

Korean Chapchae



Makes:

3 servings

Utensil:

1 Qt./9 L Sauce Pan with Cover
5 Qt./4.7 L Gourmet Wok with Cover
small mixing bowl
medium mixing bowl

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Recipe:

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Recipe Description:

Chapchae, or Japchae, is one of the most popular Korean noodle dishes. The sweet potato noodles absorb a lot of flavor, thus making this dish far from bland, yet still quite delicate. This dish is filling but won't leave you feeling heavy.

Entrée

2 tablespoons
sugar
(30
mL)
4 tablespoons
soy sauce or soy sauce substitute (see recipe below)
(60
mL)
½ pound
dried Korean sweet potato noodles
(227
g)
1 onion, sliced, use Cone #4
3 stalks
green onion, cut lengthwise and then into 1" lengths
2 carrots, sliced, use Cone #4
2-3 cloves
garlic, minced
2 tablespoons
sesame seeds
(30
mL)
1 cup
shitake mushrooms, chopped
(145
g)
½ pound
fresh spinach, chopped
(227
g)

Soy Sauce Substitute

4
tablespoons vegetable, beef or chicken (60 mL) 4
broth 1
teaspoons balsamic (20 mL) $\frac{1}{4}$
vinegar 1
tablespoon dark molasses (15 mL) teaspoon ginger (1.25 mL) 1
pinch black pepper pinch garlic $1\frac{1}{2}$
powder cups water (350 mL)

Directions:

1. Mix sugar and soy sauce in small bowl and set aside.
2. Put approximately 8 cups of water (1.9 L) in wok and over medium heat bring to a boil. Add noodles, bring to a boil again and cook uncovered for approximately 5 minutes. Drain in colander and cut noodles into 6 or 7-inch pieces in length. Place in noodles in medium bowl and set aside.
3. Return wok to burner and place carrots, onions, garlic and sesame seeds into wok and stir-fry until softened, approximately 1 minute.
4. Add spinach, noodles and soy mixture into wok. Stir another 2-3 minutes. Remove from heat and serve.

Soy Sauce Substitute

1. Place 1 quart sauce pan on medium heat and stir together all ingredients. Simmer gently for approximately 15 minutes.
2. When cooled, pour into jar and refrigerate.

Tips:

- Cellophane (glass) noodles can be substituted for sweet potato needles.
- Tamari is a soy-based soy sauce alternative and one that is wheat-free.

Nutritional Information per

▼ Serving

Calories: 281
Total Fat: 5g
Saturated Fat: 1g
Cholesterol: 22mg
Sodium: 921mg
Total 52g
Carbs:
Dietary Fiber: 9g
Sugar: 16g
Protein: 12g