

# SPICE CLUB

## April's Spice: Korean Bulgogi

About this spice: Bulgogi means “fire meat” and is one of many kinds of Korean barbecue.

Traditional Bulgogi is usually made with thinly sliced beef or pork that is first marinated in a sweet and salty sauce made from Asian pear, soy sauce, sesame oil, ginger, and onion and then cooked over a hot grill or pan.\*

This Bulgogi spice blend contains Korean Chile (Gochugaru), Brown Sugar, White Sesame, Onion, Ginger, Bell Pepper, Garlic, and Chives. It can be used to prepare traditional Bulgogi, or to add sweet & savory flavor to vegetarian dishes like avocado toast. Yummy!

\*Adapted from: *A Very Asian Guide to Korean Food* by Michelle Li.

*The first rule of Spice Club is... try something new!*

## AUTHOR TALK: SARAH AHN & NAM SOON AHN



Learn about Korean cooking and culture alongside social media star Sarah Ahn (Ahnest Kitchen) and her mom.

Sarah & Nam Soon are the co-authors of *Umma: A Korean Mom's Kitchen Wisdom and 100 Family Recipes*.



**Saturday  
April 12**

**12:00 PM**

LEDDING LIBRARY –  
Community Room

10660 SE 21st Ave,  
Milwaukie, OR 97222



*Spoke & Word Books* will have copies of Sarah & Nam Soon's book available for purchase at this event.



CITY OF MILWAUKIE





# BULGOGI SOBA NOODLES

*The bright flavor of the Bulgogi Spice cuts through the nutty flavor of the buckwheat noodles for the perfect bite. Can be served hot or cold.*

## Instructions

### To make the Sauce:

1. In a small bowl whisk together all ingredients until combined. Set aside.

### To Assemble:

1. Once you've cooked and drained noodles as instructed, add the hot noodles back to the pot.
2. Add half of the sauce and stir to combine. Reserve the rest of the sauce for dipping. Add the vegetables to the pan and toss to coat.
3. Serve the noodles in a deep bowl and garnish with cilantro and Bulgogi Spice to taste.
4. Dip noodles in extra sauce as preferred.

*A few more easy-peasy vegetarian snack ideas:*

- Sprinkle Bulgogi spice on toast with avocado & egg
- Use bulgogi spice as a popcorn flavoring
- Add a bit of bulgogi spice to your sauteed, baked or boiled veggies

## Ingredients

### For the Sauce:

- 1/3 cup agave\*
- 2 teaspoons ginger root, grated
- 3 tablespoons soy sauce
- 3 tablespoons rice wine vinegar
- 1 teaspoon minced garlic
- 2 tablespoons lime juice
- 1 tablespoon Bulgogi Spice
- 1 tablespoon vegetable oil
- 1/2 teaspoon salt

*\*agave can be substituted with honey, brown rice syrup, or other natural sweetener*

### For the Noodles:

- 3 bundles soba noodles, cooked according to package instructions
- 1/2 cup carrot, julienned
- 1/2 cup zucchini, julienned
- 1/4 cup sweet bell peppers, julienned
- Cilantro, for garnish

*Both recipes adapted from worldspice.com*



# CHICKEN BULGOGI MARINADE

*Savory & slightly spicy chicken infused with Korean Chile, sweet Brown Sugar, and nutty white sesame.*

## Instructions

### Prep:

1. Mix the ginger, garlic, brown sugar, sesame oil, soy sauce, chicken broth, and Bulgogi Spice in a small bowl. Whisk well until the brown sugar has dissolved.
2. Add the chicken to a Ziploc bag and add 1/2 cup (8 tablespoons) of the marinade.

## Ingredients

- 1.5 tablespoons minced or grated ginger root
- 2 tablespoons minced or grated garlic
- 1 tablespoon light brown sugar
- 1 tablespoon Bulgogi Spice
- 1 tablespoon sesame oil
- 1/2 cup soy sauce
- 1/2 cup chicken broth
- 2 - 3 tablespoons cornstarch
- 1 lb boneless/skinless chicken breast chopped into bite size pieces

3. Mix the contents of the bag to ensure the chicken is evenly coated. Let it marinate for at least one hour (overnight is best!)
4. Place the remaining marinade in an airtight container and refrigerate.

### To Cook:

5. Preheat the oven to 400 degrees.
6. Place the marinated chicken on a baking sheet or in a baking dish. Bake for 15 minutes or until the chicken is cooked through.
7. To make the sauce, put a small pot on the stove on medium high heat while the chicken is baking.
8. Add the remaining marinade you saved to the pot and let it warm for 5-8 minutes, stirring occasionally.
9. Add 1/2 tablespoon of cornstarch at a time, mixing it into the sauce well until you've found your desired consistency for the sauce.
10. Serve the chicken (and sauce!) over rice and garnish with green onions and/or steamed broccoli to complete the meal.