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**Korean Food Recipes- Jap Chae- Sweet Potato Noodles with Mixed Vegetables**

**Traditional Korean New Year Dishes**

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**Jap Chae- Sweet Potato Starch Noodles with Mixed Vegetables**

Ingredients:

- 1 package of sweet potato starch noodles (Dangmyun)
- 1/4 lb of beef (stir fry strips, flank or sirloin steak, sliced thin) \*OPTIONAL
- 3 to 4 large carrots, julienned
- 1 to 2 onions, sliced
- 2 to 3 green peppers, sliced thin
- (You can add or substitute spinach to the recipe, instead of peppers, depending on the season)
- Skin from 2 cucumbers, sliced thin \*OPTIONAL
- 6 to 8 Shitake mushrooms (or about 1 cup), sliced thin \*SUBSTITUTE with white mushrooms
- 3 to 4 cloves of Garlic
- 1 cup Sesame oil
- 1/2 cup vegetable oil or canola oil
- 3/4 to 1 cup Soy Sauce
- 2 to 3 TBSP Sugar
- 2 to 3 TBSP Sesame Seeds
- Salt and Pepper (season accordingly)

1. Bring the noodles to a boil. Turn off the flame and let noodles sit in the pot for about 5 to 7 minutes. (Add salt in the boiling water)
2. Drain and rinse the noodles with cold water.
3. Stir-fry each vegetable ingredient in vegetable oil (1 TBSP oil) for a couple of minutes. For example, stir-fry carrots for 2 to 3 minutes only. The vegetables need to be stir-fried separately. I prefer to stir-fry veggies lightly, to add a fresh/crisp texture. Season with salt, pepper, garlic and sesame seeds.
4. Stir-fry Shitake mushrooms for at least 5 to 6 minutes. Season with soy sauce, pepper, sesame seeds, and garlic. Finally, stir-fry the beef, but this is optional if vegetarian diet desired.
5. Combine the vegetables with the noodles. Toss the mixture and season with Sesame Oil, Sesame Seeds, Soy Sauce, Sugar, Salt and Pepper.

This dish will serve about 6 to 8.