

Did You Know...

South Korea, the home of gochugaru, celebrates Chuseok- a multi-day harvest festival! Koreans travel to their ancestral hometown, share traditional foods such as songpyeon (sweet rice cakes, pictured below) with family, exchange gifts, and visit family grave sites for memorial services. This year, Chuseok was celebrated from October 5th to 7th.

[*publicholidays.co.kr*](http://publicholidays.co.kr)



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TBPL
Spice Club

Spice of the Month:

Gochugaru
(Korean Red Pepper Flakes)

Oi Muchim (Spicy Cucumber Salad)

*Recipe found at maangchi.com

Ingredients

- 1 English cucumber
- ¼ cup of onion, thinly sliced
- 1 green onion, chopped
- 2 minced garlic cloves
- 2 tablespoons of soy sauce
- 2 teaspoons of gochugaru
- 2 teaspoons of sesame oil
- 2 teaspoons of sesame seeds
- 1 teaspoon of sugar

Directions:

1. Cut the cucumber in half lengthwise, then diagonally into 1cm-thick slices.
2. Put all ingredients into a bowl and combine until sugar is dissolved. Taste, and add an additional teaspoon of sugar if the flavour is too spicy. Serve and enjoy!



Tteokbokki (Spicy Rice Cakes)

*Recipe found at wandercooks.com

Ingredients

- 3 cups of water
- 1 ½ teaspoons of dashi stock powder
- 2 tablespoons of gochujang (Korean hot pepper paste)
- 1 teaspoon of gochugaru
- 1 teaspoon of sugar
- 1 teaspoon of soy sauce
- ¾ cup of tteok (Korean rice cakes)
- 1 spring or green onion
- 1 teaspoon sesame oil
- sesame seeds

Optional:

- hard boiled eggs, shell removed
- cooked ramen noodles
- thin cheese slices or shredded cheese

Directions:

1. Bring water and dashi powder to a boil in a wok or skillet. Add gochujang, gochugaru, sugar, and soy sauce and stir until fully mixed.
2. Add the tteok and green onions. Bring to a boil then simmer for 8 minutes or until tteok softens, stirring frequently.
3. Add in any optional ingredients and stir gently. Simmer for an additional 2-3 minutes, regardless of what you do or don't add.
4. Stir in sesame oil. Garnish with sesame seeds and serve!

Sweet Korean Griddled Corn

*Recipe found at culinarycartel.com

Ingredients

- 1 ½ tablespoons of honey
- 3 tablespoons of butter
- 1 teaspoon of gochugaru
- pinch of salt
- 4 ears of corn, shucked

Directions:

1. Boil corn in salted water for 3-4 minutes, until softened.
2. Combine honey and gochugaru in a bowl. Add corn and butter and mix until coated.
3. Light your barbeque or electric grill and reach a medium heat before placing corn on to cook. Save any glaze left in the bowl. Cook for 5-10 minutes, turning occasionally.
4. Brush corn with leftover glaze and serve!

