

Dak Bulgogi

BY JEFF & JORDAN KIM | @THECRUNCHBROS

This dish is one of our go-to's and a family favorite to make together. It's a quick and easy meal that comes together in no time. My kids love anything with tteok (Korean rice cakes), so we always toss some in for that extra chewy texture. What I love most is being in the kitchen with Jordan and sharing with him some of the flavors and foods I grew up with. It's a simple way to keep our culture and traditions alive. Meals are always better shared, and this one always hits the spot.

Dak Bulgogi

BY JEFF & JORDAN KIM

INGREDIENTS

1 lb chicken
400 g tteok (rice cakes)
1 onion
3-4 stalks green onion

Sauce

3 tbsp soy sauce
1 tbsp brown sugar
⅓ grated apple
1 tbsp honey
3 minced garlic cloves
1 tbsp sesame oil
1 tbsp sesame seeds
1 tsp MSG
Black Pepper, to taste

Tip

You can level this up by grilling the chicken on the BBQ first. The char adds amazing flavor and texture.

INSTRUCTIONS

01 Make the marinade

In a mixing bowl, combine all of the sauce ingredients and stir until well mixed.

02 Marinate the chicken

Add the sliced or chopped chicken to the marinade. Stir to coat evenly. Cover and refrigerate for at least 30 minutes or up to overnight.

03 Cook the chicken

Heat a large pan over high heat and add a drizzle of neutral oil. Add the marinated chicken, onions, and green onions and cook, stirring occasionally until the chicken is browned and cooked through (internal temperature should reach 165°F / 74°C).

04 Prepare the tteok

While the chicken cooks, rinse the tteok and soak it in water for 5 minutes. Drain well.

05 Combine

Add the soaked tteok to the pan and stir-fry for 2–3 minutes, or until the tteok becomes soft and heated through.