

## Weeknight Korean Prep & Equipment List



This meal can definitely be made start-to-finish in about an hour. However, I totally understand that it may take you a little longer than usual to cook when you're trying to watch me on a screen and follow along at the same time. To help with these issues, below are some recommended prep steps you can do to prepare for a smooth and non-frustrating virtual cooking class.

Also, I recognize that I likely prepare and cook faster than many of you. Please don't feel stressed out. During the class, I will do each step quickly and then take a moment to talk about the recipe and give you a chance to catch up. If you fall behind, let us know in the chat that you need just a moment.

### Recommended Prep:

1. Make sure your veggies are cleaned how you prefer and ready to use.
2. In particular, if you are serving lettuce leaves for wraps (highly recommended!) please get those cleaned and ready to go ahead of time as I won't prepare them during class.
3. It will really help with the timing of this class if you slice up your meat in advance. It takes a little while to slice up 2lbs of meat and nobody wants to watch me do that on camera 😊
4. If you are making rice or roasting potato or cauliflower, please prepare that how you like. We won't cover that during the class.
5. A few minutes before class, take all ingredients out of the fridge and pantry and have them ready-to use in front of your cooking area. Also, take any needed equipment out of cupboards and drawers and have it ready (see list below).

### Optional Prep (Only if you have extra time and/or are worried about falling behind):

1. Get some or all of your veggies or pear prepared ahead of time (as described in the recipe).
2. Measure out dry and/or liquid ingredients for the marinade or the kimchi.

### Equipment List:

- Cutting board and knife
- Measuring spoons
- Grater for grating ginger and pear (microplane or box grater will both work)
- Gadget for mincing or pressing garlic (or just use your knife)
- Large bowl, container or zipper bag for marinating the meat
- Large heavy-duty skillet (preferably non-stick), griddle, or wok for cooking meat
- Spatula for turning/stirring meat
- Bowl and strainer for salting and draining the cucumber
- Bowl for mixing up your kimchi ingredients