



# 溫城中華文化中心

THE WINNIPEG CHINESE CULTURAL AND COMMUNITY CENTRE

## JAPCHAE (KOREAN GLASS NOODLES)

Ingredients (serves 4):



- 4 ounces beef, filet mignon (or pork shoulder), cut into ¼ inch wide and 2½ inch long strips
- 2 large dried [shiitake mushrooms](#), soaked in warm water for 2 to 3 hours, cut into thin strips
- 2 garlic cloves, minced
- 1 tablespoons plus 2 teaspoons sugar
- 2 tablespoons plus 1 teaspoon [soy sauce](#)
- 2 tablespoons [toasted sesame oil](#)
- 1 tablespoon [toasted sesame seeds](#)
- 1-2 large eggs
- 4 ounces spinach, washed and drained
- 4 ounces of sweet potato starch noodles
- 2 to 3 green onions, cut crosswise into 2 inch long pieces
- 1 medium onion (1 cup), sliced thinly
- 1 medium carrot (¾ cup), cut into matchsticks
- ½ red or green bell pepper, cut into thin strips (optional)
- ground black pepper



### 1. Marinate the Beef and Mushrooms

Combine sliced beef and shiitake mushrooms with:

- 1 teaspoon sugar
- ¼ teaspoon ground black pepper
- 2 teaspoons soy sauce
- 1 teaspoon toasted sesame oil

Mix well, cover, and refrigerate while preparing the other ingredients.

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### 2. Prepare the Egg

Lightly beat eggs and cook a thin omelette in a lightly oiled pan over low heat. Let cool slightly, then slice into thin strips. Set aside.

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### 3. Blanch the Spinach

Blanch spinach in boiling water for 30 seconds to 1 minute. Drain and rinse immediately under cold water to stop the cooking. Squeeze out excess water and roughly chop if needed.

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### 4. Prepare and Season the Noodles

Soak sweet potato glass noodles in hot tap water for about 10 minutes, until softened. Drain, cut into shorter lengths if desired, and place in a large mixing bowl with the spinach. Add:

- 2 teaspoons toasted sesame oil
- 1 teaspoon soy sauce
- 1 teaspoon sugar

Mix well using hands or a wooden spoon to evenly season the noodles and prevent sticking.

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### 5. Stir-Fry the Vegetables

Heat a skillet over medium-high heat. Add:

- 2 teaspoons vegetable oil
- sliced onions
- green pepper
- carrots
- a pinch of salt

Stir-fry for about 2 minutes until slightly softened but still crisp. Transfer vegetables to a bowl.

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### 6. Cook Everything Together

In the same skillet, stir-fry the marinated beef and shiitake mushrooms with minced garlic until the beef is cooked through.

Add the noodles, spinach, and cooked vegetables back into the skillet.

Toss everything together until heated through and evenly combined.

Season to taste with additional soy sauce, sesame oil, or pepper if needed.

Top with shredded egg and serve warm or at room temperature.