

The Hansik Contest 2024

RECIPES





A Culinary Journey

Capital City College is thrilled to present the top ten recipes from the Hansik Contest, held at the prestigious Vincent Rooms Restaurant on 11 November 2024.

This year's contest, sponsored by the Korean Government and CJ Foods, challenged our second-year Chef Diploma students to create innovative brasserie dishes inspired by traditional Korean cuisine.

From a pool of talented contenders, eleven finalists were selected to compete, each bringing their unique perspective to this fusion of culinary traditions.

Within these pages, you will discover a collection of inventive and delicious recipes, blending classic Korean flavours with European techniques.

Each recipe is a testament to the passion, skill, and creativity of our aspiring chefs. We invite you to embark on a culinary journey and experience the exciting fusion of Korean and European cuisine, as reimaged by the next generation of culinary stars.

A Century of Culinary Excellence

The Westminster Centre, formerly Westminster Kingsway College's Victoria Centre, boasts a rich history dating back to 1910. Founded by a distinguished committee including Auguste Escoffier and Cesar Ritz, it was the UK's first culinary school.

The college's commitment to inspiring future generations of chefs is evident in its state-of-the-art facilities, including The Vincent Rooms Restaurant, where students hone their skills by serving the public.

Over the years, the college has produced numerous notable alumni who have Gone on to achieve great success in the culinary world. As the college enters its second century, it continues to uphold its founding principles and provide world-class training, setting the standards for industry.

To find out more

<https://www.capitalccg.ac.uk/courses/hospitality-and-culinary-arts/353/>



Matthew Clifford

*Doenjang Cod, Ginger foam, Lemon grass broth,
Marigold edible flowers, with Drinking pairing
Citron tea white wine spritzer with mint*

*For my recipe I wanted to focus on the simplicity of using a few ingredients
whilst incorporating some fun culinary techniques to try at home.*

*For my Main dish I wanted to showcase the potential of using Doenjang as a substitute for
Japanese Miso highlighting its stronger and nuttier flavour, I chose to pair it with a lemongrass
beurre blanc and ginger foam to enhance the flavour and appearance to the overall dish.*

*As a drinks pairing for the dish I chose to use the Citron Tea as a main component
as it has nice aromatic qualities that pair well when accompanied with mint,
I wanted to experiment and create a cocktail that was refreshing and can be enjoyed year round.*

Doenjang Cod

- 2 x 125g Cod Loins
 - 30 ml Sake
 - 30 ml Mirin
 - 2 tbsp Dark Brown Sugar
 - 5-6 tbsp Doenjang
- (adjust measurements to taste if necessary)*

Ginger Foam

- 2 large Knobs of ginger
 - 150ml Water
- 30g White caster sugar
 - 1 ½ Gelatin sheets
- 100ml Double cream
 - 1 Cream Charger

Lemongrass Broth

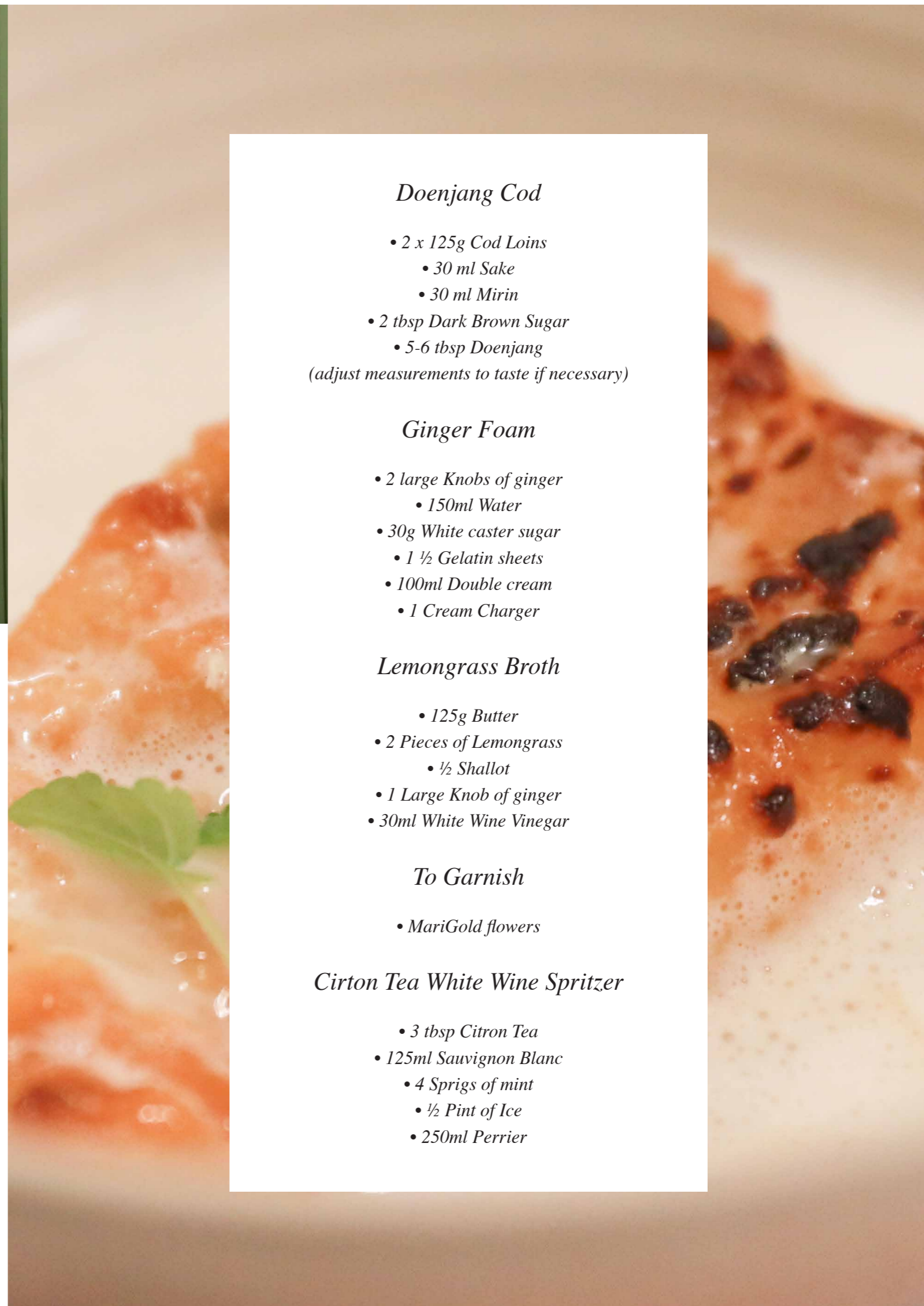
- 125g Butter
- 2 Pieces of Lemongrass
 - ½ Shallot
- 1 Large Knob of ginger
- 30ml White Wine Vinegar

To Garnish

- MariGold flowers

Cirton Tea White Wine Spritzer

- 3 tbsp Citron Tea
- 125ml Sauvignon Blanc
 - 4 Sprigs of mint
 - ½ Pint of Ice
 - 250ml Perrier



Recipe

Doenjang Cod

- In a saucepan add sugar, mirin, sake and Doenjang gently heat until all combined
- Remove from stove and place over ice bowl until cool whisking continuously
- Add marinade into vac pac or ziploc bag with cod loins and place onto tray to refrigerate
- Remove after 2 days and bake at 220 degrees in the oven for 6-7 minutes
- Place under grill until Golden in colour with some areas charred

Lemongrass Broth

- Finely dice shallot and ginger, bash lemongrass and chop finely.
- Melt butter in a saucepan until bubbling, sauté veg until fragrant
- Add white wine vinegar and reduce until 2/3 has evaporated
- Remove from stove and slowly whisk in butter (adding back to stove if butter isn't melting)
- Strain through a fine chinois



Ginger Foam

- Peel and slice ginger into thin strips and add it saucepan with water and sugar, slowly let sugar dissolve and allow ginger to infuse the water
- Bloom gelatin in ice water for 5-6 minutes
- Strain water, sugar and ginger mixture and add double cream with gelatin sheets
- Remove from heat and place into onto ice water until cool
- Place into foam dispenser and charge it with one cream charger.

Citron Tea White Wine Spritzer

- Add to a cocktail shaker Citron Tea, Mint, Ice, Sauvignon and shake 20-30 times til ice cold
- Strain with a hawthorn and pour over a mini sieve into ice glass.
- Pour soda water and garnish with mint

Oscar Snipp

Gochujang Buttermilk Milanese served with a lime and Coriander salad served with a honey and Gochujang dressing with pickled radishes, puffed Doenjang rice and Smoked paprika mayonnaise

Gochujang Buttermilk Milanese served with a lime and coriander salad served with a honey and Gochujang dressing with pickled radishes, puffed Doenjang rice and smoked paprika mayonnaise I have chosen this dish as my competition entry because i wanted to use the inspiration of an iconic brassiere dish but use the influence of Asian spices and culinary technique. I wanted my dish to have a balance of spice, freshness, crunch, sweetness and flavor.

From uses many ideas from Aisa I feel like I have accomplished so, for example, in India they use puffed rice as I garnish or as a side dish at many occasions but I wanted to showcase all of Asian flavors by slightly dressing it in a Doenjang dressing to bring a powerful flavor you won't expect, this will also balance the spice within this dish.



Recipe

- Portion out the chicken breasts and keep skin slice breasts in half from the side keeping in tacked.
- Cover the chicken breasts with baking parchment and hit with a rolling pin until you get the desired thickness 5cm and leave in a bowl with a tablespoon of Gochujang and 200ml buttermilk in the fridge and leave till serving.
- Make a pickling by using 2 parts white wine vinegar, 1 part water and 1 part sugar and leave in a pan on the hob until reduced by half.
- Slice a handful of radishes thin lengthwise and trim the Leafs but keep the color. Add the pickling liquid to a container with the radishes and leave aside in the fridge.
- Make the mayonnaise by adding to a bowl 1 tsp of English mustard, 2 egg yolks and 1tblsp sherry vinegar and whisk, slowly add the oil until the desired consistence, season with salt and smoked paprika and leave in the fridge in a piping bag.
- In a bowl, whisk 3 of tbsp honey, 2 lime juice, ½ a tblsp Gochujang slowly adds 100ml of sesame oil until combined and season with salt.
- Pick a handful of coriander stalks and keep stem, into a bowl add slice stem into small cubes and leave aside, very roughly chop half the coriander and leave the rest aside, add sliced 1 chilis, 3 spring onions and ¼ of a white cabbage. Dress with a little bit of the pickling liquid from the radishes and leave in fridge.
- Take chicken out of buttermilk and transfer to a 2 tbsp plain flour with 1 tbsp of grounded coriander, transfer to 3 egg whites and 200ml butter milk and add them to a tray with 2 tbsp of black and normal sesame seed and panko.
- In a pan add oil to a pan until it gets to 200 degrees and add 100g of rice for 5 seconds until it stops bubbling and leave to strain the oil naturally, add the chicken skin to the oil after until crispy and Golden, add to a bowl 1 tblsp Doenjang paste, 100ml sesame oil and 1 tblsp ground coriander and mix until combined and dress the puffed rice into it.
- In a pan add sesame oil, 10g of butter and 2 smashed garlic until hot, Add the chicken breasts and leave for 5 mins or until Golden brown, flip and wait another 5 mins.
- Add smoked paprika mayo and the dressing the base of the plate add the Milanese to the base, create a circle like shape with the salad add to the dish, garnish with the radishes, puffed rice and chicken skin serve with the dressing and Doenjang sauce and serve.

- Chicken Breasts
- Gochujang (1 tsp+ ½ tsp)
- Buttermilk (200ml)
- White wine vinegar
 - Sugar
- Radishes (handful)
- English mustard (1 tsp)
 - Egg yolks (2)
- Sherry vinegar (1 tblsp)
 - Salt
- Smoked paprika
- Honey (3 tblsp)
 - Limes (2)
- Sesame oil (100ml)





Joe Margaritis

Ramyeon, Doenjang egg yolk, Kimchi, Soy charred leek, Chicken turnovers & Gochuchang mayonnaise

Gochujang Buttermilk Milanese served with a lime and coriander salad served with a honey and Gochujang dressing with pickled radishes, puffed Doenjang rice and smoked paprika mayonnaise I have chosen this dish as my competition entry because i wanted to use the inspiration of an iconic brassiere dish but use the influence of Asian spices and culinary technique. I wanted my dish to have a balance of spice, freshness, crunch, sweetness and flavor.

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Homemade noodles

- 250 g white-bread flour
- 3 g salt
- 2 egg
- 15 g semolina
- 1 tbsp Gochuchang paste

Chicken Broth

- Chicken wings and carcass
- mirepoix-1leek, 2 carrots, 2 large white onions
- 1 head garlic

Gochuchang chicken Korean turnovers

- 200 g rolled puff pastry
- small dice Thigh and breast meat
- 50 g butter
- 30 g sugar
- 2 tbsp Gochuchang paste
- 1 tbsp honey
- 3 spring onions – finely sliced
- 2 red chillies - brunoise
- Black sesame seeds
- 2 eggs

Egg yolk

- 3 tbsp Doenjang
- 3 tbsp Doenjang
- 2 tbsp sugar
- 2 egg yoiks

Soy charred leek

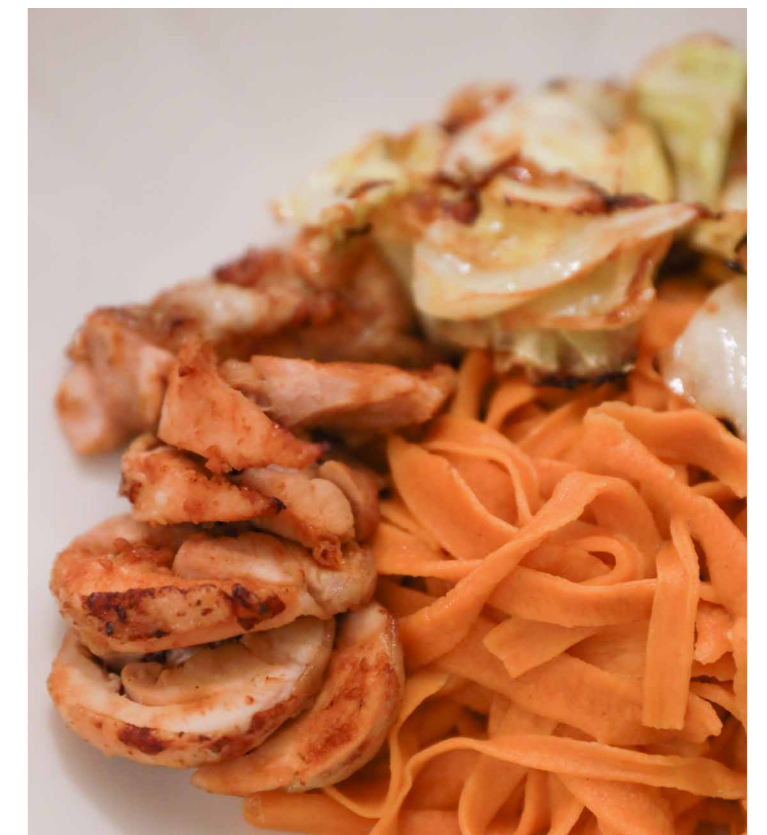
- 1 baby leek
- 200 ml soy sauce

Gochuchang mayonnaise

- 2 egg yolks
- 1 tbsp dijon mustard
- 1 tbsp Gochuchang paste
- Rapeseed oil
- Table salt to taste
- Sherry vinegar to taste

Kimchi

- 1 Chinese leaf –brunoise
- 30 g salt
- 2.5 cm minced garlic cloves
- 2tbsp ginger grated
- 2tbsp fish sauce
- 1tbsp Gochuchang
- 3tbsp caster sugar
- 8 rice vinegar
- 4 raddishes – finely sliced
- spring onions – finely sliced



Recipe

Homemade noodles

- Mix all the dry ingredients, reserving the semolina, and slowly add the water until you have a nice dough. Start kneading the dough, dusting with semolina if necessary, until it is smooth and firm. Let rest for about 30 minutes or as long as possible. Knead for a few more minutes and then roll out until it is about 2mm thick. Boil salted water and cook until it reaches the right texture.

Chicken Broth

- 100ml chicken stock for extra flavour. Place the veg and chicken into a pressure cooker and add water. Turn on the pressure cooker and cook for about 30 minutes. Strain off the broth and skim. Add the chicken stock to it and bring to a boil. Place into the teapot, ready to serve.)

Egg yolk

- Mix the Doenjang and sugar together then cover the egg yolks in the mixture.

Soy charred leek

- Char the baby leek over an open fire. When charred, place in the soy sauce and slice when serving.

Gochuchang chicken Korean turnovers

- Place the butter, sugar and Gochuchang paste into a pan until the sugar dissolves. Add the honey to emulsify along with some Maldon salt. Cook the chicken partially in another pan and add it to the sauce, spring onions and chillies. Cut the puff pastry out and place a spoonful of mixture in the middle, wrap them over and egg wash them. Place some sesame seeds on top and bake at 180°C for 8-12 minutes.

Gochuchang mayonnaise

- Add your egg yolks, Gochuchang and Dijon to a bowl. Whisk in the rapeseed oil slowly until the correct consistency. Then add the salt and sherry vinegar. Cut all vegetables into mire

Kimchi

- Mix the Chinese leaf and the salt together and leave for 45 minutes. Wash the salt off then add all the ingredients to the Chinese leaf and leave in an airtight container until serving.



Aisha Geesay

Doenjang-Glazed Duck Breast with Gochujang Jus & Ssamjang

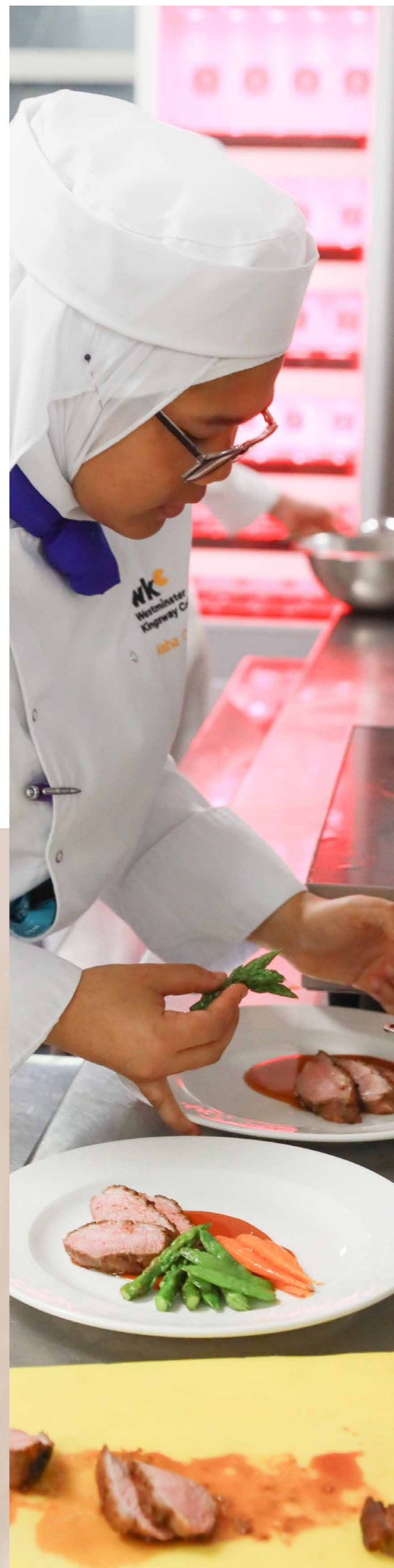
This dish features a perfectly seared duck breast with crispy skin and tender, juicy meat. The duck is brushed with Doenjang, a Korean fermented soybean paste, and finished in the oven for deeper flavour. It's served with a Gochujang jus, blending mild heat and sweetness to complement the rich duck.

Roasted snap peas, asparagus, and baby carrots add vibrant colour and texture, while sliced scallions and small servings of Ssamjang provide freshness and a bold flavour contrast.

Thought Behind the Fusion

This dish combines French cooking techniques with the bold flavours of Korean cuisine.

Doenjang and Gochujang bring a mix of umami and spice, while the roasted vegetables highlight their natural sweetness. By blending these two culinary traditions, the dish offers a balanced and innovative dining experience that celebrates both Korean and French flavours.



Quantity Ingredients (For 2 portions)

- 2 Duck breasts (skin on)
- 2 tbsp Doenjang paste
- Salt and black pepper (to taste)
- 1 tsp Sesame oil

Gochujang Jus

- 1 tbsp Gochujang paste
- 240ml Beef or chicken broth
(for a nonalcoholic option)
- 2 tbsp Soya sauce
- 1 tbsp Honey
- 1 tsp Rice vinegar
- 1 tsp Sesame oil
- 1 tbsp Cornstarch
(for thickening , mixed with a bit of water)

Ssamjang Paste(side dip)

- 2 tbsp Ssamjang paste
(Korean seasoned soybean paste)
- 1 tsp Sesame seeds
- 1 tsp Sesame oil

Roasted Vegetables

- 200g(10 – 12 spears) Asparagus
- 100g Snap peas
- 150g(6-8) Baby carrots
- 2 tbsp Olive oil
- 1 clove Garlic
- From 1 lemon Lemon zest
- 1 Finely sliced scallion

Recipe

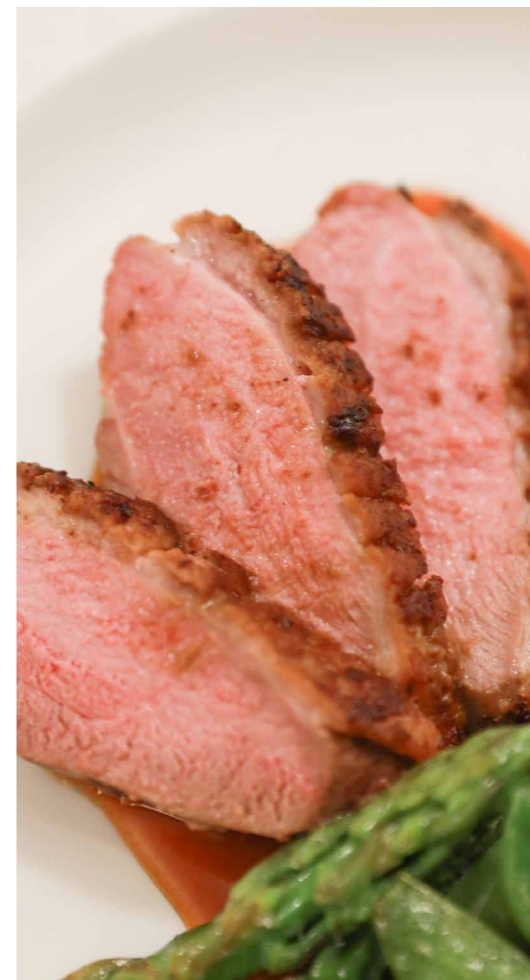
- Score the skin of the duck breast in a crosshatch pattern, being careful not to cut into the flesh.
- Season both sides of the duck breast with salt and pepper.
- In a cold, dry pan over medium heat. Place the duck breast skin-side down to slowly render the fat.
- After about 8-10 minutes, when the skin is Golden and crispy, brush the skin with Doenjang paste, thinned with a bit of sesame oil if desired.
- Flip the duck to sear the other side for about 2 minutes.
- Transfer to the oven at 180°C (350°F) for 5-8 minutes (for medium-rare) or longer depending on the desired doneness.
- Let the duck rest for 5 minutes before slicing
- In a saucepan, combine Gochujang, broth, soy sauce, honey, rice vinegar, and sesame oil. Bring to a simmer.
- Adjust seasoning with more honey or vinegar to taste (balancing sweetness and spice)
- Whisk in the cornstarch slurry to thicken the sauce until it reaches a jus-like consistency.
- Boil water in a large pot and add a generous amount of salt (it should taste like the sea).
- Prepare an ice bath (a large bowl of water with ice) to shock the vegetables and stop the cooking process. Blanch the carrots first. Add the baby carrots to the boiling water and cook for 3-5 minutes, until they're just tender but still have a bit of bite.
- Immediately transfer the carrots to the ice bath using a slotted spoon. Blanch the asparagus and snap peas. Add the asparagus to the boiling water and blanch for 1-2 minutes, just until they turn bright green.
- Do the same with the snap peas for 1 minute. Transfer both to the ice bath to preserve their colour and crispness.
- Drain the vegetables from the ice bath and pat them dry with a clean towel. Toss the carrots, asparagus, and snap peas in a bowl with olive oil, salt, pepper, and minced garlic.

• Spread the vegetables evenly on a baking sheet and roast for about 10 minutes, or until they're lightly caramelized. The carrots may need a few minutes longer to become tender and slightly browned, so roast them on a separate tray. Once cooked, toss the vegetables with a bit of lemon zest for brightness, and a light drizzle of sesame oil.

• Serve Ssamjang as a side dip in a small bowl, garnished with a drizzle of sesame oil and sesame seeds. or alternatively plate it with the duck in small decorative dollops.

Plating

- Base Sauce: Create a smooth swipe of Gochujang jus on one side of the plate.
- Duck Arrangement: Slice the duck breast into 3-4 pieces 1-2 inches thick and arrange them slightly overlapping on top of the jus.
- Vegetables: Place a small pile or fan of asparagus, snap peas, and baby carrots next to the duck for colour and height.
- Ssamjang: Add 3 to 4 small dollops of Ssamjang around the duck and vegetables using a squeeze bottle for visual appeal and flavour.
- Garnish: Top with finely sliced scallions.
- Final Touch: Wipe the plate edge clean for a polished look.



Mya Simmons

Gochujang celeriac and Spelt risotto, with Cauliflower Doenjang pickles

I picked this dish because if you look at Korean diets in general they are focused around vegetables and rice, being Good for the body.

Therefore I have chosen to make a risotto based on a root vegetable and spelt which is a grain which has many health benefits.

Celeriac also tastes best in the uk from September-April making it conveniently in season.



Cauliflower Doenjang pickles

- Cauliflower
- 2 heaped tsp white Doenjang
- 2 tbsp sugar
- 2 tbsp rice wine vinegar
- 2 tsp salt

2 portions

- 2 cloves garlic
- 1 shallot
- 100ml white wine
- 1 veg stock cube
- One Celeriac
- 80g spelt
- 2 tsp Gochujang
- 5g black sesame seeds
- 5g white sesame seeds
- 2 spring onions
- 1 tbsp olive oil



Recipe

- Take large cauliflower florets and finely slice on a mandolin, then in a bowl add white Doenjang, sugar, salt and rice wine vinegar and mix.
- Then add sliced cauliflower and cauliflower leaves and cover with cling film and leave on the side.
- Soak spelt in cold water before starting Slice celeriac on a mandolin, and then dice. Slice spring onions super fine and place in ice cold water (so they become slightly curly)
- Crush garlic, finely dice shallots, sweat down in some olive oil, then add diced celeriac and spelt and cook for 1 min on a high heat, then add Gochujang, cook for another minute and then deglaze the pan with white wine.
- Once all absorbed add veg stock a little at a time until fully absorbed. Check seasoning, Toast some sesame seeds white and black.
- Then on the plate take a pastry ring and fill it with the risotto, then cauliflower pickle on top, sprinkle sesame seeds and top with the spring onion.





Jackie Collett

Gochujang-Doenjang Glazed Beef Tenderloin with Doenjang Custard, Charred Kimchi Purée, and Crispy Sesame Leaf

For my competition, I am making a Gochujang-Doenjang Glazed Beef Tenderloin with Doenjang Custard, Charred Kimchi Purée, and Crispy Sesame Leaf.

The reason I picked this is because all the flavors all combine and give such a unique special taste.

*The Doenjang Custard matches perfectly with the glazed beef tenderloin.
The Kimchi Puree gives an even more unique and spicy taste which helps elevate the beef.*

Ingredients (for 2 portions)

For the Beef

- 2 beef tenderloin steaks (about 150g each)
- 2 tbsp Gochujang
- 1 tbsp Doenjang
- 1 tbsp soy sauce
- 1 tbsp honey or brown sugar
- 2 tsp sesame oil

For the Doenjang Custard

- 200 ml heavy cream
- 2 large egg yolks
- 1 tbsp Doenjang
- Pinch of salt

For the Charred Kimchi Purée

- 1/2 cup Kimchi
- 1 clove garlic, minced
- 1 tsp sesame oil
- 1 tsp rice vinegar
- 1/2 tsp sugar

For the Crispy Sesame Leaf

- 4 sesame leaves (perilla leaf or alternative like shiso)
- 1/2 cup tempura flour (or cornstarch for a light batter)
- Ice-cold sparkling water
- Vegetable oil for frying

Pickled Vegetables

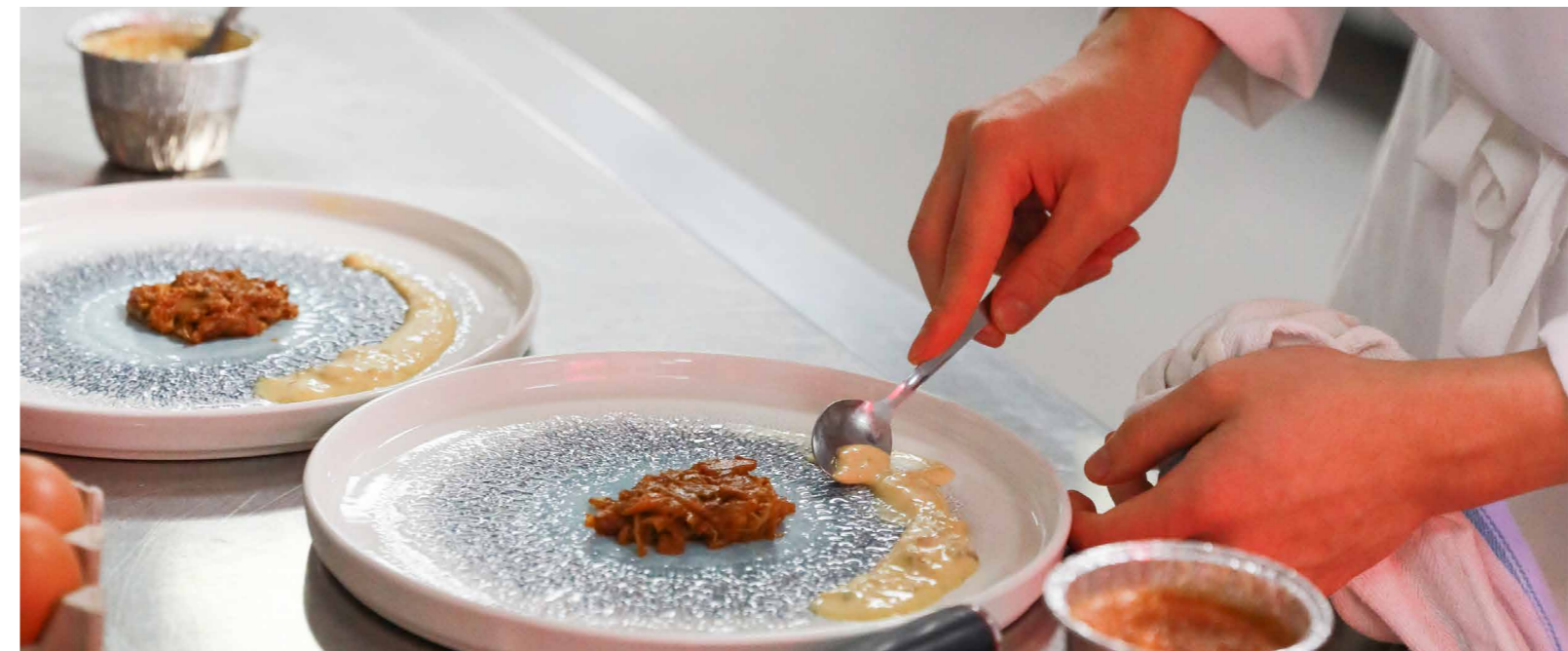
- 1 small radish or carrot (thinly sliced)
- 2 tbsp rice vinegar
- 1 tbsp sugar
- Pinch of salt

Soy-Balsamic Reduction (Optional Drizzle)

- 2 tbsp soy sauce
- 1 tbsp balsamic vinegar
- 1 tsp honey or brown sugar

Garnish

- Finely sliced scallions or microgreens
- Sesame seeds



Recipe

Start with the Doenjang Custard (20-25 minutes)

- *Prep: Preheat your oven to 300°F (150°C).*
- *Heat the cream: In a small saucepan, gently heat the cream with a tablespoon of Doenjang until the mixture is hot but not boiling. Whisk to fully incorporate the Doenjang.*
- *Whisk the egg yolks: In a separate bowl, lightly whisk the egg yolks with a pinch of salt.*
- *Temper and combine: Slowly pour the hot cream into the yolks while whisking constantly to temper the eggs.*
- *Bake the custard: Pour the mixture into small ramekins. Place them in a baking dish and fill the dish with hot water halfway up the sides of the ramekins (water bath). Bake for 20 minutes or until set but still slightly jiggly in the center. Cool in the fridge until ready to serve.*

Prepare the Pickled Vegetables (5 minutes prep, 15 minutes resting)

- *Mix the vinegar, sugar, and salt in a small bowl until dissolved.*
- *Add the thinly sliced radish or carrots. Let them sit in the liquid for at least 15 minutes while you prepare the other components.*

Make the Charred Kimchi Purée (10 minutes)

- *Char the Kimchi: Heat a pan over high heat with a drizzle of sesame oil. Add the Kimchi and cook until slightly charred and smoky (about 3-4 minutes).*
- *Blend: Transfer the charred Kimchi to a blender with garlic, rice vinegar, sugar, and a little water if needed. Blend until smooth. Taste and adjust seasoning. Set aside.*

Prep the Gochujang-Doenjang Glaze (5 minutes)

- *In a small bowl, mix the Gochujang, Doenjang, soy sauce, honey, and sesame oil. This will be brushed onto the beef later after cooking.*

Prepare the Beef Tenderloin (15-20 minutes)

- *Sear the beef: Season the tenderloin steaks with salt and pepper. Heat a pan with a little oil until very hot. Sear the steaks for about 2-3 minutes on each side until they develop a deep, Golden crust.*
- *Rest the beef: Let the beef rest for 5 minutes.*
- *Glaze the beef: After resting, brush the steaks with the Gochujang- Doenjang glaze. Quickly caramelize the glaze with a blowtorch or under the broiler for 1-2 minutes until it becomes shiny and slightly charred.*

Fry the Sesame Leaves (5 minutes)

- *Tempura batter: In a small bowl, mix the tempura flour (or cornstarch) with ice-cold sparkling water until you have a thin, smooth batter.*
- *Fry: Heat vegetable oil in a small pan. Dip the sesame leaves into the batter and fry for 1-2 minutes until crispy and Golden. Drain on paper towels and lightly salt.*

Make the Soy-Balsamic Reduction (5 minutes)

- *In a small saucepan, combine soy sauce, balsamic vinegar, and honey. Simmer over medium heat for 5 minutes until slightly thickened and reduced. Set aside for drizzling.*



Olivia Chase

*Korean Short Ribs Galbi served inside
a Gochujang and Garlic savoury bun, with a side of
Oi Muchim cucumber & Spring onion salad.*



These amazingly flavorful flanken-cut ribs are distinctive because they look more like thin steak, marinated in a Korean sauce, served in a beautiful savoury bun flavoured with Gochujang and garlic.

Served with a cool and crunchy Oi Muchim salad, with a mild Ssamjang, honey and sesame dressing.

Gochujang and Garlic Savoury Buns

TangZhong

- 6 tablespoons water
- 2 tablespoons Steve's Bread flour

Bread

- 7 g SAF-Instant Red yeast
- 120 ml milk
(lukewarm or room temp, but not hot)
- 7 g SAF-Instant Red yeast
- 120 ml milk
(lukewarm or room temp, but not hot)
- 28 g unsalted butter melted but not hot
- 300 g bread flour
- 5 ml salt
- 42 g sugar
- 2 tablespoons Gochujang
- 28 g unsalted butter melted but not hot
- 300 g bread flour
- 5 ml salt
- 42 g sugar
- 2 tablespoons Gochujang
- 1 egg (plus 2nd egg for glaze)
- Confit Garlic
- 4 cloves garlic
- 240ml olive oil

Mild Ssamjang, honey and sesame dressing

- 3 tablespoons Ssamjang paste
- 1 tablespoons rice vinegar
- 0.5 tablespoon sesame oil
- 1 tablespoon honey
- Cornflower

Korean Short Ribs

- 1kg Flanken Ribs
(about 150g each)
- 1/2 small Yellow Onion sliced into thin pieces

Marinade

- 150 g dark soy sauce (low sodium)
- 95 g light brown sugar
- 25 g toasted sesame oil
- 2 tablespoons minced garlic (6 cloves)
- 1 tablespoons minced ginger
- 1 tablespoons toasted sesame seeds
- 0.5 teaspoon crushed red pepper flakes
- 1 1/2 green spring onions, chopped

Oi Muchim

- 210g cucumber, thinly sliced
- 0.5 teaspoon salt
- 0.5 teaspoon soy sauce
- 1.5 tablespoons rice vinegar
- 0.5 tablespoon sugar (honey or maple)
- 0.5 tablespoon toasted sesame oil
- 2 spring onions, sliced thin
- 1 teaspoons Gochujang Korean chili paste
- 1 teaspoon chilli pepper flakes
- toasted sesame seeds
- fresh coriander for garnish

Recipe

Korean Short Ribs (Prep time – 5mins)

- Pat them dry to remove excess moisture. Place the beef ribs into a shallow dish or container and set this aside.

Marinade (Prep time – 10mins + 55mins Marinade)

- Make the marinade by adding all the ingredients together into a bowl and whisk to combine. Set aside about 1/2 cup and store in a separate container.
- Pour & Marinate: Pour the marinade over the flanken ribs and make sure they are fully coated. Add in the sliced onion and mix everything together, vacuum pack to maximise flavour in the time permitted (1hr).

Marinade Reduction (Prep time - 15 mins)

- In a small pot on the stove, cook down the saved marinade and let it reduce in half on low heat. Remove from the burner and set aside.

Searing & grilling & resting (Cooking time 15mins)

- Remove the flanken ribs from the marinade and discard the remaining liquid. Pat the flanked ribs dry and prepare them for searing.
- Heat a large cast iron griddle over high heat or heat a grill to medium direct heat.
- If searing on the cast iron griddle, add a little sesame oil and then sear each side of the flanken ribs for 3-4 minutes. If grilling, add a little oil directly to the beef ribs instead to prevent them from sticking and cook for 3-4 minutes per side for medium.
- When they are cooked, place them on a platter and brush them with the reduced marinade, garnish with sesame seeds.

Mild Ssamjang, honey and sesame dressing (Prep Time - 10mins)

A mild sauce that combines the savoury funk of Doenjang (fermented Korean soybean paste) with the sweet heat of Gochujang Ingredients

- In a small bowl, whisk together the Gochujang paste, vinegar, sesame oil, and honey
- Add cornflower to thicken and sieve to remove lumps and soya beans

Gochujang and Garlic Savoury Buns (Prep Time up-to 3 hours Baking time 30mins)

- First, make the tangzhong. Put water and flour in a small pan and mix until smooth. Once smooth, heat the paste gently until it thickens, stirring constantly. Set aside to cool.
- Peel the garlic cloves and drop them into an ovenproof dish with the olive oil. Bake at 250°F Remove, cool and chop the soft garlic.
- Warm the milk and one teaspoon of the sugar and then set aside until it drops to 43 degrees C. At that point, whisk in the yeast.
- Measure out the remaining dry ingredients into a large bowl (flour, remaining sugar, Gochujang, salt). Stir the egg and butter into the cooled tangzhong and add to the dry ingredients. Mix all the ingredients together then knead, either in mixer or by hand on a floured surface. Add a little more flour if needed.
- When the dough is no longer sticky, transfer to a lightly oiled bowl. Cover and leave to rise in a relatively warm place until doubled - around 1 hour.
- Once it has risen, knock back the dough, carefully fold in the garlic, divide into pieces of 75g. Roll each one into a ball, creating some tension on the surface area.
- Cover and leave to rise again until the rolls are just reaching the top of the pan.
- Preheat oven to 350F/175C. Lightly beat the egg and glaze the top. Score with knife.
- Bake the rolls for approx 30 minutes until Golden brown.
- Brush with the Garlic oil.

Oi Muchim (Prep Time - 35mins)

Cucumber and scallions are tossed in a slightly sweet and spicy dressing made with Gochugaru chili flakes (Korean chili flakes)

- In a colander, toss cucumbers with the 1 teaspoon of salt and set over a colander for 25 minutes.
- Cut spring onions julienne-style in long 8-10cm strips
- In a bowl whisk together the soy sauce, vinegar, honey, sesame oil, scallions and Gochujang paste and chilli flakes.
- Lightly rinse the cucumber slices and use a kitchen towel to blot and dry.
- Add the spring onions.
- Add to the dressing in the bowl and mix.
- Serve sprinkled with sesame seeds and fresh coriander.



Peter Herbert Van Der Knaap

Sous Vide Gochujang-Glazed Beef with Doenjang Foam, Kimchi Gelée, Black Garlic Soil, and Garlic Fried Rice



Doenjang Foam

- *Doenjang*: 30 g (2 tbsp)
- *Vegetable or chicken broth*: 500 g (500 ml; broth density is roughly 1 g/ml)
- *Heavy cream*: 30 g (2 tbsp)
- *Soy lecithin*: 3 g (1 tsp)

Kimchi Gelée

- *Kimchi juice*: 240 g (240 ml; juice density is roughly 1g/ml)
- *Agar-agar powder*: 0.5 g (0.5 g; approximately 1/4 tsp)
- *Rice vinegar*: 10 g (2 tsp)
- *Sugar*: 4 g (1 tsp)

Black Garlic Soil

- *Black garlic*: 36 g (6 cloves; approximately 6 g per clove)
- *Panko breadcrumbs*: 50 g
- *Olive oil*: 10 g (2 tsp)
- *Salt*: A pinch (not specified in grams)

Sous Vide Gochujang-Glazed Beef

- *Beef tenderloin steaks*: 450-600 g (2 steaks, 225-300 g each)
- *Gochujang*: 30 g (2 tbsp)
- *Soy sauce*: 30 g (2 tbsp)
- *Honey*: 42 g (2 tbsp)
- *Sesame oil*: 10 g (2 tsp)
- *Rice vinegar*: 10 g (2 tsp)
- *Garlic cloves (minced)*: 6 g (2 cloves)
- *Salt and pepper*: To taste (not specified in grams)

Garlic Fried Rice

- *Cooked jasmine rice*: 200 g
- *Vegetable oil*: 30 g (2 tbsp)
- *Garlic cloves (minced)*: 9 g (3 cloves; approximately 3 g per clove)
- *Egg (optional)*: 50 g (1 medium egg, approximately)
- *Green onions (sliced)*: 30 g (approximately; varies based on size)
- *Salt and pepper*: To taste (not specified in grams)
- *Sesame seeds (for garnish)*: 5 g (optional, to taste)

Recipe

Sous Vide Gochujang-Glazed Beef

- *Prep the Beef:* Season the beef tenderloin steaks with salt and pepper. Vacuum-seal the steaks in a bag.
- *Sous Vide Cooking:* Preheat your sous vide water bath to 60°C . Place the vacuum-sealed beef in the water bath and cook for 1 hour.

Prepare Kimchi Gelée

- *In a small saucepan,* heat 240 ml Kimchi juice with 2 tsp rice vinegar and 1 tsp sugar until warm.
- *Whisk in 0.5 g agar-agar powder and let it simmer for 1 minute.*
- *Pour the mixture into a shallow dish and refrigerate until set (about 15-20 minutes).*

Prepare Doenjang Foam

- *In a saucepan,* heat 500 ml broth. Stir in 2 tbsp Doenjang and 2 tbsp heavy cream.
- *Add 1 tsp soy lecithin and blend with an immersion blender until foamy. Keep warm.*

Prepare Black Garlic Soil

- *Mash 6 cloves black garlic and mix with 50 g panko breadcrumbs.*
- *Heat in a pan with 2 tsp olive oil until dry and crumbly. Season with a pinch of salt. Set aside.*

Prepare Garlic Fried Rice

- *In a large skillet or wok,* heat 2 tbsp vegetable oil over medium heat.
- *Add 3 minced garlic cloves and sauté until fragrant (about 30 seconds).*
- *Add 200 g cooked jasmine rice and stir-fry for 3-4 minutes, breaking up any clumps and allowing the rice to get slightly crispy.*
- *If using, push the rice to one side of the pan and crack 1 egg into the empty space. Scramble it until just set, then mix it into the rice.*
- *Stir in 2 sliced green onions and season with salt and pepper to taste. Set aside.*

Finish Sous Vide Beef

- *Remove the beef from the sous vide bath and pat dry with paper towels.*
- *Heat a skillet over high heat and quickly sear the beef for 1-2 minutes on each side to develop a nice crust.*
- *Brush the beef with a mixture of 2 tbsp Gochujang, 2 tbsp soy sauce, 2 tbsp honey, 2 tsp sesame oil, 2 tsp rice vinegar, and 2 minced garlic cloves just before removing it from the pan.*



Plating

- *Slice the sous vide beef and arrange it on the plate.*
 - *Spoon the Doenjang foam around the beef.*
- *Add cubes of Kimchi gelée for pops of acidity and color.*
- *Sprinkle the black garlic soil around the plate for texture.*
- *Place a generous scoop of garlic fried rice on the opposite side of the plate.*
 - *Garnish with sesame seeds and additional green onions if desired.*



Ingredients

- Carrot
- Courgette
- Mushroom
- Garlic
- Shallot
- Double cream
- Butter
- Watercress
- Parmesan cheese (grated)
- Gochujang
- Basil
- Flour
- Egg
- Semolina
- Agar powder
- Lime
- Sirloin beef
- Sesame oil
- Sesame seed
- Oil
- Oyster sauce
- Sugar

Thunyamai Wongwai (Prim)

Ravioli dish with Gochujang butter sauce.

My dish is the deconstruct of the dish bibimbap, which has all the components of the dish such as, the vegetables in bibimbap is the filling in the raviolo that has been finely dice and the rice that is being deep fried in order to get a crispy texture similar like the stone bowl.

*Lime gel is used for it's sour taste and to balance out other flavours in the dish.
Gochujang has been mixed with butter to create a sauce which matches the raviolo.
The dish is finished with a running egg yolk placed on the top.*

Recipe

Sauce

- Add the sesame oil and stir the roughly chopped garlic and shallot until they turn Golden colour, then add in the stock.
- Train the liquid, then add in the Gochujang, cream and wait until they are reduced to the right consistency, then season with oyster sauce, sugar, salt, sesame oil.
- Lastly, add in the butter to thicken the sauce.

Beef

- Cover the beef in oil for 5 mins, in order to make it soft.
- Before putting it in a hot pan with oil, coated the beef with sesame seed.
- Cooked until each side has a Golden colour, take it out and rest for 5 mins.

Gel

- Measure the water and lime juice.
- Add in the agar powder.
- Put it in a pot and wait until it is boiling, after it is boiling, removed from the heat, and put it in a fridge for it to set.
- After it is set, blend it until it is smooth or serve as a thin layer.

Pasta

- Measure out the flour, egg, oil, and salt.
- Mixed all the ingredients together and then knead until the dough is firm enough to bound back.
- Rest the dough for 15 mins.
- After it is rest, use the pasta machine to roll the pasta out and then add the basil (small leave with no stem) and then put another pasta over and roll it again to create a pattern.
- Cooking the filling: cutting carrot, courgette, mushroom into julienne and then finely dice. Then cooked it with sesame oil and salt.
- Also, when we separated the egg yolk, there will be some egg white left, we will mix some egg yolk in to make an omllete, we will serve in a strip at the bottom of the ravioli (so there is no food waste)
- Put the filling in the pasta and make a swell in the middle to put the egg in and then cover with another pasta, also rub water around the pasta, so it is stick, and lastly cut if edge with pasta cutter.



Ishaan Kotecha

Gochujang-mushroom skewers

*Mayonnaise, baby carom leave tempura crisps,
(carom leaves are used in Indian cooking and are similar to shiso and perilla leaves).*

Traditionally in Gujarati cooking it is made into a fried battered fritter so by making a tempura version it gives the dish an elevated crunch, additionally pickled shallots which gives the dish a slight acidity which breaks through the fat and the slight saltiness of the mushrooms, black and white sesame seeds and micro herbs for garnish will make the dish more visually appealing.

By adding the lemon balm and the wood sorrel it elevates the dish by giving a lemon zesty flavour.



Marinade: Carom leaf tempura: Pickled Shallots

- 100g Gochujang 35g corn flour 50 ml White wine vinegar
- 2 tbsp Doenjang 15g plain flour Few tablespoons sugar
- Thumb of ginger 60ml sparkling water Pinch of Salt
- 3 garlic cloves (too consistency) 50 ml Water
- 3 tbsp soy sauce salt 1 tsp Peppercorns
- 4 tbsp Honey some ice 2 Bay leaves
- 2 red chillies Baby carom leaves 1 shallot
- Few tbsp sesame oil Gochujang Mayonnaise
- 2 tbsp rice wine vinegar 1 Egg yolk
- 200g King oyster mushrooms 1 tsp dijon mustard
- 250g grey oyster mushrooms 150 ml neutral oil (until it comes to right)
- 2 limes consistency
- Garnish 20g Gochujang Glaze for skewers
- Black+white sesame seeds 1 lime 1 tbsp Gochujang
- Black+white sesame seeds 2 tbsp honey
- Curly spring onions, lemon balm and wood sorrel

Recipe

- First make the marinade by adding the Gochujang, Doenjang, ginger, garlic, chillies, soy sauce, lime, rice wine vinegar, honey, lime juice and then mix together.
- Then tear the grey oyster mushroom into halves not too big pieces, then get the king oyster mushrooms and cut into slices and score horizontal lines into diamonds giving the mushrooms a nice look, then lastly mix together and leave to marinade for 20-30 minutes.
- Whilst the mushrooms marinating make the Gochujang mayonnaise first get the egg yolk into a bowl along with the mustard, and Gochujang then emulsify it all together then add the neutral oil but by bit until the desired consistency has arrived then add the lemon juice to slightly loosen the mayonnaise as well as adding acidity.
- Then leave in a squeeze bottle and leave in the fridge before serving. Then make the pickled shallots by getting a small saucepan and add the white wine vinegar, sugar, water, peppercorns, bay leaves and a pinch of salt, and bringing to a light simmer and add the sliced shallots and take the shallots off the heat and place aside to pickle.
- Then make the curly spring onions by removing all the dry layers and discarding then cut the spring onion in half remove layer by layer and slice the individual layers into thin slices and leave in cold water and add a few ice cubes and leave in the fridge before using.
- By adding the cold water and ice it shocks the spring onions which makes them curl up and crisp up. Then make the glaze for the skewers by adding some Gochujang and honey and whisk together with a few drops of water to be used towards the end of the cooking process to make the skewers sticky.
- Then make the tempura batter first by mixing the corn flour, plain flour and a pinch of salt and mix together. Whisk in the sparkling water and a little crushed ice to the desired consistency and leave in the fridge before needing to be used.
- Then place the marinated mushrooms on the skewers and place onto the griddle and char for some colour then remove from the griddle and place in an oven at 180 C for roughly around 5-7 minutes to finish off the cooking process and give the mushrooms a constant finish to them.
- Then fry the baby carrot leaves by dipping them into the batter and place in a fryer for a minute or so until crispy and leave on a jay cloth to remove the excess oil.
- Then lastly remove the mushrooms from the oven and add the glaze. And remove the skewers from the mushrooms and place them on the plates and add the sesame seeds, curly spring onions, pickled shallots, dots of the Gochujang mayonnaise, tempura carrot crisps, and lastly the micro herbs.

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