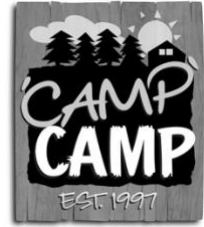


bubbe's banchan redux supply list



We'll make 4 dishes:

- Yachae gooksu: Somen noodles with vegetables and simple sauce
- Dubu jolim: Spicy tofu with scallion, garlic, and pepper
- 2 quick pickles: cucumber and radish

Equipment you'll need

A cutting board
A sharp knife
A skillet (10" diameter or larger)
A stock pot (6 quarts or larger)
A colander
A spatula

Optional: a spiralizer, food processor, or other equipment you like to use when shredding vegetables. (I almost always julienne by hand, with a good knife.)

Ordinary groceries you'll need:

A. Perishables

A bulb or 2 of garlic
A bunch or 2 of scallions
A couple of carrots
A couple of small zucchini squashes
A pound or 2 of cucumbers that you don't have to peel (i.e., Kirby or Persian)
A white radish (moo or daikon)
A package (14-18 ounces) firm or extra-firm tofu

B. Pantry staples

Vegetable oil (I like Hollywood Safflower, but any mild-flavored oil is ok.)
Granulated sugar
Salt (coarse or fine)
Black pepper (peppercorns & a mill to grind them with would be best)
White vinegar (Heinz or store brand)

C. Specialty items

Sesame oil:

- My favorite brand is Shirakiku, but other brands like Kadoya or Roland or Whole Foods' 365 are ok too.
https://www.amazon.com/Shirakiku-100-Pure-Sesame-Oil/dp/B0086XQZ3O/ref=sr_1_5?dchild=1&keywords=shirakiku+sesame+oil&qid=1597175522&sr=8-5 is my favorite brand,

Sesame seeds: Chances are that any local market would have these.

- https://www.amazon.com/McCormick-MCK-SESAME-SEED-1OZ/dp/B00I9VBGZ0/ref=sr_1_5_0o_na_mod_primary_alm?dchild=1&fpw=fresh&keywords=mccormick+sesame+seed&qid=1597176014&sr=8-5
- Or in a bigger size - https://www.amazon.com/McCormick-Gourmet-Collection-Toasted-Sesame/dp/B0052QKSMW/ref=sr_1_8?dchild=1&keywords=mccormick+sesame+seed&qid=1597176133&sr=8-8

Mirin (or other vinegar made from rice wine)

- My favorite brand is Mitoku Organic Mikawa Mirin. Amazon is out of stock right now, but you might find it in a health food store. And there are lots of other options, such as:
- https://www.amazon.com/Yutaka-Japanese-Mirin-150ml/dp/B00MWTLV46/ref=sr_1_15?dchild=1&keywords=mitoku+mirin&qid=1597176403&sr=8-15

Soy sauce:

- There are several good brands, but San-J gluten-free low-salt has been my favorite since it became important to me to watch my sodium intake; also, many friends I cook for go gluten-free. The organic version is very good but costs a little more.
https://www.amazon.com/San-J-Tamari-Gluten-Reduced-Sodium/dp/B00Z7WC33S/ref=sr_1_7?crd=2G96CBML4MUN0&dchild=1&keywords=san-j+gluten+free+tamari&qid=1597177246&sprefix=san-j+gluten+free+t%2Caps%2C210&sr=8-7

Gochugaru (Korean red pepper flakes)

- **Other kinds of pepper flakes won't do.** Korean cuisine calls for *gochugaru* in almost everything! Don't be scared off by the red color, it's not very hot.
- In general, the Korean brands are of better quality than the Chinese.
- Keep refrigerated & tightly sealed after opening.
- https://www.amazon.com/Tae-kyung-Korean-Pepper-Flakes-Gochugaru/dp/B005G8IDTQ/ref=sr_1_1?crd=157DJSGARYMM2&dchild=1&keywords=gochugaru+korean+red+pepper+flakes+from+korea&qid=1597177642&sprefix=gochugaru%2Caps%2C1542&sr=8-1
- For a smaller quantity, you might try this:
https://www.amazon.com/McCormick-Gourmet-Korean-Style-Pepper/dp/B01I6U4FSS/ref=sr_1_4?crd=157DJSGARYMM2&dchild=1&keywords=gochugaru+korean+red+pepper+flakes+from+korea&qid=1597177923&sprefix=gochugaru%2Caps%2C1542&sr=8-4

Somen

- Very thin wheat noodles that cook very quickly. Lots of brands to choose from. Here's one.
https://www.amazon.com/Hime-Dried-Somen-Noodles-28-21-Ounce/dp/B007W0D0LM/ref=sr_1_3?dchild=1&keywords=somen&qid=1597180063&sr=8-3