

RICE TABLE

*Korean recipes and
stories to feed the soul*



The bonus ebook



SU SCOTT

Soy Sauce Pickled Celery and Green Chilli

The salty bitterness of celery stalks fade softly into background over few days, leaving only the juicy and crunchy bite to burst out. It is completely delicious peppered with the grassy green fresh heat of chilli pepper. Cut the celery stalks diagonally so that they eat better without the stringiness. The dish is served with the brine, which makes a fantastic dipping sauce for most fried things and a good accompaniment for any grilled meat dishes.

Makes enough to fill a 1 litre (34fl oz/4 cup) sterilized heatproof container.

400g (14oz) celery stalks
3 mild green chillies
250ml (8½fl oz/1 cup) water
250ml (8½fl oz/1 cup) soy sauce
80g (3oz/⅓ cup) golden granulated sugar
80ml (3fl oz/⅓ cup) cider vinegar

Prepare the celery stalks by removing the soft leaves – you can save them for making stocks or turn into banchan (page 41 in *Rice Table*). Slice the stalks diagonally into about 2cm (¾in) thick pieces. Slice the chillies. Transfer the sliced celery and chilli to a sterilized heatproof jar or container.

Place the water, soy sauce and sugar into a small saucepan. Whisk together to combine and bring to a gentle simmer over a low heat to dissolve the sugar. Once hot, stir in the vinegar. Remove from the heat and pour over the celery and chilli. Press down gently to ensure the vegetables are submerged in brine. Put the lid on ajar and let it cool down a little before securing the top properly.

Let the pickle sit at room temperature, away from direct sunlight, for three days if the weather is cool or two days if warm, then transfer to store in the fridge. It will be ready to eat from about day five, though the flavours will deepen with time, so do taste it at different stages to gauge your preference.

Scorched Rice

Nurungji is one of the most traditional and nostalgic of Korean dishes. Crispy-bottomed rice was the naturally produced by product of rice being cooked over an open flame in a traditional cast iron cauldron. It is said rice properly cooked in a pan that yields *nurungji* has the nutty undertones of the lightly scorched rice laced through the grains. It was always favoured by my father, who insisted on scraping off the final bits with a swig of warm water as he believed it was good for the digestion. At other times, my mother served it lightly fried in oil, then covered with a sprinkle of sugar as an afternoon snack or treat after dinner.

Whilst I am unable to master the perfectly bowl-shaped (good ones literally lift off whole without much fuss) crusted rice at the bottom of my pan, I do find a constant oven temperature helps to repurpose the leftover rice into a crunchy sheet of *nurungji* that tastes not dissimilar to what I remember. It is a great alternative to store leftover rice to use it to bulk out soups and stews.

Preheat a fan oven to 200°C (340°F/gas 8).

Put the rice, water and salt in a large mixing bowl and combine well. Line a baking tray with parchment paper. Using the back of the spoon or a spatula, spread the rice mixture onto the prepared tray as thinly as possible, pressing firmly as you spread. Smooth the top flat. If the rice sticks, wet the spoon or spatula with a little water.

Place the baking tray in the middle shelf of oven and bake for 20 minutes. Carefully remove the tray and gently flip the sheet of rice onto another sheet of parchment paper to ensure it cooks evenly golden and crisp on both sides. Cook for further 10 minutes until crisp. Remove from the oven, then let it cool completely before storing.

Scorched rice will keep well for months in ambient temperature, providing it is completely free of moisture. Cool and dry out fully, then store in an airtight container away from direct sunlight. Otherwise, store in freezer-safe bag in the freezer – pieces can be thrown directly into soups and stews from frozen.

Makes a 25 × 30cm (10 × 12in) sheet

300g (10½oz/2½ cups) cooked white short-grain rice
2 tbsp warm water
½ tsp sea salt flakes



Sweet Pickled Chilli

I love having a small jar of these on standby in my fridge as they make an almost instant dressing for all sorts of things. Doused generously over roasted vegetables, it wakes them up to add a layer of vibrancy that is especially good with broccoli. Sliced Rolled Omelette with Seaweed (page 49 in *Rice Table*) dipped in the pickling juice with chillies is delicious. It's great served alongside meat dishes, too. I use fairly mild Spanish chillies here, but feel free to use something more fiery if that's what tickles your fancy.

Makes enough to fill a 350ml (12¼fl oz/ 1½ cups) sterilized heatproof container

120g (4oz) long red chillies, thinly sliced
100ml (3½fl oz/scant ½ cup) water
50g (1¾oz/¼ cup) white granulated sugar
½ tsp sea salt flakes
50ml (2fl oz) cider vinegar

Put the chillies into a sterilized heatproof jar or container.

Put the water, sugar and salt into a small saucepan. Whisk together to combine and bring to gentle simmer over a low heat until the sugar has fully dissolved – about 3 minutes. Once hot, stir in the vinegar, then warm the liquid up for a minute so the brine is hot but not boiling.

Remove from the heat and pour over the chillies, pressing down gently to submerge them in the brine. Put the lid on ajar and let it cool down a little before securing the top properly.

Let the pickle sit at room temperature, away from direct sunlight, for one day, then transfer to store in the fridge. Once chilled completely, the pickles are ready to eat. They will keep well for in the fridge for two to three weeks.



Sweet Soy Braised Beef Short Ribs

I will always have a soft spot for this dish as it holds so many happy memories of family gatherings and special occasions; it truly is a crowning jewel of celebration.

As with most Korean soup or stew dishes involving bones, short ribs are first blanched to remove any impurities. Once blanched, the ribs are braised slowly until the meat becomes fork tender and unctuous, with the waft of deliciously sweet, warming cinnamon alluring the nose. The saltiness of soy sauce shouldn't overpower the dish but rather help it to manage that delicate balance to support the sweetness. I use a fairly generous amount of daikon radishes here as they help to tenderize the meat and give the sauce *siwonhanmat*, which loosely translates as 'refreshing taste'. What's more, they are absolutely delicious. When cooked down, mildly spicy humble radishes become gorgeously sweet and their soft bite carries all the flavours of the sauce that are welcomingly complex, rich and savoury. For me, radish here, is the true hero.

I use quite a large sheet of *dasima* and parchment paper to form a drop lid; it helps to circulate the heat more evenly and lock in the flavour. *Dasima*, as it steams inside, softens and subtly laces the dish with humming umami notes. Meat can be marinated after blanching and left in the fridge overnight, if you want to get ahead.

Pat dry the short ribs with kitchen paper to remove the sitting blood, if any. Put the short ribs into a large pan and fill with enough boiled water to submerge the meat. Bring to the boil and blanch for about 8 minutes on a rapid boil. You will see murky brown scum gathering around the edges of the pan. Drain carefully and rinse thoroughly to remove any scum stuck around the bones. Set aside.

Preheat a fan oven to 160°C (320°F/gas 4).

Combine all the ingredients for the marinade using a food processor until smooth.

Place the blanched short ribs into a large, lidded heat and ovenproof casserole dish. Pour in the marinade. Add the cinnamon stick and whole dried red chillies. Give it a stir and lay the *dasima* sheets on top. Gently pour in the just boiled water.

Scrunch up a large sheet of parchment paper and run it under cold water. Squeeze out the excess water and make the drop lid by placing the paper right

on top of the prepared stew to cover. Place the lid on and slide it onto a low shelf in the oven and cook for 1½ hours.

Take the dish out of the oven and carefully remove the lid and the paper. Lift out the *dasima* sheets and gently stir in the daikon radish and carrots. Put the *dasima* sheets on top again. Return the paper. Cover with the lid. Cook for further 1 hour until the meat is fork tender and pulling away from the bones. Temporarily remove the short ribs.

The sauce will look thin but plentiful. Skim off any excess fat from the surface. Put the sauce on rapid boil for about 5 minutes to reduce and thicken it slightly. The sauce should have pourable consistency. Stir the short ribs back to coat with the sauce, along with ½ tsp of sesame seeds.

To serve, transfer to a large, rimmed platter. Drizzle with sesame oil and sprinkle with the rest of the sesame seeds. Serve warm with plain steamed rice to mop up all the delicious sauce.

Serves 4–6

6 beef short ribs, about 1.2 kg (1lb 6oz), cut into 7.5cm (3in) pieces, fat trimmed and silver skin membrane remove

For the marinade

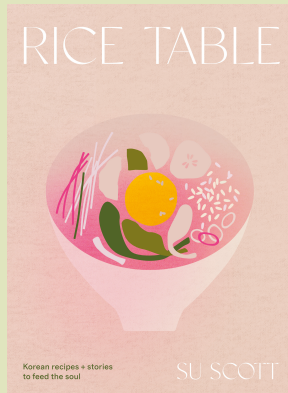
½ onion, roughly chopped
½ apple, peeled, cored and roughly chopped
½ pear, peeled, cored and roughly chopped
25g (¾oz) garlic cloves, crushed
20g (¾oz) ginger root, roughly chopped
90ml (3¼fl oz/generous ½ cup) soy sauce
60ml (2 fl oz/¼ cup) mirin
2 tbsp golden granulated sugar
½ tsp freshly cracked black pepper

For the aromatics

1 cinnamon stick
2 whole dried red chillies
300g (10½oz) daikon radish, peeled, halved and cut into 2.5cm (1in) thick chunks
2 carrots, cut into large bite-size chunks
two 13cm (5in) squares of *dasima* (dried kelp)
750ml (25fl oz/3 cups) boiled water

To finish

1 tsp toasted white sesame seeds
2 tsp toasted sesame oil



Thank you for ordering *Rice Table: Korean Recipes and Stories to Feed the Soul*.

'Su has written a beautiful account of how food can help rebuild culture from treasured memories, how it conveys love and connection, and how it can ground us when we feel untethered. The recipes are totally tantalising – and thanks to Su's guidance, entirely achievable even for novices.'

TIM ANDERSON

'A book of belonging. Food as a love letter to family. Writing as delicious as the recipes.'

Allan Jenkins, OBSERVER FOOD MONTHLY

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Hardie Grant
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