

# Tteokbokki

(South Korea)

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South Korea is home to the renowned culture that many people enjoy embracing. The food, especially, in Korea is one of the most defining factors of Korea's culture due to its historical background, unique recipes, etc. As a Korean, I am barely immersed into this great culture of mine but I still have a taste of it here and there. I was fortunate enough to cross paths with one of Korea's famous dishes, Tteokbokki. To clarify, Korea has a myriad of appetizing foods, but this specific dish is a creation that sticks out from the rest and makes me proud to be a Korean. Tteokbokki, otherwise referred to as spicy rice cake, is a traditional snack in Korea, which originated from the Joseon Dynasty (Korean dynastic kingdom). Of course, this dish is not as it originally was, and instead advanced in both its taste and appearance as years went by.

## **Ingredients:**

### For the Rice Cake:

2 cups rice flour  
1/2 teaspoon Kosher salt  
3/4 cup boiling water  
1 teaspoon toasted sesame oil

### For the Sauce:

3 tablespoons Gochujang (Korean chili paste)  
1 1/2 tablespoons raw sugar  
1 tablespoon soy sauce  
1 tablespoon garlic, minced  
1 tablespoon Gochugaro (Korean chili flakes)

## **Instructions:**

This delectable dish is actually quite simple to make, requiring only two steps. You need to make the Tteok (rice cake), which is shaped as a cylinder and has a rubbery texture, and the sauce.

### To Make the Rice Cake:

Combine the rice flour, Kosher salt, and boiling water.

Cover the mixed ingredients with a plastic wrap and microwave for 2 minutes. Give the rice cake dough a good mix, then re-plastic it again and microwave for another 2 minutes.

Bring out a plastic cookery board and smear it with the 1/2 teaspoon toasted sesame oil. On top of the oily portion, place your rice cake.

Use a pestle (or anything close to it) and pound rice cake until it starts to form a smooth and elastic structure, approximately 5 minutes. This step will most likely drain a lot out of your energy, but hang on tight.

All you have left is to cut the rice cake into equal pieces. Roll out into a 4" long cylinder, and touch it up by coating the rice cakes with 1/2 teaspoon toasted sesame oil.

#### To Make the Sauce:

That was a handful, but we still have one more step to make Tteokbokki, the spicy sauce which is clearly the takeaway as you can see from the picture.

Making the sauce is very easy as it is only a matter of mixing. Mix all the ingredients in a bowl and you have your spicy sauce, which is your cue to add the Tteok in.

Due to this simple procedure to make something so unbelievably mouthwatering, Tteokbokki is a popular meal.

Enjoy!

**Tip:** Most people buy the rice flour frozen. If you do so, store it in the refrigerator overnight, until it thaws out and becomes powdery.