

## Weeknight Korean Shopping List



Your favorite well-stocked grocery store should have nearly every ingredient on the shopping list. However, you'll need to either visit an Asian market or go online for gochugaru, the Korean coarse red pepper flakes. Unfortunately, there is not a good substitute with other types of red pepper flakes, so I do recommend seeking out the gochugaru. It has a great flavor/aroma and pleasant medium spice level, so it can be used happily in other dishes. A small container is available on Amazon Prime here: <https://amzn.to/3rva7xw>

I have separated out the items you may already have in your pantry, so check that list first.

Note about substitutions - If you are avoiding rice, I think this menu is also delightful with roasted chunks of sweet potato (I prefer the type with the golden flesh and tan skin) or roasted cauliflower.

Check your recipe – I've included the ingredients for one batch of kimchi here (about 3 cups), but if you are big kimchi lovers, you might want to double the kimchi recipe, depending on how much meat you're cooking.

### Check at Home Before Shopping / Pantry Staples:

Kosher salt  
2 Tb vegetable oil (I use grapeseed)  
3 Tb plus 2 tsp soy sauce  
2 tsp fish sauce  
3 Tb toasted sesame oil (for bulgogi plus extra for dipping sauce)  
3 Tb sugar  
7 cloves of garlic  
2 C rice (or you could serve roasted sweet potato or cauliflower)

### Your Favorite Grocery Store:

1 small ripe pear (I usually get Bartlett – you can also use an Asian pear if you find one)  
4-5 inches of fresh ginger  
1 small onion (will only use one quarter of it)  
1 lg carrot  
1 English cucumber  
1 bunch green onions (need at least 5)  
1-2 heads lettuce, such as romaine, leaf or butter  
1 ½ to 2 lbs boneless meat of your choice (I tried it with boneless skinless chicken thighs, pork shoulder, and beef London broil and all were delicious)

### Ingredient Available at an Asian market or Amazon:

2 ½ Tb gochugaru, Korean coarse red pepper flakes (make sure you get the coarse variety and make sure it's Korean, not Chinese or Thai, which are much much spicier)