

Noku Bindaetteok (Korean Mung Bean Pancake)



Makes:

8 servings, 3 each

Utensil:

Saladmaster Food Processor

Flatbread Pan

small mixing bowl

medium mixing bowl

Blender

Rate ☆☆☆☆☆

Recipe:

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Recipe Description:

Korean pancakes also once known as the Poor Man's Pancake dates back to the late 15th early 16th century. The main ingredient in mung bean pancakes are dried split mung beans that are ground into a batter with water and mixed with vegetables, mung bean sprouts, seasonings, kimchi and sometimes sweet rice. *Bindaetteok* is still popular today as a snack, appetizer or quick meal.

2 cups
split mung beans, soaked overnight in water and drained
(250 g)
1 cup
water
(240 mL)
1 cup
kimchi, store bought or homemade, drained and chopped
½ cup
kimshi liquid
(120 mL)
1 cup
mung bean sprouts
(125 g)
1 teaspoon
garlic, shredded, use Cone #1
(3 g)
1 tablespoon
fresh ginger, shredded, use Cone #1

(9
g)
6 scallions, sliced
1 tablespoon
sesame oil, toasted
(15
mL)
1 teaspoon
salt
(6
g)

Dipping Sauce

$\frac{1}{4}$
cup natural soy sauce (60 mL) 2
tablespoons rice (30 mL) 1
vinegar scallion, minced 1
teaspoon sesame seeds, (3 g) 1
toasted
teaspoon sesame oil (5 mL)

Directions:

1. Blend $\frac{1}{2}$ of soaked and drained split mung beans in blender with $\frac{1}{2}$ cup of water and puree until smooth. Pour mixture in bowl. Blend remaining mung beans and water and add to bowl.
2. Add kimchi, kimchi liquid, mung bean sprouts, garlic, ginger, toasted sesame oil and salt to blended mung beans and stir thoroughly to combine.
3. Heat flatbread pan over medium heat. When several drops of water sprinkled on pan skitter and dissipate, pour $\frac{1}{4}$ cup of batter onto pan and cook for 3 - 4 minutes on each side until they become browned and crispy.
4. Keep pancakes warm while cooking remaining batter.
5. Serve pancakes with dipping sauce as an appetizer, snack or as part of a meal.

Tips:

- Add ground pork or chopped pork belly to basic batter for a heartier pancake.
- Add minced jalapeño pepper or crushed red pepper for spicier pancake.
- Make smaller pancakes for an appetizer-size portion.
- Pancakes reheat well.

Nutritional Information per

▼ Serving

Mung Bean Pancakes

Calories: 210

Total Fat: 2g

Saturated Fat: 0g

Cholesterol: 0mg

Sodium: 425mg

Total 36g

Carbs:

Dietary Fiber: 10g

Sugar: 5g

Protein: 13g

Dipping Sauce

Calories: 100

Fat: 6g

Saturated Fat: 1g

Cholesterol: 0mg

Sodium: 2130mg

Carbohydrate: 20g

Fiber: 1g

Sugar: 2g
Protein: 4g
