

Where to find ingredients

The ingredients in Korean cooking range from the easily obtained, such as green onions, to the slightly harder to find, such as seaweed. However, everything in Yoon's cookbook is obtainable in the Detroit area, if you're willing to go a little bit out of your way. The following is a partial listing of specialty groceries carrying Korean ingredients.

- Seoul, Nine Mile and Beech Daly roads.
- Chos, Orchard Lake and Maple roads.
- The Asia Market, 16 Mile and Dequindre roads.

"There are many around," Yoon said.

Sausage, soup, salad

Fill those winter months with meals that are both soothing and satisfying.

From the first sip of nutritious "Old World Sausage 'N Bean Chowder" to the last forkful of "Smoked Sausage Vinaigrette Salad," your meal will bring to mind the goodness of home-cooked foods.

The National Hot Dog & Sausage Council suggests serving either as an appetizer or a first course, or combined as a main entrée.

Whether it's just a family meal or an informal crowd of bowlers, skaters or skiers, soup and salad lend a comfortable air of informality. Such simple ingredients as sliced zucchini, carrots, celery and corn combine to give an appetizing, zesty appearance as well as being nutritiously hearty fare.

Add hot crusty French bread or rolls and a beverage such as warm spiced cider to complement these economical, nutrient-packed dishes.



Smoked sausage mustard vinaigrette salad tastes best when it's served the day after it's made, allowing flavors to mingle.

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SMOKED SAUSAGE Mustard Vinaigrette Salad

Yield: 4-6 servings
 1 lb. smoked sausage, cut into 1 inch diagonal slices
 2 tbs. margarine or butter
 4 to 5 medium potatoes
 2 tbs. vinegar
 1/2 tsp. salt
 1/2 cup salad oil
 2 tbs. Dijon mustard
 2 tbs. chopped chives or green onions

(This salad is best served the next day for flavors to blend well.)

In a medium-sized skillet saute sausage pieces until evenly browned. Drain on absorbent toweling. Reserve. Peel the potatoes, cut into quarters, cook in boiling salted water until just tender. Drain. Cool sausage and potatoes in refrigerator. Meanwhile, combine salt and vinegar. Let rest a few minutes for salt to dissolve. Gradually add oil, stirring constantly until blended well. Stir in mustard until well blended. Coat chilled sausage and potatoes with vinaigrette sauce. Sprinkle with chopped chives.

Refrigerate overnight for flavors to blend well.

spoons margarine. Saute onions, celery and garlic until just tender. Add carrots. Cook, stirring frequently, for 3 minutes. Add tomatoes, and chicken stock. Bring to a boil, then reduce heat to simmer. Cover and cook 10-15 minutes, or until carrots are tender.

Meanwhile, melt remainder of margarine in another skillet and brown sausage. Drain on paper toweling, and reserve. Add zucchini and kernel corn to soup. Season with salt and pepper to taste. Add basil and sausage chunks. Cover and simmer 5 minutes. Serve, and garnish with Parmesan cheese, if desired.



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Korean cookbook recipes

MAN DOO
 (Mixed Meal and Vegetables Wrapped in Man Doo Skin)
 2 pkgs. man doo skins (2 pounds)
 1/2 pound lean ground beef
 1/2 pound shrimp, chopped
 2 medium onions, chopped
 1 medium cabbage, chopped
 1/2 tsp. salt
 2 tbs. sesame oil
 1 tbs. soy sauce
 2 tbs. rice wine
 3 tbs. cornstarch
 2 green onions, chopped
 1/2 tsp. pepper
 1 tsp. salt

Dipping Sauce No. 1
 1 tbs. soy sauce
 1 tbs. rice wine
 1/2 vinegar

Dipping Sauce No. 2
 2 tbs. apricot preserves
 1 tsp. vinegar
 1 tbs. rice wine

Bring two quarts of water to a boil and add 1/2 tsp. salt, onions and cabbage. Cook for three to four minutes.

Wrap the vegetables in a cheese cloth and squeeze lightly so that the liquids are extracted.

Place the meats, shrimp and vegetables in a large bowl and add sesame oil, soy sauce, rice wine, cornstarch, green onions, pepper and salt.

For fried man doo, moisten the edges of the circles or squares of man doo skin with egg whites or water and place a teaspoon of filling in the center of each. Fold in half and pinch the center of the arc between your thumb and forefinger. Press together to seal. Heat oil in a deep fryer or wok to 340 degrees and fry a few at a time for two to three minutes or until golden brown. Serve with Dipping Sauce No. 2 (sweet and sour).

For steamed man doo, moisten the edges of the skin with egg white or water and place a teaspoon of filling slightly off center. Fold the skin in half so that one side is longer than the other. Pinch ends together and make two or three pleats, closing the edges firmly to seal. To steam, spread a damp cloth over the bottom of a steamer. When it is full of steam, arrange the man doo neatly on the cloth and steam over a moderate heat until the skin has become almost transparent. Serve with Dipping Sauce No. 1 (soy sauce).

For a man doo soup, follow the directions for fried man doo and seal the ends of the packages together to make crown-shaped pieces. Boil the man doo in beef broth for five to seven minutes. Add steamed green onions and beaten egg or diamond-shaped egg garnishes.

BAR CHOO KIM CHI
 3 medium nappa cabbage
 1/2 cup salt
 2 quarts water
 2 medium white radishes, shredded

KIM BOB
 (Rice Sandwich)
 3 cups uncooked short-grain rice

1/4 cup white vinegar
 1/4 cup sugar
 2 tbs. sweet rice wine
 1/4 tsp. salt

Fillings
 4 ounces ground beef
 6-7 dried mushrooms
 1 pkg. fish cake (red), frozen
 2 eggs
 1/2 pound spinach
 1/2 pickled white radish
 seasoning sauce
 3 tbs. soy sauce
 2 tbs. sugar
 2 tbs. sweet rice wine
 1/4 tsp. salt
 8 sheets kim (seaweed)

1/4 cup red pepper powder (to taste)
 1 tbs. sugar
 2 cloves garlic, crushed
 2 tsp. ginger root, crushed
 5 to 6 green onions, sliced
 2 1/2 tsp. salt
 2 tbs. salted baby shrimp
 3 cups sweet rice flour sauce

Cut the cabbage in half or quarters lengthwise. Sprinkle salt between leaves and put them in a large container. Dissolve the remaining salt in 2 quarts of warm water and pour over the cabbage. Set aside for two or three hours, or until cabbage becomes soft. Make sure all of the cabbage is covered with salted water. Turn the cabbage two or three times.

Bring two cups of water to a boil and add 4 tablespoons of sweet rice or wheat flour dissolved in one cup of cold water. Stir continuously until water comes to a boil again and thickens. Set aside to cool.

Wash the softened cabbage thoroughly in cold water three or four times and drain. Squeeze out the excess water.

Peel and wash the radishes. Slice the radishes into thin strips, mix well with red pepper powder and sugar. Set aside.

Add the rest of the ingredients to the radishes and mix well.

Place the stuffing between the cabbage leaves from the outside to the inside, wrapping the cabbage with the outer leaves. Place the stuffed cabbage in a gallon jar and leave in a cool place for three to four days. When it is ready to eat, store it in the refrigerator.

GAL BEE
 Broiled Short Ribs
 2 pounds beef short ribs, thin sliced
 2 tbs. sugar
 2 tbs. rice wine
 1/2 cup seasoning sauce
 5 tbs. soy sauce
 2 tbs. soy sauce
 1 tbs. rice wine
 2 tbs. sesame oil
 1 clove garlic, crushed
 1 tsp. ginger, crushed
 2 medium green onions, chopped
 2 tsp. sesame seed, toasted and lightly pounded
 1/4 tsp. pepper
 1 tbs. plus 1 1/2 tsp. water

Wash the meat and remove visible fat. Pound the meat lightly on both sides with blunt edge of a knife. Place in a bowl, add sugar and wine. Mix well and let stand for 10-15 minutes.

Combine the seasoning sauce ingredients and mix well. Marinate meat in sauce for at least 15 minutes (the longer the better) before cooking.

Grill on a charcoal fire, or oven broil at 450 degrees for about two minutes on each side or until brown.

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