

Ji-Yeon Yuh's aunt's (Suh Byoung-Hee 서병희, born 1927) recipe:
Palace Rice Cakes 궁중 떡볶이
Beef or Tofu

YOUR NOTES

Ingredients:

*1 pound of Korean rice cakes for stir fry (tteokbokki tteok 떡볶이 떡)

*6 to 8 ounces of lean beef, sliced thinly, such as sirloin, eye round, or rib eye: the key is that it is sliced thinly, bulgogi style 불고기용 소고기

***OR 1 block of firm tofu**

*A handful of sliced mushrooms, any kind, but especially fresh shiitake or baby oyster mushrooms

*1 medium onion, thinly sliced

*Assorted julienned vegetables: zucchini, bell peppers, garlic chives, napa cabbage, carrots (amount should be nearly double the amount of the onion)

*2 or 2 scallions, sliced diagonally

Marinade ingredients

*4-6 tablespoons soy sauce

*2 tablespoons Mirim or Korean cooking rice wine

*1 entire large bulb of garlic (or more!), peeled and minced or crushed

*1 one-inch stem of ginger about the girth of your thumb, peeled and minced or crushed

*1 teaspoon Korean plum extract: maesil chung 매실청

*Half teaspoon ground black pepper

*Half teaspoon salt

*1 tablespoon roasted sesame seeds – crush before adding. Do NOT purchase the kind that is already crushed – these spoil faster and have no taste.

Instructions

- 1. If using tofu, rinse the tofu and let stand vertically in its container so that the water drains out.**
2. Mix the sauce ingredients well. I use a glass measuring cup so that I can pour it easily.
3. Julienne the sliced beef if using.
4. Julienne the mushrooms.

5. **If using tofu: Slice the tofu into sheets – you should have 4 large sheets, and pan fry in oil until each side is nicely browned. Place on chopping board and slice into strips. Put into a bowl and add 1-2 tablespoons of the marinade. In a separate bowl, mix the sliced mushrooms with 1 tablespoon of marinade.**
6. If using beef: Put beef and mushrooms in a bowl and add 1-2 tablespoons of the marinade.
7. Whether frozen or fresh, rinse the rice cakes in cold water. Make sure the rice cake pieces are separated and not clinging together.
8. In a medium size pot, bring water to a boil. Add the rinsed rice cakes and simmer/boil until all pieces float to the top. Drain but do not rinse.
9. Place the hot rice cakes in a bowl and add 1- 2 tablespoons of the marinade.
10. Heat a dollop of neutral cooking oil such as avocado or olive oil in a skillet. Stir fry the onions, beef and mushrooms (make sure to include all the marinade juices) until the beef is mostly cooked through. **If using tofu, stir fry only the onions and mushrooms.**
11. Add the vegetables, a tablespoon or more of the marinade, and stir fry some more. Add a little more oil and/or water as needed to prevent sticking
12. **When the veggies are mostly wilted, add the tofu, if using, and the rice cakes and any remaining marinade.**
13. Add the sliced scallions and stir them in so they wilt just a bit.
14. Serve warm as a snack or a light meal. This goes really well with kimchi of any kind!