentials to help you on your way, along with a rough guide to how it tastes/what it does and our preferred Korean and Chinese brands.

## **Kitchen essentials for Korean cooking:**

Soy sauce (salty) - Saempyo

Chili paste (gochugang, salty and spicy) - Chungjungone, Haechandel (CJ)

Soy bean paste (Doenjang, beans, salty) - Chungjungone, Haechandel (CJ)

Fish sauce - any, can be squid or anchovy sauce

Chili flake (gochugaru, spicy) - Wang, Taeykyung

Sesame seeds - must be roasted ones, Ottogi

Sesame oil - Ottogi, haepyo

Sweet potato noodles (dangmyun) - Ottogi, Haepyo

Minced garlic - peel lots of garlic cloves in your spare time and put them through a blender. or press through a garlic press. Store in the freezer.

## **Kitchen essentials for Cantonese cooking:**

Garlic

Ginger

Spring Onion

Light soy sauce (salty) - Lee Kum Kee; Pearl River Bridge (please don't use Kikkoman!)

Dark soy sauce (not salty) - Lee Kum Kee; Pearl River Bridge (please don't use Kikkoman!)

Oyster sauce (savoury) - Lee Kum Kee Panda Brand

Pure sesame oil (nutty) - any, just make sure it's 100% sesame and not mixed with other oils

Shaoxing rice wine (fragrant) - Tai Jade

Cornflour or potato starch (for thickening sauces) - any

Neutral oil (e.g. vegetable or sunflower, NEVER olive!) - any

Chilli oil - homemade or Lao Gan Ma crispy chilli oil







**OF FOREIGN LANDS AND PEOPLE**

**VON FREMDEN LÄNDERN UND MENSCHEN**

# CHAYOTE AND PORK RIB SOUP

## 合掌瓜排骨湯

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Chinese soup (or "tong") is my soul food and a dish which has followed me my whole life. As a child, "tong" was often served as accompaniment to main meals - my dad always drank his at the end of the meal; I liked to mix mine in with my rice as I went. At university, I would make Chinese soup in a rice-cooker in my room. Nowadays, we make "tong" whenever we need a little extra warmth or strength, leaving the pot to simmer throughout the day and freezing any extra for noodle soup (see p.72).

Unlike many European soups, "tong" is almost always a broth or consommé - typically made with some kind of meat on the bone (e.g. chicken, pork or fish), vegetables (e.g. carrot, sweetcorn, marrow, winter melon, lotus roots) and dried herbs (e.g. goji berries, dates, figs, chrysanthemum, fox nut, lotus seeds) and/or dried seafood (e.g. scallops, abalone, squid). My favourite is made with pork ribs and chayote (a kind of small, green squash), but feel free to experiment with different kinds of meat, vegetables and herbs as you wish!

**Ingredients**

(Serves 6-8)

- 1 kg of pork ribs
- 1 large chayote (chau chau)
- 2 large carrots
- 2 sticks of celery
- 5 dried jujubes (red dates)
- 1 dried fig (optional)
- 1 tbsp of dried goji berries (optional)
- 2 litres of water
- 4 tbsp of salt, or to taste
- Soy sauce for dipping (optional)

Chop the vegetables into large chunks. Place the ribs at the bottom of a large pot, followed by the vegetables and dried fruit. Cover with water, leaving 2 inches at the top of the pot.

Bring the soup to a boil. Skim off and discard any grey scum that floats to the surface. Once boiling, turn down to a low simmer and cook for a minimum of 3 hours or up to 6 hours with the lid on.

About an hour from serving, add the salt and adjust the seasoning to taste. Ladle the broth into bowls. Serve the vegetables and meat separately, with soy sauce for dipping.







# DDEOKBOKKI

## 떡볶이

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Ddeokbokki is one of the most popular street food dishes in Korea. There are many variants of the dish and the original recipe (we call it 'palace ddeokbokki') is made with soy sauce and beef. The most common version nowadays is the one below and is sweet and spicy. I used to have it often after school with friends and it's usually eaten with soondae (Korean blood sausage), tempura or fried dumplings on the side. Feel free to add sliced carrots, onions or cabbage to the recipe or if you like, mozzarella cheese on top.

**Ingredients**  
(Serves 2)

500g of Korean rice cakes (defrosted)  
2 Korean fish cakes (or fish balls), cut into 2 by 2 inch squares

1 spring onion, roughly chopped  
  
1 boiled egg

For Sauce:  
2 cups of water  
4 tbsp of sugar  
1 tbsp of chili paste  
2 tbsp of soy sauce  
2 tbsp of chili flakes  
2 tsp of sesame seeds

Boil the water in a medium saucepan.

Make the sauce by mixing all the sauce ingredients in a mixing bowl.

Add the rice cakes and fish cakes into the boiling water, then add in the sauce.

When the rice cakes are fully cooked through and the sauce becomes thick, add the spring onion.

Sprinkle some sesame seeds and serve with a boiled egg on top.







# BRAISED CHICKEN AND SHIITAKE MUSHROOM

## 冬菇炆雞

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Be sure to buy large, good quality dried shiitake mushrooms from the Chinese supermarket for this - don't be tempted to use those packs of tiny over-priced shiitake in the asian section at Tesco's! The amazing mushroom-flavoured liquor leftover from pre-soaking the mushrooms is what pulls the entire dish together, so it's important these are suitably fragrant. Using chicken wings gives great flavour, but feel free to substitute for boneless chicken thigh pieces if you'd prefer not to eat around the bones.

**Ingredients**  
(Serves 4)

- 6 chicken wings, separated into drumettes, wings and tips
- 6 dried shiitake mushrooms
- 2 tbsp of neutral oil
- 2 cloves of garlic, crushed
- Thumb-sized piece of ginger, crushed
- 4 tbsp of light soy
- 1 tbsp of oyster sauce
- 1 tbsp of sesame oil
- 2 tbsp of shaoxing rice wine
- 1 tsp of sugar
- 1/2 tbsp of cornflour, mixed with 1/2 of water
- 1 spring onion, sliced (optional)

Soak the shiitake in 200ml of boiling water for 30 minutes. Use a ramekin or small dish to weigh the mushroom down and keep them submerged under water. Once rehydrated, remove the stems from the mushrooms (save to use in stocks and soups) and slice in half. Reserve the soaking liquid and set aside.

Heat the oil in a pan over high heat and fry the garlic and ginger for half a minute, until they smell fragrant. Add the chicken and fry for 5-10, minutes - try not to move them around too much to start. Once the chicken has taken on a little colour, deglaze the pan with rice wine, using a wooden spoon to scrape any sticky bits off the bottom. Then, stir in the soy, oyster sauce, sesame oil, sugar, mushrooms and mushroom liquid. Simmer over medium low heat with the lid off for 10-12 minutes, until about half of the liquid has reduced, then stir in the cornflour slurry - the sauce should be thicker and cling to the chicken and mushrooms. Garnish with the spring onions, if using, and serve with steamed rice.







# CABBAGE PANCAKE

## 배추전

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In Korea we make pancakes with everything - courgette, seaweed, beef, spring onions etc. It's a great way of using up leftover vegetables and it's a common sight to see Korean families sit in a circle and fry various pancakes for hours during traditional Korean holidays (such as 'Chuseok' or 'Seol'). Don't use self-raising flour as the you don't want to the batter to rise and be fluffy. Also make sure that the batter is not too runny and to coat the cabbage leaves throughly otherwise they will just end up soggy.

**Ingredients**  
(Serves 2)

- 4 Chinese cabbage leaves
- 1/2 cup of flour
- 1/2 cup of water
  
- For Dip:
- 3 tbsp of soy sauce
- 1 tbsp of vinegar
- 1 tbsp of sesame oil
- 1 tsp of sesame seeds
- 1 spring onion, roughly choppped
- 2 garlic cloves, finely minced

Make the dip by putting all the ingredients in a small bowl. Combine gently.

Put the flour and the water into a mixing bowl and mix well until smooth to make the batter.

Add the soy sauce to the batter and mix well.

Flatten the rib of each cabbage leaf with the back of a knife.

Thoroughly coat both sides of the cabbage leaves with the batter. Coat one a leaf at a time.

Add the vegetable oil to a frying pan and heat up the oil on medium-high heat.

Fry the cabbage leaves (if the leaves are too large for your frying pan, cut them in half). Keep checking the leaves as they can burn easily. When the batter becomes crispy (but not burnt), flip to fry the other side. The batter should be crispy and the rib should be soft.

Serve the cabbage pancakes with the dip.







# STEAMED RIBS IN BLACK BEAN SAUCE

## 豉汁蒸排骨

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Steamed dishes, such as this one, feature heavily in Cantonese kitchens and are a favourite of busy mothers (and hungry children). Easy to prepare (often ahead of time) and quick to cook, steaming in this way has the added health benefit of using almost no oil - apart from a little sesame, for flavour. The green pepper adds a slight bitterness, which perfectly balances the sweet and savoury of the pork ribs and garlic. If like me, you never seem to find a use for the green pepper in a traffic-light pack of bell peppers, here's your chance!

**Ingredients**  
(Serves 4)

- 250g of pork spareribs
- ½ green pepper, cut into two-inch pieces
- 4 cloves of garlic, finely minced
- 2 tbsp fermented black bean and garlic sauce
- 1 tsp light soy sauce
- 1/2 tbsp sugar
- 1 tsp sesame oil
- 1 tbsp shaoshing rice wine
- 1 tsp corn starch
- 1/2 green chilli, finely chopped (optional)

Use a meat cleaver to cut your spareribs into 3-inch pieces (or ask your butcher to do this for you – many Asian supermarkets will sell pre-chopped spareribs). Mix the remaining ingredients with the sparerib pieces together in a shallow dish. Leave to marinate for at least 1 hour.

Fill a deep, lidded pan (wider than the dish with your spareribs in) with boiling water from the kettle. Place a steaming rack or upturned bowl inside the pan. Make sure the level of boiling water is at least 1 inch below the top of the steaming rack or upturned bowl. Place the dish with the spareribs on top of your steaming rack and put a fitted lid on. Bring the water to a vigorous boil and then lower the heat to medium. Steam the ribs for 15 minutes.

After 15 minutes, turn the heat off and remove the lid from the pan. Leave the pan to cool a little and then carefully remove the dish with the ribs from the pan using a thick, double-folded tea towel (use the remaining water to cook some choi sum or pak choi - see p.22). Serve with steamed rice.







# FIVE-SPICE BRAISED BEEF AND MOULI

## 五香蘿蔔炆牛腩

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The complex mix of fragrant star anise and ginger, earthy five spice, sweet rock sugar and bitter mouli make this dish really special and somewhat different to the often plainer, soy and oyster sauce-based dishes which characterise much Cantonese cooking. Rock sugar is much less sweet than regular sugar - if substituting with white sugar, make sure you adjust accordingly (start with half of the amount and adjust to taste). All of the ingredients, including the beef (brisket or knee are ideal) can be found in Chinese supermarkets. Try to look for meat with plenty of tendon, which becomes meltingly soft and gives richness to the sauce.

### Ingredients

(Serves 4)

- 3 tbsp neutral oil
- 3 whole star anise
- 500g beef brisket or beef shin, cut into large chunks
- 200g mouli/daikon, cut into large chunks
- 2 cloves of garlic, crushed with the side of a knife
- Thumb-sized piece of ginger, crushed with the side of a knife
- 2 tbsp of five spice powder
- 4 tbsp of light soy
- 1 tsp of dark soy
- 15g of rock sugar

Heat the oil in a deep sauce pan or dutch oven over a high heat and add the star anise, ginger and garlic. Stir in the hot oil for about a minute, until it begins to smell fragrant.

Add the beef to the pot, being careful not to move the meat once it touches the hot surface of the pan. After 2 minutes, stir the beef into the spices - if it sticks to the pan, leave it a little longer before moving. Add the five spice powder, light and dark soy, and lower the heat to medium (add a little more oil at this point if needed). Stir well, then add enough water to cover the beef. Bring to a boil then lower to a simmer. Stir in the rock sugar and cook over a low heat with the lid on for two hours.

20 minutes before serving, add the mouli to the pot and check the meat - it should be tender, but still with a little bite (not falling apart). Adjust the seasoning and/or add a little more water if it's looking dry. Serve with steamed rice.







# INSTANT KIMCHI

## 배추 겉절이

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Making kimchi properly is a difficult task - it takes a whole day and needs many different ingredients. Even when you've made it, it is hard to keep for a long time (In Korea every household has a separate kimchi fridge specifically designed to preserve Kimchi). This recipe should be a nice introduction to kimchi if you've never had some before. It won't keep for more than a day or two in the fridge though so make sure to eat it up quickly!

**Ingredients**  
(Serves 2)

- 200g of romaine lettuce
- 3 garlic cloves, finely minced
- 2 spring onions, roughly chopped
- 1/2 tbsp of fish sauce
- 1 1/2 tbsp of chili powder
- 1 tbsp of sugar
- 1/2 tbsp of sesame oil
- 1/2 tbsp of sesame seeds
- 2 tbsp of ground sea salt

Put the lettuce leaves into a mixing bowl. Add half the sea salt and toss around with clean hands. Add the other half and toss again. Leave for 30 minutes.

Rinse the pickled lettuce leaves under running cold water. Drain well and put them back in the mixing bowl.

Add all the other remaining ingredients to the mixing bowl and mix well with clean hands.







# CHOI SUM IN OYSTER SAUCE

## 蠔油菜心

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The Cantonese approach to cooking greens is the antidote to lifeless, grey school dinner vegetables. In addition to stir-frying vegetables, it is very common to cook leafy greens in water and dress them with soy or oyster sauce after. Vegetables are kept deliberately neutral so that they can accompany all and any other dishes as part of a standard meal with rice. Choi sum, pak choi and gai lan are traditional, but the same method can easily also be used to cook other Chinese vegetables, as well as cabbage, tenderstem broccoli, spinach and even lettuce (trust me, it's good).

### Ingredients (Serves 2)

300g of choy sum (or any other leafy vegetable), thicker stems separated from the leaves  
2 tbsp oyster sauce  
1 tbsp sesame oil (optional)

Fill a saucepan with 2 inches of salted water and bring to a boil. Add your vegetables to the water, placing the thicker stems at the bottom and leafier parts on top, and cook over high heat for 1 minute, stirring a little but still keeping the stems towards the bottom. Cook for a further 1 minute, until the stems have softened a little and the leaves have turned vivid green, and then drain immediately.

Arrange in a shallow dish and dress with oyster sauce, and sesame oil if using. Serve as part of any Chinese meal with fish or meat dishes and rice.











A CURIOUS STORY

KURIOSE GESCHICHTE

# YOGHURT FRIED CHICKEN

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I have a long, frustrating and irresistible relationship with fried chicken - a recurring feature in many of my finest (and most shameful) food memories. Unlike the ham sandwiches and fairy cakes provided by the Fun Factory or Wacky Warehouse at my friends' birthday parties, the food at my first birthday party was ordered in from KFC. Driving back from Tang So Do (a version of Tae Kwon Do) practice with my dad as a young child, I would mentally will him to drive into the KFC drive-through (he never did). As a teenager and young adult, I kept a strict vegetarian diet for over 5 years. The final nail in the coffin came during my postgrad studies in Manchester, in the form of a joke phone-call from my housemates at 11pm one night - "Hi Jo, we're at Chicken Cottage. Do you want anything?" "6 hot wings and gravy please. I'll pay you back when you get home".

The following is an alternative on ordering in, and much tastier! The yoghurt replaces the traditional buttermilk, and gives the batter a crackly, glass-like batter. I've left the flavours deliberately plain, but feel free to add your own mix of herbs or spices to the flour!

**Ingredients**  
(Serves 4)

- 4 chicken legs (thighs and drumsticks attached)
- 2 cups of Greek or natural yoghurt
- 2 cups of plain flour
- 2 tbsp of table salt
- 500ml of neutral oil
- 2 tbsp of flaky salt, to season
- Thyme leaves, to garnish (optional)
- Lemon wedges (optional)

Put the chicken legs, yoghurt and table salt in a zip-lock bag - seal and shake well. Refrigerate for at least 6 hours or overnight.

Preheat the oven to 200C. Mix the flour and salt on a plate or shallow bowl. Heat the oil in a skillet to 180C, or until bubbles form around a wooden chopstick when placed in the hot oil. Dredge the chicken in the flour, making sure to get into all of the nooks and crannies.

Shallow fry the chicken pieces in the hot oil for 4-5 minutes on each side, or until golden. Remove the fried chicken from the oil and place on a paper-towel lined plate. Season with flaky salt immediately, whilst still hot. Place the fried chicken on a wire rack on top of a tray and bake in the oven for a further 20 minutes.

Leave to rest for at least 5 minutes. Garnish with thyme leaves and a squeeze of lemon.







# SPINACH MUCHIM

## 시금치 된장 무침

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Since I moved into my new flat in Manchester City Centre in August, I've spent a lot of time with two neighbours (mother and son) of whom the son happens to be an old student of both mine and Jo's. Like most children of his age, he doesn't like or eat the vast majority of vegetables. However it was a surprise for all of us when he tried this spinach dish I made and loved it! Since then, I've taught his mum this recipe and I believe he hasn't yet gone by a week without eating some.

**Ingredients**  
(Serves 1)

- 200g of baby spinach leaves
- 2 garlic cloves, finely minced
- 1 spinng onion, roughly chopped
- 1 tbsp of soy bean paste
- 1/2 tbsp of sesame oil
- 1/2 tbsp of sesame seeds

Bring 500ml water to boil in a medium saucepan.

Put the spinach in boiling water for 5 seconds and quickly empty the pot into a sieve. Gently cool the spinach under cold running water. Leave the cooled spinach leaves in ice water for 10 minutes.

While the spinach sits in ice water, mix the soy bean paste, sesame oil, garlic and sesame seeds in a mixing bowl.

Drain the spinach through a sieve. Take a fistfull of the spinach at a time and squeeze out the water gently. Be careful not to squeeze too firmly to maintain the texture.

Put the drained spinach and the chopped spring onion in to the mixing bowl with the paste, and gently combine with clean hands.







# PEPPER SPAGHETTI

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Like many 18 year olds, I felt myself somewhat lost at sea during my first year at university. One of the first good meals I had, and important act of kindness I experienced, whilst there came from my piano teacher and his partner, who invited me to stay for supper after my lesson one evening. We've remained close friends ever since and rarely meet without cooking and eating together - very often, this dish.

This recipe is quick, satisfying and endlessly adaptable (swap out the peppers and olives for cherry tomatoes or courgettes or chorizo or finely diced red onions). Cutting the vegetables small helps them to flavour the oil and means they cook more quickly. If eating with said piano teacher, double the quantity of parmesan and/or leave a full block of cheese and grater on the table.

**Ingredients**

(Serves 2)

- 160g spaghetti
- 1 red and 1 yellow pepper, roughly diced
- 10 pitted black olives, sliced into rounds
- 3 cloves of garlic, finely sliced
- 3-4 tbsp olive oil
- 20g of parmesan
- Salt and pepper

Heat the oil in a frying pan or saucepan, add the peppers, olives (if using) and garlic, and fry over a medium heat for 10 minutes – until the peppers and olives begin to sweetly scent the oil. Season with salt and pepper. Reduce the heat to the lowest setting and put a lid on, whilst you cook the pasta. Bring a deep pan of salted water to the boil and add your spaghetti – cook for 7-8 minutes, until the pasta is just under al dente.

Reserving half a cup of the cooked pasta water, drain the spaghetti and immediately add to the peppers and garlic. Increase the heat to medium and mix spaghetti into the vegetables and oil. Add most of the parmesan (holding back a little for serving) and the pasta water to the spaghetti, mixing well to coat the pasta. Keep stirring until any remaining water has evaporated, and the pasta is shiny and glossy – eat immediately, with the remaining parmesan and a peppery green salad.







# KOREAN SPICY CHICKEN

## 닭볶음탕

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This particular recipe has been a favourite of many friends including Jo. Patience is key with this dish. A famous Korean chef once said 'You've got to cook the chicken until you're so hungry that you start swearing'. Try tasting the sauce at difference stages of the cooking process. There will be a moment in its last 10 minutes when the flavour of the chicken starts melting into the sauce and transforms it. Until then, it will just taste like bland spicy soup.

**Ingredients**  
(Serves 3)

1kg of chicken thighs, legs or drumsticks.

- 2 medium potatoes chopped in 1 inch chunks
- 2 large onions chopped in 1 inch chunks
- 2 large carrots chopped in 1 inch chunks
- 4 garlic cloves, finely minced
- 1 red chili, rough chopped
- 2 spring onions, roughly chopped

- 6 tbsp of chili powder
- 1 tbsp of chili paste
- 4 tbsp of soy sauce
- 2 tbsp of sugar

Put 10 cups of water in a large pot and bring to boil. Add the chicken pieces and boil them for 3 minutes. Remove the hot water from the pot and rinse the chicken to remove any impurities.

Put the rinsed chicken back in to the large pot. Add enough water to cover the chicken (about 5 cups) and bring to boil.

While the water comes to boil, make the sauce. Add the chili powder, chili paste, soy sauce, sugar, garlic and 1/2 cup of water and combine well.

When the water starts boiling, add all the potatoes, carrots and onions then stir in the sauce. Boil vigorously for 10 minutes.

Reduce the heat to medium and boil for further 10 minutes. Then reduce to low heat and boil for 20 minutes until the sauce is thick.

Add the chillies and spring onions. Boil for 2 minutes.







# SEA AND MOUNTAIN

## (MARE E MONTE)

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As a child, one of my family's favourite places to eat was an Italian restaurant called Rossi's, which is situated in an old bank off London Road in Sheffield. Some of my earliest memories are of special occasions at Rossi's, staring at their mid-sized Michelangelo's David, frescos of cherubs staring down at us from the ceiling and listening to Pavarotti singing Nessun Dorma over the speakers whilst we ate calamari, garlic bread and mare e monte (prawns and mushrooms baked with tomato and cheese). The menu remains the same almost 30 years later, as do the family who own the restaurant. I cannot comment on the authenticity of the dish from an Italian standpoint (suspect...), but it makes a jolly good dinner!

<b>Ingredients</b> (Serves 4)	
2 tbsp of olive oil	Preheat the oven 200C. Heat the olive oil in medium-sized cast iron pot or oven-safe casserole dish over a high heat. Add the onions and garlic and sweat for 10 minutes over low heat with a lid on. Once the onions are soft and translucent, increase the heat and stir in the button mushrooms and a little salt, adding a little more oil if necessary. The aim is to fry the mushrooms and remove some of their moisture – make sure to stir regularly to prevent the onions from burning. Once the mushrooms are nicely golden, about 10 minutes, stir in the chopped tomatoes and prawns, and bring to a simmer.
1 medium onion, finely diced	Season again with salt and pepper, to taste.
2 cloves of garlic, sliced	
300g of button mushrooms	Turn off the heat. Roughly tear up the mozzarella and distribute over the surface of the mushrooms and prawns, followed by a generous layer of grated parmesan, and bake in the oven for 35 minutes.
1 tin of chopped tomatoes	Sprinkle over the breadcrumbs (they will help to soak up any additional moisture from mushrooms and give you a golden top), bake for further 10 minutes. Leave to cool a little, before garnishing with basil leaves – eat with warm crusty bread.
300g of cold-water (aka tiny) prawns, fresh or frozen	
125g mozzarella	
40g of parmesan, finely grated	
2 tbsp of fine breadcrumbs	
Salt and pepper	
Basil leaves, to serve (optional)	











BITTENDES KIND

PLEADING CHILD



# SOY BEAN SOUP

## 된장 찌개

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When I was asked 'what's the last dish you would want to eat before death', my answer was the soy bean soup my mum makes. I make this soup almost every week, sometime twice a week. It's the soul food of many Koreans and is perfect with a bowl of rice. You can add beef, spinach or chinese cabbage in to the recipe too.

**Ingredients**

(Serves 3)

- 1 litre of water
- 4 large dried anchovies (optional)
- 1 cup of potato, peeled and roughly chopped
- 3/4 cup of courgette, cut into half moons
- 1 medium onion, roughly chopped
- 2 chestnut or white mushrooms, sliced
- 1/2 cup of daikon, cut in 1-inch cubes (optional)
- 1 large red chilli, roughly chopped
- 3 cloves of garlic, finely chopped
- 1 tbsp of soy bean paste
- 1 tbsp of soy sauce
- 1/2 tbsp of fish sauce (optional)
- 2 spring onions, roughly chopped

Bring the water to a boil in a deep saucepan. If using anchovies, put these in with the cold water from the start and remove from the broth after 20 minutes of boiling.

Add a heaped tbsp of the soy bean paste to the water or anchovy broth and mix well. Once incorporated, add all of the vegetables, garlic, soy sauce and fish sauce (if using) to the pan. Bring to boil and simmer until the potatoes are fork tender, about 20 minutes.







# DUMPLINGS

## 餃子

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Making dumplings is a labour of love and, usually, something made in bulk and stored up for a rainy day. As a child, I watched my mum make hundreds by hand in the same sitting, storing the surplus in the freezer for panfrying or eating in noodle soup (p. 72) or hotpots (p.74). Pork and cabbage is a classic pairing but feel free to experiment with different fillings. I'm aware that many people make their own dumpling wrappers from scratch - I am not one of these people. Life is short - thank goodness for pre-made wrappers at the Chinese shop!

**Ingredients**  
(Makes 40 dumplings)

- 250g minced pork (5-12% fat – more fat for a juicier dumpling, less for a healthier one!)
- 250g napa cabbage, finely chopped
- 3 gloves of garlic, minced
- 1 thumb sized piece of ginger, minced
- 2 tbsp light soy sauce
- 1 tbsp of sesame oil
- 1 tsp of salt
- 1 tsp of white pepper
- 1 tsp of sugar
- 1 tbsp of corn starch
- 1 egg, beaten
- 1 packet of dumpling wrappers (cc. 40 wrappers - I prefer Mong Lee Shan's thicker wrappers, but any will do!)

Using a wooden spoon, beat the minced pork in a large mixing bowl into a smooth paste by smushing the pork against the sides of the bowl. Take your time, this can take anywhere from 10-15 minutes (you could also do this in an electric mixer). Mix all of the remaining ingredients into mince except for the egg, making sure everything is well incorporated, and set aside.

Prepare a large, clean surface and lay all of the dumplings skins out in rows - cover with a damp teacloth to keep them moist, if you work a little more slowly. Using a teaspoon, spoon the filling into the middle of all 40 dumplings wrappers - you can always go back over and redistribute any that have too much or too little afterwards. Try not to overfill them - if there's a little filling leftover, that's okay.

To wrap the dumplings, dip your finger in the beaten egg and moisten the outer edges of the dumpling wrapper. Pinch the dumpling wrapper together at the bottom right corner with your thumb and index finger. Then, keeping the skin of the dumpling on the side facing away from you flat, use your left hand to fold a pleat over your right thumb with the side of the wrapper facing you. Keep pleating until you reach the other end of the wrapper, pressing tightly to seal the dumpling. Alternatively, just fold the dumpling wrapper and filling into a half moon and seal the edges - it'll cook and taste just the same!).

Store in the freezer until you're ready to eat them, or boil/pan fry from fresh to eat straight away! Serve with chilli oil or lashings of tabasco.







# EGG ROLL

## 계란 말이

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Simple but not so simple. An egg roll is basically a rolled up omelette. Its main difference from a Western omelette would be that it's fried in vegetable rather than olive oil or butter and that it has spring onion and other vegetables in it. If you don't have a very good non-stick pan, don't try it as they'll just stick to the bottom and you will have to eat it as scrambled eggs. It will take some practice to master the technique of rolling an egg roll but as many of you know, practice makes perfect.

**Ingredients**  
(Serves 2)

- 5 large eggs
- 1 spring onion, roughly chopped
- 1/5 small carrot, cut into thin strips (optional)
- 1/2 medium onion, thinly sliced (optional)
- 1/4 tsp of salt
- 2 tbsp of vegetable oil

\* the vegetables should not be more than 1/2 cup in total.

Beat the eggs thoroughly, and add the vegetables (if using) and salt.

Heat the oil in a small frying pan over medium heat, then pour in the egg mixture. Leave to cook for around 2 minutes.

Once the the egg begins to set around the edges, use a spatula to lift the edges and bring them towards the middle, swirling the pan to allow the empty edges to fill with the remaining runny egg mixtures. Repeat until the egg mixture is wet on top but set on the bottom.

Starting at the bottom, begin to roll the egg with two spatulas and spoons, being careful not to damage the bottom.

Turn the heat off and leave for 3 minutes so that the egg is not runny in the middle. Remove from the pan

Slice the egg roll in 1 inch chunks and serve.







# LETTUCE WRAPS

## 生菜包

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I love how many different kinds of crunchy this dish has - the crisp lettuce wraps, the roasted cashew nuts, the toothsome carrots and celery. This dish is essentially a stir fry so, provided you have lettuce to wrap it in, you can easily swap out any of the main ingredients (including the pork) for any other vegetables in your fridge. Just make sure you chop everything roughly the same size!

**Ingredients**  
(Serves 2)

1 small iceberg lettuce (or two little gem lettuces)

2 tbsp neutral oil

1/2 onion

1 large carrot, diced

2 sticks of celery, diced

5 mushrooms, diced

200g of pork mince

2 spring onions, sliced

50g of cashew nuts

2 tbsp light soy

1 tbsp oyster sauce

1 tbsp shaoxing rice wine

1 tsp sesame oil

1 tsp sugar

1 tsp cornflour mixed with 1 tsp of water

Preheat the oven to 200C. Place the cashew nuts on a tray and roast for 10-15 minutes. Check periodically, every minute or so after the first 10 minutes - it only takes a moment for them to burn! Once golden, remove from the oven and sprinkle liberally with salt. Set aside to cool.

Prepare the lettuce cups. Cut the stalk off of the lettuce(s) and leave to sit in a sink full of very cold water. After 5-10 minutes, the leaves should start to come apart - carefully separate and place the individual cups on a draining rack whilst you prepare the filling.

Heat the oil in a frying pan and fry the mince over a high heat, stirring regularly. When the meat has browned a little, about 5-7 minutes, add in the rest of the vegetables except for the spring onions and stirfry over a medium heat for another 10 minutes. Stir the soy, oyster sauce, rice wine, sesame oil and sugar, followed by the cornflour slurry. Check for seasoning (add a little more salt or sugar if necessary), then turn off the heat. Stir in the cashew nuts and spring onions, holding back a little of both. Place the filling into a shallow dish, garnish with the remaining spring onions and cashew nuts, and serve at the table with the lettuce cups, so everyone can make their own. Eats well with chilli oil.







# SAKE DON

Since discovering the fishmonger's in Chorlton (Out of the Blue) in September, I've been making this extremely simple yet delicious bowl of sake don almost every weekend. Jo, Joe and I would take a walk around the Chorlton Ivy Green then on my way home back to the City Centre, I would pop in to the shop to get some of their delicious salmon sashimi and fresh mackerel fillets. At the end of each week, my neighbour (see page.28) asks me if I'm going to Chorlton and pleads me to make him a bowl of sake don for dinner.

**Ingredients**  
(Serves 1)

- 100g Sushi grade salmon, thinly sliced
- 1 Medium onion, thinly sliced
- 2 Garlic cloves, finely minced

- For Sauce:
- 4 tbsp Soy sauce
  - 4 tbsp Water
  - 1/2 tbsp Sugar
  - 1 tbsp Vinegar

One bowl of freshly cooked rice

Add the soy sauce, water, vinegar, sugar and minced garlic to a small saucepan. Gently mix.

Add 3/4 of the chopped onions to the saucepan and gently bring to boil. Simmer on low heat until most of the liquid has evaporated (about 5 minutes). Chill for 3 minutes (so that the sauce doesn't cook the salmon)

Once the sauce has cooled slightly, pour over a fresh bowl of rice. Immediately before serving, place the sliced salmon then the rest of the chopped onions on top the salmon.







# HONEY CHICKEN

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Sweet, sticky and savoury - this was one of my favourite dishes my mother made for me as child, not least because I got to eat it with my hands! The marinated chicken can be prepared ahead of time, made in the morning and left in the fridge until ready to be cooked. These cook well, if not better, on a BBQ and make wonderful picnics and packed lunches eaten cold.

**Ingredients**  
(Serves 4)

- 4 chicken legs, separated into thighs and drumsticks
- 2 tbsp light soy
- 1/2 tbsp dark soy
- 1 tbsp of sugar
- 1 tbsp sesame oil
- 2 cloves of garlic, roughly chopped
- Thumb-sized piece of ginger, roughly chopped
- 2 tbsp honey, mixed with 1 tbsp of boiling water

Mix all of the ingredients apart from the honey and boiling water in a bowl and leave to marinade for at least an hour.

Preheat the oven to 200C. Arrange the chicken pieces skin-side up on foil-lined baking sheet and pour over the marinade. Bake for 20 minutes, turning the chicken over halfway through. Remove the tray from the oven and, with the skin still facing down, brush with the watery honey. Return the chicken to the oven for another 5 minutes minutes, before turning the chicken oven again (skin side up) and brushing on the remaining honey. Bake for another 10 minutes, until slightly caramelised. Eat with your hands.







BRAISED KIMCHI MACKEREL

고등어 김치 조림

Whenever I go back home in Korea, this is one of the first dishes I always ask my mum to make for me. We had mackerel frequently in our home, often simply pan fried, but my favourite was when it was braised with kimchi. Only recently, when I found the fresh mackerel in Chorlton fishmongers, I asked my mum for the recipe. Make sure not to cook for too long or the mackerel will disintegrate.

Ingredients

(Serves 2)

- 2 fresh mackerels filleted, chopped into 2 inch chunks
- 300g of kimchi, roughly chopped into 1 inch chunks
- 200g mouli
- 1 medium onion, thinly sliced
- 2 spring onions, roughly chopped
- 1 chili, roughly chopped
- 3 garlic cloves, finely mined
- 2 cups of water
- 1 and1/2 tbsp of chilli powder
- 1/2 tbsp of soy bean paste

- Mix the soy bean pasted and the minced garlic in a small bowl.
- Place the sliced raddish at the bottom of a Medium sauce pan to cover the bottom
- Place the mackerel fillets on top the raddish, flesh side up. Smear the paste on the flesh
- Add the Kimchi on top of the mackerel then the chopped onions. Sprinkle the chili powder.
- Pour in the water, just enough to cover the ingredients. Boil on high heat for about 15 inutes until the sauce simmers down to below the mackerel.
- Turn down the heat to medium-low. Add the spring onions and chilli. Simmer for 2 minutes and serve.











WICHTIGE BEGEBENHEIT

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AN IMPORTANT EVENT



# JAPCHAE

## 잡채

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Japchae is a Korean noodle dish made with sweet potato noodles (dangmyun), vegetables and often with minced meat. It's a simple dish but requires quite a lot of prepping so it's often reserved for special occasions like birthdays. I personally prefer the dish without meat - this version is entirely Vegan. Feel free to adjust the amount of different vegetables e.g. I'm not super keen on peppers so I've only used a little but you could use more!

<b>Ingredients</b> (Serves 3)	Leave the glass noodles to soak in cold water for at least 3 hrs. If you can't be bothered, in hot water for 10 minutes.
500g Glass noodles	Gently fry 1/2 of the chopped spring onions on low/medium heat with 1 tbsp sesame oil and 1 tbsp vegetable oil on a frying pan, for 1-2 minutes or until you can smell the spring onions.
1 Medium Onion, thinly sliced 1/2 Medium Carrot, sliced into thin strips. 1/4 Red pepper and 1/4 Yellow pepper, sliced into thin strips 2 Mushrooms, thinly sliced 2 Spring onions, roughly chopped 3 Garlic cloves, finely minced,	Fry carrots, onions, peppers and mushrooms, with a pinch of salt and pepper, in the same pan over medium heat for 5 minutes – until the vegetables are slightly softened but still have some bite. Remove the fried vegetables from the pan and set aside.
5 tbsp Soy sauce 1 tbsp Sugar 4 tbsp Sesame oil 2 tbsp Vegetable oil 1 tbsp Sesame seeds	Repeat Step 2 with 1/2 of the remaining spring onions, then stir in the garlic, soy sauce, sugar and water. Increase the heat to reduce the sauce until it becomes slightly thick – about 3 minutes.
1 pinch of Black pepper 1 pinch of Salt	Turn the heat down to medium low, add the noodles and mix well to coat the noodles with the sauce. Taste the noodles at this point, they should taste quite salty. If bland, add more soy!
	Add the fried vegetables and spinach to the noodles and mix well until the spinach is wilted. Turn off the heat.
	Stir in the remaining sesame oil and sesame seeds, and serve.







# STEAMED SCALLOPS WITH GARLIC AND VERMICELLI

## 蒜蓉粉絲蒸帶子

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Typically found as one of the courses in a Cantonese banquet, cooking scallops this way is extremely delicious and very easy to do at home. Buy the scallops fresh from the Chinese supermarket or from your local fishmonger - if at the latter, you could also ask the fishmonger to help you clean the scallops too (just remind them to give you the concave shell back).

**Ingredients**

Per scallop:

- 1 clove of garlic, minced
- 1 tsp of neutral oil
- 10g of vermicelli, soaked in boiling water for 10 minutes
- Salt and pepper

Dipping sauce:

- 2 tbsp of light soy
- 1 tsp of minced garlic
- 1 tsp of minced ginger
- 1 tsp of minced spring onion
- 1 small red chilli, finely sliced (optional)
- 1 tsp of sesame oil
- 1/2 tsp of sugar
- 1 tbsp of boiling water

To prepare the dipping sauce, mix all of the dipping sauce ingredients together in a shallow bowl and pour over the boiling water. Set aside.

Prepare the scallops. With the flat side facing up, slide a knife between the two shells – release the scallop from the shell and discard the flat shell. Cut away the black and brown parts (stomach - keep the white band around the edge of the scallop), keeping the white and orange parts intact. Rinse the cleaned scallop, place in side the concave shell, and set aside.

Drain the vermicelli. Use a pair of scissors and cut the noodles 3-4 times, to make slightly shorter threads, if necessary. Place the vermicelli into the bottom of each shell and put the cleaned scallop on top. Divide the minced garlic between the scallops and season salt, pepper and 1 tsp of neutral oil each.

Steam the scallop(s) for 7-8 minutes, from when the water boils - until the scallops have shrunk a little and turned opaque. Eat immediately, with the dipping sauce.







# GOCHUGANG PORK BELLY

## 고추장 삼겹살

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I always make this when I invite people, or used to invite people, for dinner. It's rich in typical Korean flavours but I promise you, it's not as spicy as it looks. I do really recommend that you marinate the meat for few hours minimum because it will make a big difference to the flavour. You could also serve the dish with fresh romain lettuce and sesame leaves to eat in Korean BBQ style (see page 62).

**Ingredients**  
(Serves 2)

500g of pork belly, sliced into 1 inch pieces

- For Marinade:
- 4 garlic cloves, finely minced
  - 1 tbsp of chili paste
  - 1 tbsp of chili powder
  - 1 tbsp of soy sauce
  - 1 tbsp of mirin or vodka
  - 1 tbsp of sesame oil
  - 1 tbsp of sugar

- For Garnish:
- 1 spring onion, roughly chopped
  - 1 medium onion, thinly sliced

Make the marinade by mixing all the ingredients in a mixing bowl. Add the pork belly and mix well with clean hands or a wooden spoon. Cover with clingfilm and leave in fridge for at least 30 minutes, ideally overnight.

Preheat the oven to 250C. Spread aluminium foil on an oven tray. Place the marinated pork on the foil and wrap the foil over the pork to cover over it.

Put the tray into the oven and leave for 20 minutes.

After 15 minutes, take the tray out. Open the top of the wrapped foil and put the tray back into the oven for 10 minutes.

After 10 minutes, take the tray out again, flip the pork and put back in the oven for further 5 minutes or until the pork slices are slightly crispy on the outside.

Serve with the sliced onions and spring onions on top.







# BIRTHDAY CRAB

## 姜蔥炒蟹

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The real name of this dish translates roughly as 'ginger and spring onion crab with longevity noodles', but I have always thought of it as 'birthday crab' - because this is what we eat on birthdays. Yi mein (or 'longevity noodles') are springy, bright yellow, wheat-based noodles, which can be bought pre-deep-fried in large cakes from the Chinese supermarket. The hardest part of this recipe is preparing the crab, which unfortunately also means killing it as humanely as possible. The best way to do push a screwdriver firmly into the hole on the underside of the crab underneath its tail, paralysing and killing it instantly. The rest of the recipe is very straightforward, and well worth the reward at the end!

### Ingredients

(Serves 3-4)

- 1 large cake of yi mein noodles
- 1 large crab, alive (or killed the same day - never buy dead raw crabs)
- 1 large onion, roughly sliced
- 12 spring onions, cut into thirds
- 4 garlic cloves, crushed
- 1 large piece of ginger, peeled and sliced into thin strips
- 4 tbsp of cornflour
- 1 litre of neutral oil for deep frying + 4 tbsp for stir frying
- 4 tbsp of light soy
- 2 tbsp of oyster sauce
- 2 tbsp of shaoxing rice wine
- 1 tsp of white pepper

Clean and prepare the crab. Use a scourer to scrub any mud off of the crab. With the topside facing up, place a screwdriver inside the crab's mouth and carefully lever off the top shell off. Remove and discard the gills or 'dead man's fingers' and mouth parts on the underside. Then, remove the claws, using the back of your knife to crack the shells a little (this makes it easier to eat later). Use a knife to cut what's left of the underside in to quarters (two legs to each quarter) - cut off the sharp tips of the legs and discard. Finally, rinse the top shell, being sure not to lose any of the brown meat. In total, you should have 7 pieces of crab - the top shell, 2 claws and four quarters with legs. Pat dry and set aside.

Heat 1 litre of oil in the pan, ready for deep frying - the oil is read when bubbles form around a wooden chopstick. Dust the crab pieces liberally with the cornflour on all sides, then deep fry each piece for 2-3 minutes until they turn bright red, allowing a little more time for the larger pieces (e.g. 4-5 minutes for the top shell). Drain on a little kitchen towel, whilst you prepare the sauce and noodles.

In a clean wok or frying pan, add 4 tbsp of oil and fry the garlic, ginger and spring onions over high heat for 2-3 minutes, until fragrant. Add the deep-fried crab pieces, then stir in the shaoxing, followed by the soy, oyster sauce and white pepper. Reduce the heat to medium-low.

Bring a large pan of water to the boil. Submerge the noodles in the boiling water, just until they soften, and then drain immediately. Toss the noodles into the wok with the sauce and mix well, adjusting the seasoning to taste. Garnish with a few more spring onions and serve with plenty of wet napkins.







# HOW TO KOREAN BBQ

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There is no translation for 'Korean BBQ' in Korean. When we go for a Korean BBQ, we just say that we're 'eating meat'. Korean BBQ is a style of eating meat with lettuce wraps, dipping sauce, vegetables, various side dishes (banchan) and often finished off with a bowl of rice with soy bean soup or cold noodles (Naengmyeon). I have never known any Korean to have paid for a Korean BBQ in the UK. It's so easy and cheap to do and in fact, you can do try doing on your own. I often do. Make sure the windows open though there will be a lot of smoke!

**Ingredients**  
(Serves 4)

- 1 kg of pork Belly or shoulder
- vegetable oil
- 400g of romaine lettuce
- 10 garlic cloves, peeled
- 1 large onion, halved
- 6 chestnut mushrooms, gills removed
- For Spring Onion Muchim:
  - 8 spring onions, sliced into very thin strips
  - 3 garlic cloves, finely mined
  - 2 tbsp of vinegar
  - 2 tbsp of chili powder
  - 1 tbsp of sesame oil
  - 1tbsp of sesame seeds
  - 1 tbsp of sugar
- For Dip:
  - 1 garlic clove, finely minced
  - 1/2 spring onion, finely chopped
  - 1/2 tbsp of chili paste
  - 2 tbsp of soy bean paste
  - 1 tsp of sesame oil
  - 1/2 tsp of sesame seeds
- Soy Bean Soup (See page 38)
- Freshly cooked rice

You would ideally have a portable cooker to put a frying pan on top or a teppanyaki grill for this. But don't worry if you don't, just do the cooking on your usual hob.

Prepare all the dishes you want to have on the table such as the soy bean soup or egg roll before you start the BBQ.

Thoroughly wash and drain your romaine lettuce and put them on a large plate or bowl. Do the same with your mushrooms on a separate plate. Set up on the meat on the table and make sure you have a pair of good kitchen scissors and a pair of tongs. If you're going to be in charge of cooking the meat, you might want to wear an apron.

Make the dip by mixing all the ingredients in a small bowl.

In order to make the spring onion muchim, leave the sliced spring onion in a bowl of cold water for 20 minutes first. Drain then add to a mixing bowl with all the other ingredients then mix well with clean hands or a wooden spoon.

It's entirely up to you if you would like have rice with the meat or afterwards (or none at all). The same goes for the soy bean soup.



Once the table is all set up, let's start cooking the meat. Add 2 tbsp of vegetable oil into the frying pan and heat to medium high heat. Firstly put one halved onion, 3 mushrooms and 3 garlic cloves on the edge of the pan where the heat is the weakest. Put the pork belly or shoulder on the pan and fry until slightly sorched on both sides. If you think the meat is going to burn, turn down the heat. After a couple of minutes, cut the meat into small chunks with kitchen scissors. Fry them until fully cooked.

If you're the one cooking the meat, dish out the cooked meat directly from the pan into individual plates. Don't forget to eat yourself though!

Try eating the meat in a wrap. On a large romaine lettuce, put one or two pieces of cooked meat, 1/2 tsp of the dip, one fried garlic clove and a pinch of the spring onion muchim. Wrap the lettuce around at the top and hold tight. Put the wrap in your mouth all at once (no biting). Don't be scared!









AT THE FIRESIDE

AM KAMIN



# AUBERGINE RICE

## 가지 밥

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This super simple recipe is better than it sounds and it looks (at least than my picture). Try replacing the aubergine with a courgette, mushrooms or beansprouts. All you have to do is to wash some rice (please), chop some vegetables and turn on the rice cooker. If you don't have a rice cooker, then get one - they're £15 in Asda and will vastly improve your quality of life.

**Ingredients**

(Serves 1-3)

1 aubergine, roughly chopped into 1 inch chunks  
3 cups of rice  
1 egg

4 tbsp of soy sauce

For Sauce:  
2 tbsp of soy sauce  
1/2 tbsp sesame oil  
1 tbsp sesame seeds  
1 spring onion, roughly chopped  
1 chili, finely chopped (optional)

Heat up a frying pan on medium heat. Add the vegetable oil.

Toss in the aubergine and fry for 3 minutes.

Turn the heat down to low and add the soy sauce. Toss around the aubergine and fry for another minute.

Add the aubergine on top of the rice and cook the rice as you normally would (in a pot or a rice cooker)

While the rice is cooking, make the sauce by mixing all the sauce ingredients in a small bowl.

When the rice is done, mix well to incorporate the aubergine into the rice.

Serve with a fried egg and the sauce on the side.







# ROAST CHICKEN LARGESSE

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Anyone can cook a roast chicken - it is the world's simplest and most satisfying dish. What I like most about roast chicken, however, is the largesse that remains after the initial roast is done. The following, like many of the 'recipes' from me, is less of a recipe and more of approach to making the absolute most of the chicken - both immediately after it's been cooked, and for days, weeks and even months after.

**Ingredients**

1 large chicken (1.5k-2g)  
Salt and pepper (lots)

**How to roast a chicken:**

Take the chicken out of the fridge, season liberally with salt and pepper on all sides and leave to come to room temperature  
Preheat the oven to 200C. Place the chicken on a baking tray or casserole dish, and roast in the oven for 45-50 minutes, until the skin of the chicken is golden and crisp, and the meat juices run clear when the chicken is cut with a knife. Leave to rest for at least 10 minutes before eating.

**The interesting bit: 5 ways with roast chicken**

**The actual roast:** In my family, it's the legs and wings which go first. My favourite way to eat roast chicken is with a fresh chilli and vinegar dipping sauce, steamed rice and vegetables (see below). Keep the chicken breast in the fridge for up to a week, and slice as needed into sandwiches, stir fries, tacos etc.

**Chicken steamed vegetables:** For a complete meal in one pan, place a couple of handfuls of kale or tenderstem broccoli underneath the chicken 10 minutes before the end of cooking, so they pick up all of that wonderful schmaltz...

**Spaghetti and schmaltz:** Speaking of which - always save the schmaltz at the bottom of your roast chicken pan! Cook spaghetti according to the packet instructions, until just under al dente, and drain. Place the schmaltz into sauce pan with the spaghetti over medium heat, and reduce the contents until the sauce nicely coats the pasta. Turn off the heat, season well and stir through some fresh cherry tomatoes halves and basil. Devour.

**Chicken stock:** Place the carcass and any bones from the chicken in a large pot with carrots, celery, onions and just about any other vegetables you have lying around. Pour over 2 litres of water and bring to a boil. Reduce to a simmer, and cook with the lid on indefinitely (at least 3 hours). Strain off the bones and vegetables, and season generously with salt. Keep in tupperwares in the freezer until needed. Ideal for noodle soup (see p.72).

**Giant chicken pasty:** The meat on the back of the chicken is some of the tastiest in the pan, having generally sat in the schmaltz throughout the cooking. Make sure you pick through the carcass and salvage any of the meat still attached before you make stock. Stir the meat into sautéd onions, celery and carrots, seasoning the mixture well with salt and black pepper. Once cool, place the filling on a sheet of ready rolled puff pastry, folding one half over to form a giant pasty. Crimp the edges with a fork and wash with beaten egg, before baking at 200C for 30 minutes, for the best ever picnic/walking/hiking lunch.







# SPICY TOFU

## 두부조림

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Spicy tofu is one of the most frequently made In my flat because it takes less than 10 minutes to make and all you need is a bowl of rice to go with it. You can choose to lightly pan-fry the tofu with 1 tbsp of vegetable oil for extra flavour before you the add the water but it can be perfectly tasty without the frying. I sometimes like to put a fried egg (sunny-side up) on top of the tofu just because I love fried eggs.

**Ingredients**  
(Serves 2)

- 500g of tofu (1 pack)
- 3 garlic cloves, finely minced
- 1 spring onion, roughly chopped
- 2 tbsp of chili flakes
- 2 tbsp of soy sauce
- 1 tsp of sesame oil

Slice the tofu into 1 inch cubes and add to a shallow frying pan to cover the bottom of the pan.

Add the water, soy sauce to the pan. Sprinkle the chili flakes and minced garlic on top of the tofu.

Bring to boil then turn the heat down to medium low to simmer for 5 minutes. Add more water if there is no sauce at the bottom (or the tofu will burn)

Add the sesame oil and chopped spring onions.







# NOODLE SOUP

## 湯粉或湯麵

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In Chinese, noodles are categorised into wheat noodles (麵 or "meen") and rice noodles (粉 or "fuun"). In my house, noodle soup is used to refer to any kind of noodle in some kind of soup with greens and some kind of protein. The important thing is that it can be made quickly, which is invaluable when you haven't got much time and need to eat something nourishing, and fast. The following, as with so many of these 'recipes' is more of a formula, which you should feel free to adapt to what you have at hand.

### Ingredients

Some kind of dried or fresh noodles (50g per person) e.g.

- Udon
- Ramen
- Rice stick
- Soba
- Vermicelli

Some kind of broth (250ml per person), e.g.

- Instant dashi (japanese fish and kelp stock)
- Miso
- Chicken stock (p.68) or Rib soup (p.8)
- Vegetable Bouillon

Some kind of leafy vegetable (one handful per person) e.g.

- Pak choi
- Choi sum
- Chard
- Spinach
- Kale

Some kind of protein, e.g.:

- 2-3 dumplings per person (p.40)
- 2-3 fish balls per person
- 3-4 tofu puffs per person
- Any leftover meat or fish

Optional extras:

- Soft boiled egg
- Chopped spring onions or coriander
- Chilli oil
- Toasted sesame seeds

Boil the noodles according to the packet instructions. Drain and place at the bottom of a deep bowl.

In the same pan, bring your broth to a boil. Cook your vegetables in the hot soup - remove after 2 minutes, and place in the bowl on top of the noodles.

Cook any remaining proteins in the hot broth, being sure to boil thoroughly if cooking from frozen. Remove and place alongside the noodles and vegetables.

Bring the broth to a vigorous boil, adding a little more water if needed, and pour over the contents of the bowl. Garnish with an additional extras, and eat.







# HOW TO HOTPOT

## 打邊爐

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Hotpot is, in essence, a very large, rather luxurious, communal noodle soup. Family and friends gather together to take it in turns to cook their own meat, seafood, dumplings and vegetables around a large bubbling pot of broth, heated by a gas stove or induction hob at the table. It is one of my favourite ways to eat. The rules are simple: choose your ingredients, cook them in the broth and try not to eat something someone else was cooking (unless they offer it to you). Below is a loose structure from which to devise and enjoy your own hotpot. Enjoy!

**Ingredients**

For the broth:

- 2 litres of chicken or vegetable stock
- 1 large carrot, roughly chopped
- 1/2 small mooli, roughly chopped
- 1 tbsp Goji berries (optional)

Vegetables:

- Pak choi, roots removed
- Napa cabbage, roughly chopped
- Lettuce, roughly torn
- Mixed mushrooms (e.g. fresh oyster, shiitake and enoki)

Proteins:

- Thinly sliced beef (available in the frozen section of Asian supermarkets)
- Fish slices (e.g. salmon or cod)
- Seafood (e.g. prawns, mussels, squid)
- Dumplings (fresh or frozen)
- Tofu (e.g. fresh tofu, deep fried tofu puffs or dried tofu skins)

+ Noodles (see p.72 for different options)

Before you begin, make sure you have a suitable lidded pot and burner or portable cooker for your table. Small strainers (see p.75) are useful, but not essential. All of these are easily sourced from Chinese supermarkets, as well as being widely available online.

To make the hotpot broth, place the vegetables and goji berries (if using) in the stock and simmer on the hob for up to an hour, topping with water as necessary. Just before you're ready to start your hot pot, carefully transfer the broth to the table and turn on the burner or portable stove on low. Prepare individual soy dipping sauces (see p.56 or make your own) for each person.

Once your broth is at the table and your ingredients have been laid out, you're ready to go! Place what you want to eat into the hotpot, place the lid on, and turn the heat up. Once everything's cooked (a couple of minutes, depending on what you've put in), lift the lid and take out what you put in.

Noodles are traditionally cooked and eaten at the end of the meal, once everyone has filled up on the more "luxurious" items, with the incredible soup leftover at the end - if you still have any room left by that point!











"There is no end of learning."  
- R.S. -



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