

Glass Noodles Tossed with Beef and Vegetables

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Dense and chewy these “glass” noodles easily absorb the sweet soy and sesame oil sauce because they are made from sweet potato starch. The seasoned transparent noodles are tossed with a variety of vegetables and meat in this classic Korean dish that is served at most special occasions.

Serves 4

4 ounces (100 g) sirloin beef tips or rib eye beef, cut into matchstick strips
5 oz (150 g) dried Korean vermicelli noodles
6 cups (1.5 liters) water
1/2 bunch spinach
2 tablespoons canola, safflower or other neutral oil
1/2 medium onion, sliced
1 carrot, cut into matchstick strips
3 dried shiitake mushrooms, reconstituted and cut into matchstick strips
1 tablespoon dried wood ear mushrooms, reconstituted and coarsely chopped
1 tablespoon dark sesame oil
5 tablespoons Sweet Soy Base Sauce
1 tablespoon Toasted Sesame Seeds (page xx)
Dark sesame oil, for drizzling
Salt and freshly ground pepper to taste

Marinade

1 tablespoons Sweet Soy Base Sauce (page xx)
1 tablespoon minced green onion (scallions)
1 teaspoon dark sesame oil

In a small bowl, add the beef and the marinade: Sweet Soy Base Sauce, the minced green onion and dark sesame oil. Let the beef marinate while preparing the other ingredients.

Place the dried noodles in a large mixing bowl. Boil 4 cups of water, pour over the noodles, and let soften, about 8 minutes. Drain the noodles. Cut in half and set aside.

In a medium-size pot, bring the remaining 2 cups of water to a boil. Add the spinach and cook for one minute. Drain and set aside.

In a large-size skillet, heat 1 tablespoon of the oil over medium heat. Stir-fry the onions, carrots and mushrooms separately, seasoning each with a pinch of salt. Add additional oil to the skillet as needed. Place each vegetable, when done, into a large serving bowl.

In the same skillet, add the beef and stir-fry for 3 minutes. Add to the serving bowl.

To the skillet, add 1 tablespoon of the dark sesame oil and 5 tablespoons Sweet Soy Base Sauce. Bring to a boil. Add the softened cellophane noodles and mix well. The noodles will become transparent. Turn off the heat.

Add the noodles to the serving bowl along with the cooked vegetables and beef. Add the sesame seeds, a drizzle of sesame oil and salt and pepper. Toss until the ingredients are distributed. Taste and adjust the seasonings as needed.

