

# Chapchae

(AKA Japchae and Chopchae)  
Korean Glass Noodle Stir Fry



Yield: Serves 2-4

## Ingredients:

- ½ lb Beef Sirloin (**Soegogi Deungshim**)\* - thin cut and sliced into 'ribbons'
- ½ lb Baby Spinach (**Sigeumchi**) - thoroughly washed
- 12 oz package Sweet Potato Glass Noodles (**Dangmyeon**)
- 5 Shitake Mushrooms (**Pyogo Beoseos**)\*\* - sliced
- 3 Green Onions (**Pa**) - small chopped
- 2 cloves Fresh Garlic (**Maneul**) - minced
- 1 Sweet Onion (**Dan Yangpa**) - sliced thin
- ½ Cup Napa Cabbage (**Baechu**\*\*\* - chopped
- 3 Tbs Korean Soy Sauce (**Guk Ganjang**)
- 2 Tbs Olive Oil (**Ollibeuyu**) - can substitute canola, vegetable, grape seed, or avocado oil
- 2 Tbs Toasted Sesame Oil (**Chamgireum**) - divided
- 1 tsp Granulated Sugar (**Sultang**)
- 1 Tbs Toasted White Sesame Seeds (**Bokken Chamggae**)

## -OPTIONAL-

- 2 Carrots (**Dang-Geun**) - peeled and cut into matchsticks

## Preparation:

- 1) Bring a large pot of water to a boil - Add spinach and allow to cook for 1-2 minutes
- 2) Remove spinach from water using a spider/skimmer and transfer to an ice water bath to stop cooking (DO NOT DRAIN POT OR REMOVE FROM HEAT)
- 3) Use the same boiling water to cook the glass noodles according to manufacturer's directions - Drain and set aside
- 4) Drain blanched spinach and allow to sit in a strainer or colander until needed
- 5) Heat olive oil and 1 Tbs of the sesame oil in a wok or large frying pan over high heat until shimmering
- 6) Once oil is heated, add garlic and sweet onion and stir fry for 30 seconds
- 7) Add pork (or beef/tofu) and continue to stir fry for 1 minute
- 8) Add mushroom, green onion, cabbage/bok choy, and carrots (if using) - Continue to stir fry for 4-5 minutes (vegetables should still be 'crisp' not soft)
- 9) Add blanched spinach and thoroughly combine
- 10) Reduce heat to low - Add cooked and drained noodles, soy sauce, and sugar - Toss to combine and allow to cook for 1-2 minutes just to heat everything through
- 11) Add sesame seeds and remaining Tbs of sesame oil - thoroughly combine
- 12) Transfer to a serving dish and serve hot on its own or as part of a complete Korean meal OR serve over steamed rice as the dish *Chapchae-bap*

\* Can substitute Pork Tenderloin (**Dwaeji Gogi Anshim**) OR Firm Tofu (**Dubu**) if desired

\*\* Can Substitute ½ Cup Re-hydrated Wood Ear Mushroom (**Inhu Beoseos**) thinly sliced

\*\*\* Can Substitute ½ Cup chopped Baby Bok Choy (**Cheongyeongchae**) if desired