

A Potluck Festival of Asian Pacific Cuisine

Japchae (Glass Noodle with Vegetable and Meat)

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| 12 oz Glass Noodle | 1/2 pound Beef | 3 Dried Shiitake Mushrooms |
| 1/2 cup Carrot (in long thin slice) | 1/2 cup Onion | 1 Egg |
| 1/3 lbs Spinach | 5 tablespoon oil | 2 tablespoon soy sauce |
| 1 tablespoon sesame oil | 11 tablespoon sesame seed | 1 tablespoon sugar |
| 1 tablespoon minced garlic | 2 green onions – finely chopped | 1/4 teaspoon pepper |

- Soak mushrooms in water for couple hours. Cut off stems and cut into thin slices.
- Cut beef into thin slices and marinate it with the mushrooms in a seasoning of : 2 tbs. of soy sauce, 1tb. of sugar, 1 tb. of minced garlic, 1 tb. of sesame seed oil, 1 tb. of chopped green onions, and 1/4 tb. of ground pepper.
- Cut carrots and onion into thin slices.
- Cook spinach in boiling water for about two minutes. Cool spinach in running water. Squeeze the water out of the spinach. Season the spinach slightly with salt and sesame seed oil.
- Fry the egg in a pan with a pinch of salt. Cut the egg into thin slices.
- Cook the noodles in boiling water for about 2-4 minutes or until soft. Rinse in cold water and drain.
- Start cooking the beef and mushrooms with a bit of oil.
- When beef is cooked adds carrot, onion, spinach, and noodles and stir-fry.
- When vegetables are cooked, add the sliced egg and use salt and soy sauce to season the dish to your taste.
- Put it all in a dish and sprinkle some sesame seeds for the final touch.

Cooking tips: Cook all vegetables separately to keep each taste distinct. Add scrambled egg strips, sliced fish cakes, bamboo shoots, zucchini strips. Be creative!

Additional recipes may be found on the BA Diversity Task Force website at
www.ars.usda.gov/Aboutus/BA_Diversity_Task_Force