

Shikeumchi Namul



Makes:

1 - 2 servings

Utensil:

Saladmaster Food Processor

1 ½ Qt./1.4 L Sauce Pan with Cover

small mixing bowl

large mixing bowl

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Recipe:

Contributed By:

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Recipe Description:

Shikeumchi Namul is a Korean side dish made with spinach. Traditionally the spinach is boiled in water and excess water is squeezed out of the spinach. Spinach is dressed with a fragrant dressing of ginger, garlic, sesame oil and other seasonings. Cooking the spinach in the Saladmaster 1.5 Qt. (1.4 L) Sauce Pan preserves nutrients and vitamins that would otherwise be lost during boiling, resulting in a more delicious and nutritious dish.

5 ounces
baby spinach
(142
g)
2 cloves garlic, shredded, use Cone #1
1 teaspoon
fresh ginger, shredded, use Cone #1
1 scallion, green and white part, minced
1 teaspoon
toasted sesame oil
(5
ml)
1 teaspoon
toasted sesame seeds
(3
g)
½ teaspoon
sea salt
(3
g)

Directions:

1. Place spinach in a large bowl of cool water and wash to remove any dirt. Remove spinach from water and place in a

- strainer and shake off excess water.
2. In a small bowl, mix together garlic, ginger, scallions, toasted sesame oil, toasted sesame seeds and salt. Set aside.
 3. Place cleaned spinach in sauce pan, pushing it down so all spinach fits in the pan. Place cover on sauce pan and turn heat to medium.
 4. When Vapo-Valve™ begins to click steadily, turn heat off, remove from stove and remove cover.
 5. Using tongs, transfer spinach from sauce pan to a clean bowl, shaking off any excess water. Spoon seasoning mixture over spinach and toss to combine.
 6. Serve seasoned spinach at room temperature.

Tips:

- Serve with steamed rice.
- Add red chili pepper paste or a dash or two of hot sauce for a spicier dish.

Nutritional Information per

▼ Serving

Based on 1 serving

Calories: 103

Total Fat: 6g

Saturated Fat: 1g

Cholesterol: 0mg

Sodium: 1057mg

Total 9g

Carbs:

Dietary Fiber: 4g

Sugar: 1g

Protein: 5g