

“Homemade Korean Stir Fry (Japchae)”

The Adventures of KayRu

Available on Amazon

Click an Image

Ingredients:

300 Grams of Japchae Noodles (Glass Noodles) can be found online or at a local Asian Market

2 Generous Handfuls of Spinach

1 Onion

1 Green Pepper

1 Yellow Pepper

1 Red Pepper

½ of a Small Cabbage

1 Large Carrot

3 Cloves Minced Garlic

3 4x6 Sheets of Fish Cake, Optional (“Odeng” or fish cakes can be found a local Asian Market)

¼ Pound of thinly sliced marinated beef, Optional

6 Cups of Assorted Mushrooms (Shimeji, Baby King, Portobello, or your choice)

As instructed in the video, Salt, Pepper, Soy Sauce, Sugar, Avocado Oil, Sesame Oil, Sesame Seeds, Kinder’s “The Blend” seasoning



Directions (as seen in the video):

Cut all vegetables and fish cakes into strips. Use a large skillet or pan on medium high heat, coat the pan with a small amount of Avocado Oil and begin cooking the meat, vegetables, and optional fish cakes separately (for best results). Re-coat pan with Avocado Oil as needed. Add the Kinder’s Seasoning sparingly while cooking, as well as the Soy Sauce as seen in the video.

Using two tablespoons of Avocado Oil begin to cook the noodles separately in the skillet or pan as shown. Careful not to overcook the noodle’s, preferred texture is translucent and tender when done. Add two tablespoons of Soy Sauce. And two teaspoons of sugar. Stir the noodles frequently. After the noodles are cooked add the vegetables, and meat. Add a few drops of Sesame Oil to taste, salt and pepper to taste, and garnish with Sesame Seeds.

Use the video as a guide to make your Japchae!

If you are unfamiliar with cooking Glass Noodles (Japchae Noodles) cook a small portion for practice

Boiling your noodles can be unpredictable and lead to a mushy texture if over boiled.

Watch the YouTube Video here:

<https://www.youtube.com/watch?v=VfBiHybx-r0>

For more recipes bookmark this site:

<https://www.kayandrussell.com/cooking>