**Bul-go-gi (불고기, Korean marinated beef)**

**Ingredients**

* 600g (1.5lbs) sirloin beef, thinly sliced
* Marinade: soy sauce 4T, sugar 2T, cooking wine 2T, sesame oil 2T, ground black pepper 1/2T, minced garlic 1T, onion 1/4, pear 1/4, apple 1/4 ( kiwi or pineapple can be used as substitutes)
* Vegetables-onions, carrots, green onions, mushroom, etc. ( You can change at your own discretion)

**Directions**

1. Place all the ingredients of the marinade into Blender and blend until completely mixed all together.
2. Marinate the beef in the refrigerator at least 2 hours
3. Grill, broil, or stir fry the marinated beef with vegetables.

**Jap-chae (잡채, Stir fried noodles with vegetables)**

**Ingredients**

* 8 oz Starch noodles
* 1 bunch of spinach, 1 carrot (shredded), 1 onion (sliced), 6 shitake mushrooms(sliced), 4 tree-ear mushrooms (sliced), 3 oz of chives (cut into 1.5 inch) - You can add or substitute ingredients whatever you want)
* Sauce: 6T soy sauce, 3T sugar, 2T cooking oil, 1T sesame oil, ground black pepper
* 1T Roasted sesames

**Directions**

1. Place starch noodles into boiling water about 6 minutes and drain the water.
2. Add the prepared sauce into the cooked noodles and mix.
3. Stir fry all prepared vegetables and mushrooms
4. Mix all together and sprinkle roasted sesames

**He-mul-pa-jeon (해물파전, Korean Seafood Pancake)**

**Ingredients**

* 10 green onions
* Seafoods: 5 small shrimps, 1 small calamari (sliced) -You can add or change)
* 1 egg
* Batter: 3T flour, 6T water

**Directions**

1. Place the well mixed batter into heated and greased pan.
2. Spread the batter into a thin round shape.
3. Put green onions and seafoods evenly over the batter.
4. Beat an egg and pour over #3.
5. When the edges browned, carefully flip. Repeat until brown both side.

**Kim-chi (김치, Korean spicy cabbage pickle)**

**Ingredients**

* 1 Chinese cabbage (Napa)
* 1 cup sea salt, 5 cups of water
* 3 green onions (cut into 1 inch), 1/2 onion (sliced),
* Sauce: 1/2 cup Korean red pepper powder, 10T fish sauce, 2T minced garlic, 1t minced ginger, 1T sugar

**Directions**

1. Cut a cabbage into a half and cut a half into a half again.
2. Soak the cabbages into fully dissolved salt water for 12 hours.
3. Rinse salted cabbages in running water 2-3 times and drain.
4. Mix all ingredients of sauce and vegetables.
5. Rub the sauce into each leaves of cabbages evenly.
6. Place coated cabbages into container and seal
7. Preserve the container in room temperature for 1-2 days.
8. Refrigerate