

Seong Myeong Su Daegam  
Elevation to Order of the Laurel



Korean Feast Recipes ©  
By Lady Isabella Tinker  
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This recipe booklet is based on an elder's 61<sup>st</sup> (Korean) or 60<sup>th</sup> (Western) birthday celebration known as **환갑** hwangap. In SCA period Korea, there was a shorter life expectancy, so hwangap was a celebration of longevity. Some of the meal aspects of hwangap are similar to **돌잔치** doljanchi, a baby's first birthday celebration, a major milestone.

Traditionally, recipes were passed down orally and through demonstration. Most of these recipes have been passed down to me orally and through demonstration. I have documented and modified the recipes to use period ingredients in a modern kitchen in honor of Seong Myeong Su Daegam's elevation. This recipe booklet has been standardized to allow for replication of the recipes<sup>1</sup>.

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<sup>1</sup> Traditional Korean recipes vary in flavor, preparation, and ingredients depending on the region and household. Even in modern Korean cooking, recipes will differ significantly between households.

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## 밥 Bap (Cooked Rice)

Origin: 3000 B.C. to 1200 B.C.

Bap, also known as cooked rice, plays a significant role in Korean cuisine, and is a staple dish during meals. The term bap can also be used to refer to a meal. In Korean cuisine, short grain rice is used and will be slightly sticky.

Measure short grain rice. Add rice to a pot or a bowl. Rinse the rice with water. As you rinse the rice, the water will become cloudy due to excess starch. Carefully drain the cloudy water and repeat this process at least twice more, or until the water is almost clear. If this process is skipped, the rice will be slightly gummy and too sticky.

Add clean water to the rice for cooking. If using a rice cooker, follow the recommended ratio to account for differences in cooking time for your rice cooker. For stovetop preparation, add water to rinsed rice in a pot, ensuring that the rice is level. With your index finger touching the top of the rice, the water level should be just below your first knuckle.<sup>2</sup> Heat the water to a boil, cover, and then remove the pot from the heat, allowing it to sit undisturbed 15–20 minutes. Use a rice paddle or spoon to fluff the rice before serving.<sup>3</sup>

Short grain rice (Kokuho  
Rose recommended)

### Rice to Water Ratio

1 cup rice: 1.5 cup water

2 cup rice: 2.5 cup water

3 cup rice: 3.5 cup water

Ratios will differ slightly  
depending on cooking  
method.

Other ingredients such as  
beans, brown rice, or  
barley can be added to the  
rice. If adding these extras,  
soak with the rice  
overnight, draining and  
adding fresh water before  
cooking.

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<sup>2</sup> Exact amounts may vary depending on the size of your hand (slightly below or above first knuckle) and may require experimentation.

<sup>3</sup> Rice stuck to the bottom of the pot can be used to make 누룽지| nurungji (scorched rice soup). Just add enough water to cover the rice and bring to a boil. Gently scrape any rice still stuck to the sides and let it simmer for three to five minutes before serving. It's delicious and will make cleaning your pot *much* easier.

2 oz dried seaweed  
(miyeok or wakame)

6 oz beef (chuck or round)  
thinly sliced

1 tablespoon toasted  
sesame oil

1½ tablespoon soup soy  
sauce or regular soy sauce

3 cloves garlic

5 cups water

¼ teaspoon of salt

Black pepper

## 미역국 Miyeok Guk (Seaweed Soup)

### Also called Korean Birthday Soup

Origin: Goryeo dynasty (918-1392)

Miyeok guk is a soup that is often eaten by mothers during pregnancy and after birth. It is believed that this tradition started in the Goryeo dynasty when it was observed that whales eat seaweed after birth. This dish is traditionally eaten on birthdays as a way of giving thanks and honoring your mother for giving birth to you.

Place the dried seaweed<sup>4</sup> in a bowl and add cold water. Let the seaweed soak at least 4 hours to rehydrate. Gently squeeze water out of the softened seaweed, rinse twice, and gently squeeze water out of the seaweed a final time. Place the seaweed on a cutting board, slice the seaweed into 1 to 2 inch pieces and set aside. Cut the beef into thin bite-sized pieces.

In a pot over medium-high heat, add sesame oil, beef, and garlic. Once the beef is seared, add water to the pot, and bring to a boil. Add the seaweed, cover, and reduce the heat to medium-low and let simmer for 30 minutes<sup>5</sup>.

Add soy sauce, salt, and pepper. This dish is commonly eaten with rice.

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<sup>4</sup> Note: Dried seaweed (miyeok or wakame) cannot be substituted with other types of seaweed, such as seaweed sheets (*nori*).

<sup>5</sup> Cleaned mussels can also be added after the soup has simmered for 30 minutes.

5 cups wet rice flour

salt

hot water

2 tablespoons mugwort powder (green)

2 tablespoons magnolia vine powder (pink)

5 gardenia fruit (yellow)  
(Use 2 tablespoons dye)

2 tablespoons mushroom powder (brown)

1/3 cup mung beans

½ cup sesame seeds

½ cup pine nuts

honey

sugar

1/8 teaspoon cinnamon

Optional: pine needles washed and placed on top of damp cloth on steamer basket.

## 송편 Songpyeon (Crescent Rice Cake)

Origin: 57 B.C.

You will be creating filled rice cakes in five different colors. This dish is representative of obangsaek, which represents balance and harmony in the universe.

### Wet Rice Flour

Wash and soak 5 cups of rice for 8 to 12 hours. Strain and let sit for half an hour. Traditionally, stone mills are used to grind the rice into flour, however a food processor can also be used. Place rice into a food processor for several minutes until it is fine powder. Some clumping may occur. Sift through a fine mesh sieve into a bowl or container. Wet rice flour can be stored in an airtight container or bag in the freezer. Wet rice flour can also be found in the freezer section of Korean or Asian markets.

### Gardenia Fruit Dye (Yellow)

Crush the gardenia fruit with a mortar and pestle. In a bowl, mix crushed fruit and ½ cup water, and allow to sit overnight.

### Songpyeon

Prepare 5 bowls, each with 1 cup of rice flour and ¼ teaspoon salt. Add one food coloring agent per bowl, leaving one bowl uncolored. Working with one color at a time, add ¼ cup hot water to a bowl and mix with a spoon until the dough is cool enough to knead by hand. The dough should feel soft and pliable, but not sticky. Knead dough long enough to evenly distribute color. Roll 1 tablespoon (1 oz.) of dough into a ball in your palm. Use your thumbs to create an indentation in the dough like a cup and add a small spoonful of filling. Seal the packet in an oval shape, creating a small peak on each end of

the oval. Pinch along the side to create a wing shape.

Pour water into the bottom of a steamer, and line a steamer basket with a damp cloth. Bring the water to a boil. Place rice cakes in an even layer on the steamer basket to steam, spaced out so they are not touching. Cover with a wet, thin cloth and steam covered for 20 to 30 minutes. Rinse rice cakes in cold water. Drain and lightly coat with sesame oil. Serve warm or at room temperature.

5 cups wet rice flour

2 tablespoon mugwort powder (green)

2 tablespoon magnolia vine powder (pink)

1 tablespoon mushroom powder (brown)

2 gardenia fruit (yellow)

4 teaspoon gardenia fruit dye

3 tablespoon sugar per layer (add less if desired)

4 teaspoon water per layer (except yellow layer)

salt

### **Wet rice flour**

short grain rice

water

## 무지개떡 Mujigae-tteok

### (Rainbow Rice Cake)

Origin: Tteok (rice cakes) 500 B.C.

For this recipe, you will create a rice cake with five layers of colors. It is also called saekpyeon (colored rice cake) or osaekpyeon (five colored rice cake). This dish is representative of obangsaek, which represents balance and harmony in the universe. This dish was traditionally served at banquets, feasts, and special events such as birthdays.

Add water to the bottom of a steamer and line a steamer basket with a damp cloth. Use a 8 inch cake ring (without the bottom) in the steamer basket if using a large steamer.

In a bowl, measure 1 cup of wet rice flour (see songpyeon recipe) and sift into a bowl. Add mushroom powder mix well. Add water to the wet rice flour mixture and use your hands to break apart any large clumps, rubbing the mixture between your palms. The mixture should have a consistency where it holds together when squeezed and can be lightly bounced in your hand without breaking. Add a spoonful of water in necessary. Sieve this mixture into a bowl. Because this mixture is wet, it will take some time to sieve. Add sugar, a pinch of salt, and mix carefully to prevent creating lumps. Sieve this mixture into the cake ring or steamer basket, and gently flatten the layer with your hand or a bowl scraper to an even thickness.

Repeat these steps for the other layers using 1.5 cups of wet rice flour. The following layers should be green, yellow, pink and then white. The white layer should always be the final layer. For gardenia-fruit-dyed layer, replace water with gardenia fruit dye (see songpyeon recipe). For final white layer, repeat the process omitting any dyes.

After the final layer has been added, use a sharp knife to cut the rice cake into segments. Bring the steamer to a boil, add the steamer basket, cover with a damp cotton cloth and close the lid to prevent water from dripping on the rice cake. Steam for 45 minutes on medium high.

Once fully cooked, remove from the steamer, place a plate over the basket, and flip to remove the rice cake. Gently pull apart the rice cake where knife cuts were made to separate and serve.

## 다식 Dasik (Korean Tea Cookies)<sup>6</sup>

Origin: roughly 400 B.C. Commonly served during tea ceremonies in the Goryeo dynasty (918-1392)

### *Yellow*

¼ cup yellow bean flour  
1 tablespoon honey

### *Green*

¼ cup green bean flour  
1 tablespoon honey

### *Black*

1/3 cup powdered black  
sesame seeds  
2 teaspoons honey

### *White*

1/3 cup mung bean starch  
1 tablespoon honey

### *Pink/Red*

1/3 cup mung bean starch  
1 teaspoon powdered  
magnolia vine  
1 tablespoon honey

Oil

For this recipe, you will be creating a pressed cookie with five different colors. This dish is representative of obangsaek, which represents balance and harmony in the universe.

This recipe uses a textured mold. Traditionally, a wooden mold carved with flowers, birds, or Chinese characters was used, however small silicon flower molds will also work.

### **Bean powder**

Bean powder can be made by steaming beans until tender and set aside until cooled. Remove the bean skin, add a pinch of salt, grind, and finally strained through a fine mesh sieve.

### **Dasik**

Prepare a total of 5 bowls, one for each color. Add the flour, powder, or starch to a bowl. Add honey to each bowl. Using a spoon, mix in the honey until evenly distributed. Knead the dough with your hand until it is a solid dough ball.<sup>7</sup> Continue kneading for several minutes.

Brush the inside of the mold lightly with oil. Take a small amount of dough and press the dough into the mold. Remove the dough from the mold, and the pressed cookie is complete.

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<sup>6</sup> This recipe is based off of a recipe by Professor Yoon Sookja who is the head of the Institute of Traditional Korean Food.

<sup>7</sup> If your dough is too sticky, add a bit more powder. If it is too hard, add a bit more honey.



1½ cup red beans (adzuki)  
½ teaspoon salt  
3 cups glutinous rice flour,  
also called sweet rice flour  
2 teaspoon salt  
½ to 1 cup sugar  
depending on desired  
sweetness  
¼ cup water (if steaming)  
2-3 cup water (if baking)

## 팥시루떡 Pat Sirutteok (Red Bean Rice Cake)

Origin: Tteok (rice cakes) 500 B.C

For this recipe, you will be making a rice cake covered in red beans. This dish was traditionally important to include in birthday parties and rituals because of the red bean. A traditional Korean belief is that red beans ward off evil spirits due to their red color. Traditionally steamed, this dish can also be baked.

### Sweet or Glutinous Rice Flour

Grind the rice in a food processor for several minutes until it is a fine powder. Sift the flour in a fine mesh sieve. Sweet rice flour can be stored in an airtight container or bag in a cool and dry area. Glutinous or sweet rice flour can also be purchased at a Korean or Asian market.

### Pat Sirutteok

Wash the beans and add to a pot, adding enough water to cover the beans. Cover the pot, bring to a boil, and then drain using a strainer. Place the beans back into the pot and add 5 cups of fresh water. Return to a boil over high heat, then reduce to medium. After half an hour, check on the beans, adding a splash of water if needed so the beans do not burn. At this point, stir the beans often, cooking until the beans are softened and breaks apart easily. Continue cooking and stirring until most of the moisture has been removed and the beans start to look crumbly. Add ½ teaspoon of salt while lightly crushing the beans. Add a layer of beans to the 9x13 baking dish or steamer basket lined with damp cloth.

If steaming, add rice flour and water to a bowl and mix. Using your hands, break apart any large lumps, and rub the mixture between your palms. The mixture has enough water if, when squeezed in your hand, the mixture sticks together. Sieve this mixture into a bowl, and then add sugar and salt. Stir to mix.

If baking, mix rice flour, salt, and sugar first, and then add 2 cups of water, stir well, and add a tablespoon more of water at a time until it is a smooth but thick paste consistency.

Pour the mixture evenly into the baking dish or steamer rack. Top with remaining beans. To steam, bring water in steamer to a boil, add the steamer basket and lid. Steam for 1 hour. To bake in a glass pan, preheat the oven to 350°F. For a metal pan, preheat the oven to 325°F. Bake for 1 hour. To check doneness, a clean knife inserted into the center should come out clean. Let it cool for at least half an hour before cutting.

## 불고기 Bulgogi (Korean BBQ Beef)

Variation of neobiani (marinated thinly sliced beef) that originated in Goguryeo era (37 B.C. to 668 A.D.)

Beef, thinly sliced  
(top round recommended)

### Marinade

*per pound of meat*

1½ tablespoons sugar

3 tablespoons soy sauce

3 cloves of garlic

1 knob of ginger

½ small Korean pear,  
peeled and grated

1 tablespoon alcohol (soju,  
vodka, or sake) or water

Water

black pepper to taste

1 bunch of garlic chives or  
green onion

Slice meat into thin pieces. To prepare meat to be sliced thinly and evenly, place meat in freezer for 45 minutes to an hour before cutting.

In a large bowl, combine minced ginger and garlic, pear, sugar, soy sauce, and alcohol or water to a bowl. Add a tablespoon or two of water to the marinade<sup>8</sup>, and black pepper to taste. Finely mince garlic chives or green onion and add to marinade. Mix well with the meat, making sure all of the meat is covered. Refrigerate for several hours or overnight. Stir or invert every hour or two to ensure the meat is evenly marinated. The longer the meat marinates, the more tender and flavorful the meat will be.

This dish can be cooked on the grill or in a pan with a bit of oil. When pan frying, add thinly sliced onions to the pan until slightly translucent before adding marinated meat. This dish can be eaten with rice or as part of a lettuce wrap.

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<sup>8</sup> This marinade recipe can also be used for galbi (Korean BBQ short ribs). Score the meat around the bones in a diamond pattern on each side to allow the marinade to penetrate.

## 만두 Mandu (dumplings)

Goryeo dynasty 14<sup>th</sup> century or earlier

### Mandu Pi (wrapper)

Place flour, water, salt and oil in a bowl and mix the ingredients together. Using the palm of your hand, knead the dough until it has formed one large ball. This should take a few minutes. The dough should feel smooth and firm. Wrap the ball in plastic wrap and allow the dough to rest for 30 minutes to an hour, during which the dough will soften.

Only unwrap dough that is immediately being used. Take a section of dough and roll it into a log about an inch thick. Cut the log into 1 inch segments. Cover the segments with flour and stack the segments on top of one another. Press the segments together until flat disks are formed. Use a rolling pin to roll each dough disk into rounds. You can also use a round cutter on rolled out dough. One side of the finished wrapper should be less sticky than the other.

### Mandu Filling

Boil cabbage for 4 to 5 minutes and allow it to cool. Finely chop the cabbage and add it into a large bowl. Next, julienne the zucchini. Add carrots, celery, onion, and garlic to a food processor or finely chop. Add prepared ingredients to a bowl. Add 1 tablespoon of salt to the bowl and mix. Drain the tofu. Mash the tofu using the side of a knife and add to bowl. Mix the ingredients in the bowl and then put into cheesecloth or cotton bag. Squeeze the bag until all of the water has been drained.

Place the dry filling into a dry bowl. Add ground meat, minced green onion, sesame oil, black pepper, 1 teaspoon of salt, and mix it until it forms a dough-like consistency. The mixture should be half meat, half vegetables.

Take a spoonful of filling and add it in the center of the slightly sticky side of the wrapper. Fold the wrapper and press to seal. Place finished mandu on a sheet with a floured

### Mandu Pi (wrapper)

3/4 cup water

3 cups flour

½ teaspoon salt

1 tablespoon oil

### Mandu Filling

1 head of cabbage

2 zucchini

3 carrots, roughly  
chopped

1 bunch of celery, roughly  
chopped

1 onion, roughly chopped

1 head of garlic, peeled

1 block of firm tofu

2 bunch of green onion,  
minced

1 pound ground beef  
and/or pork

salt

1 teaspoon black pepper

1 tablespoon sesame oil

surface or plastic wrap, making sure they are not touching. To store, place filled sheet in freezer and store frozen mandu in a plastic bag. Mandu can be steamed, fried, or added into soup.

## 반찬 Banchan (Side Dishes)

Origin 300-668 A.D.

Banchan have been an important part of Korean cuisine since the middle of the Three Kingdoms dynasty when the influence of Buddhism led to a ban on meat, which in turn led to an increase in vegetable side dishes. Side dish preparation techniques include fermentation, pickling, light seasoning, stir fry, pan fry, braising, and steaming. Banchan are served with every meal, as accompaniments rather than appetizers. Like the main dishes, banchan are meant to be shared.

Here are 2 common vegetable banchan:

### 숙주나물 Sukju Namul (Lightly Seasoned Mung Bean Sprouts)

Rinse the mung beans in water, removing any bad beans and removing any loose bean skins. Boil water and ½ teaspoon salt. Blanch the mung bean sprouts for 1 to 2 minutes. Drain, rinse, and gently squeeze the bean sprouts before transferring them to a bowl. Add garlic, sesame oil, roasted sesame seeds, green onion, and ½ teaspoon of salt to the bowl and mix.

### 무나물 Mu Namul (Stir Fried Radish)

Clean and peel the radish, cutting into matchsticks. In a large pan, heat oil over medium high heat. Add the rest of the ingredients and sauté for 5 minutes until radish looks slightly translucent and wilted. For a softer texture, add water and cover the pan for 4 minutes or until the desired doneness is reached.

### Sukju Namul

1 pound mung beans

salt

3 cloves of garlic minced

1 tablespoon sesame oil

1 teaspoon roasted  
sesame seeds

½ tablespoon green onion

### Mu Namul

1 pound Korean or daikon  
radish

1 tablespoon oil

3 cloves garlic minced

1 teaspoon sesame oil

½ teaspoon salt

¼ cup water (*optional*)

1 large daikon radish

2 tablespoons salt

**Kimchi Liquid:**

1 apple

½ onion

4 cloves garlic

¼ cup salt

4¼ cups water

3 mustard leaves

2 green onions

## 동치미 Dongchimi (Radish Water Kimchi)

Kimchi origin 57 B.C. to 668 A.D.

There are over 200 varieties of kimchi. Though kimchi is often thought of as red and spicy due to gochugaru (red pepper flakes), kimchi was originally made spicy with garlic, onion, and ginger.

Cut the radish into 2 inch x ½ inch thick strips; you can keep the radish whole, but fermenting will take much longer. Let the radish sit in salt for 30 minutes. Rinse and place it into a jar.

Puree the apple, onion, and garlic, placing the mixture into a cheese cloth or cotton bag. Squeeze the juice of the mixture into the jar.<sup>9</sup> Dissolve salt into water and pour that into the jar as well. Slice mustard leaves and green onion at a sharp diagonal and add to container.

Let the jar sit out at room temperature for 1 day. After that, store in a refrigerator for at least one week. Serve this kimchi in a bowl. The kimchi liquid can also be consumed and is quite refreshing.

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<sup>9</sup> The apple, onion, and garlic can be sliced and placed in the container until fermented, however they must be removed or else the water kimchi will take on a cloudy appearance, which is not desirable. Simply using the juice saves a step.