



Korean Seafood Stew

Overview

Difficulty: Easy

Servings: 4

Preparation Time: 30 mins

Cooking Time: 30 mins

Ingredients

100ml Cooking Oil

800ml Fish/Clam Stock

½ Large White Onion

2 Eggs

8 Fresh Prawns,

12 Green Mussels, Washed

12 Littleneck Clams, Washed

10g Ginger, Chopped

15g Garlic, Chopped

20g Spring Onions, Chopped

30g Fresh Bean Sprouts

50g Leeks, Sliced

80g Dried Shiitake Mushrooms, Soaked

100g Chinese Napa Cabbage

150g Carrots, Sliced

150g Daikon Radish, Sliced

200g Fresh Squid, Cut into Rings

200g White Fish Fillet, Skin Removed

½ Tablespoon Korean Chilli Powder (Adjust based on desired spiciness)

1 Tablespoon Korean Fermented Bean Paste

1 Tablespoon Korean Spicy Bean Paste

2 Tablespoons Fish Sauce

2 Tablespoons Sesame Oil

To Taste Pepper

Methods

Step 1

Chop spring onions, slice the large white onion and leeks, cut the Chinese Napa Cabbage into strips, peel and cut the daikon radish and carrot into thick slices.



Step 2

Slice squid into rings and the white fish fillet into strips of about 2cm wide. Remove shells from the prawns.



Step 3

Blend separately, the garlic and ginger until finely chopped.



Step 4

Heat up cooking oil on medium heat, and add in clam and mussels. Cover with lid for about 3 to 5 minutes to cook and allow the shells to open up.



Step 5

Remove the clams and mussels, and add in the white onion slices, leeks, Korean fermented bean paste and Korean spicy bean paste. Fry and mix evenly.



Step 6

Add in daikon radish, carrots, chopped ginger and garlic, fresh bean sprouts, shiitake mushrooms, napa cabbage, and Korean chilli powder.



Step 7

Fry lightly, and add in spring onions, clam stock, and sesame oil.



Step 8

Bring to boil, and add in eggs.



Step 9

Add in the fish fillet strips, and prawns and cook for about 6 minutes. Then, add in the squid rings.



Step 10

Add in the clams, mussels, fish sauce and season with pepper.



Step 11

Cook well, and enjoy with Korean side dishes and rice!

