Japchay (Korea)

1 pkg. (12.7 oz.) sweet potato noodles
3 Tbsp. soybean oil, divided
4 oz. beef, sliced
3 Tbsp. soy sauce
2 Tbsp. minced garlic
4 oz. onion, sliced
4 oz. fresh mushrooms, sliced
4 oz. carrot, sliced
1/4 tsp. salt, or to taste
4 oz. spinach
2 Tbsp. sugar
2 tsp. sesame oil
2 tsp. sesame seeds (optional)

Put noodles into boiling water in a large saucepan and let boil for about 5 minutes. Rinse in cold water and drain. Grease a medium skillet with 1/2 soybean oil. In it, stir-fry beef, soy sauce, and garlic over medium high heat until cooked. Set aside.

Grease a second medium skillet with 1/2 tablespoon soybean oil. In it, stir-fry onion, mushroom, and carrot with salt over medium-high heat until onion is translucent. Set aside.

Blanch spinach and drain. In a large serving bowl, mix together all prepared ingredients, adding sugar, 2 tablespoons soybean oil, sesame oil, and sesame seeds if using. Makes 5–6 servings.

The name Japchay means “mixed vegetables.” This food is very tasty and healthy. In Korea we usually serve this dish on festivals, birthdays, or at some special parties.

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