

THEODORA

speaks



Jacqueline King's Recipe

Korean Vegetable Pancake

Ingredients:

For pancakes:

- 4 stems of green onions, cut them lengthwise 1 inch and then quarter
- 2-1/2 cup thinly julienned vegetables – mix of zucchini, carrots, bell pepper
 - Season with salt and pepper

Pancake mixture:

- 3/4 cup flour
- 1/2 teaspoon salt
- 3/4 cup water

For dipping sauce:

- 1 tablespoon soy sauce
- 2 teaspoons rice vinegar
- 1 teaspoon gochugaru (Korean hot pepper flakes), optional
- 1 teaspoon toasted sesame seeds

- 3-1/2 tablespoons vegetable oil for cooking

Directions:

1. Make dipping sauce first

Combine soy sauce, rice vinegar, hot pepper flakes and sesame seeds, mix well and set aside

2. Make batter for pancake by combining all julienned vegetables and green onions in large bowl

Add flour, salt and water

Mix well

3. Heat 2 tablespoons oil in large non stick skillet, medium heat.

- Swirl to coat pan with oil. Be generous with oil
- When oil is hot, add all of batter. You're going to make one large pancake.
- Spread evenly in pan
- As the batter is cooking, gently press down with wide spatula
- Cook for 4-5 minutes until the bottom turns crunchy, light golden brown
- Carefully turn, flip the pancake
- As the pancake starts to cook on this side, add the remaining 1-1/2 tabl spoon of oil along the edge of pancake, and lift the edge with the spatula to swirl oil underneath pancake.
- Cook about 3 minutes on this side until light golden brown
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- Transfer to large plate and cut horizontally and vertically into squares (like cutting pizza Chicago style)
- Serve with dipping sauce