

# Sticky Fingers Cooking®



## Korean "Jeon" Savory Pancakes

By Dylan Sabuco

**Prep Time** 15 / **Cook Time** 15 / **Serves** 4 - 6

### Fun-Da-Mentals Kitchen Skills

**chop:** to cut something into small, rough pieces using a blade.

**combine:** to merge two or more ingredients into one mixture, like a batter of flour, eggs, and milk.

**measure:** to calculate the specific amount of an ingredient required using a measuring tool (like measuring cups or spoons).

**mix:** to thoroughly combine two or more ingredients until uniform in texture.

**sauté:** to cook or brown food in a pan containing a small quantity of butter, oil, or other fat.

### Equipment

- Large skillet
- Large mixing bowl
- Cutting board + kid-safe knife
- Citrus juicer (optional)
- Wooden spoon
- Dry measuring cups
- Measuring spoons
- Liquid measuring cup
- Pancake turner or heat-resistant spatula

### Ingredients

Korean "Jeon" Savory Pancakes

- 1 C shredded green cabbage (bagged or sliced fresh—about 1/8 head)
- 1 lemon
- 1 carrot
- 2 green onions
- 3/4 C all-purpose flour **\*\* (for GLUTEN ALLERGY sub gluten-free flour)\*\***
- 3/4 C water
- 1 tsp salt
- 1/2 tsp black pepper
- 2 T vegetable oil

## Food Allergen Substitutions

### Korean "Jeon" Savory Pancakes

**Gluten/Wheat:** Substitute gluten-free flour for all-purpose flour in Pancakes.

## Instructions

### Korean "Jeon" Savory Pancakes

#### intro

"Annyeong" (Ahn-nyoung) "Hello" in Korean) Today we are going to celebrate springtime with crispy Korean "jeon" (chahn) pancakes. "Yachaejeon" (Yah-chay-chahn) means vegetable pancake in Korean. These pancakes are savory and packed full of veggies! You can stuff these pancakes with any vegetable that needs to be cooked in your refrigerator. Dip your crispy cakes in Ginger-Miso Sweet Pea Spread (see recipe) and you will be ready to spring into the springtime.

#### combine + chop

In a large mixing bowl, shred and combine **1 cup of green cabbage** with the juice from **1 lemon**. (If using cabbage that's already shredded, measure and add 1 cup shredded green cabbage—no need to grate or chop it further.) Stir and set to the side to soften and marinade. Allow to sit for at least 5 minutes or more. Chop **1 carrot** and **2 green onions** roughly to match the size of the cabbage and add them to the bowl. Don't worry about the size too much.

#### measure + mix

In the mixing bowl with the veggies, measure **3/4 cup flour**, **3/4 cup water**, **1 teaspoon salt**, and **1/2**

**teaspoon black pepper.** Mix all of the ingredients thoroughly until no lumps of flour remain.

### frying safety

Make sure always to have your lid nearby, and make sure kids are a safe distance away from the fryer. Smoke and splatter are hazardous and need to be treated with care. As soon as you finish using the fryer oil, turn off the heat under the skillet to ensure it cools as quickly as possible.

### sauté

In a large skillet, measure **1 tablespoon of vegetable oil** and turn the heat to medium-high. Pour in 1/4 of the vegetable pancake batter into the skillet. Repeat this step until there is no space left in the pan. Also, be sure to leave about a half inch between each pancake. Cook for 3 minutes, then flip the pancake over. Add the remaining **1 tablespoon of vegetable oil** and cook for 2 more minutes or until golden brown all over.

### repeat + serve

Repeat the above step until all the batter has been used or until you have enough pancakes for everyone. Serve the Korean Jeon Savory Pancakes warm with the Ginger-Miso Sweet Pea Spread (see recipe) over the top! This snack is crispy and delicious! Eat and "Jeulgyeo" (Han-gul)! "Enjoy" in Korean!

## Featured Ingredient: Cabbage!

Hi! I'm Cabbage!

"I come in a few different colors and shapes, but I'm usually green or red (which is really purple-red) with tightly packed leaves forming a round head. You may be most familiar with me shredded in coleslaw and cooked for a St. Patrick's Day dinner with corned beef."

Cabbage was likely domesticated before 1000 BCE in Europe, and the ancient Egyptians, Greeks, and Romans used it in their cuisines. Cabbage was introduced to Asia and the Americas sometime between the 1500s and the 1700s and was considered a staple food in Europe by the 18th century.

China produces the most cabbage worldwide, but Russia consumes the most per person.

The word "cabbage" is late Middle English from the Old French (Picard dialect) "caboche" ("head"), a variant of Old French "caboce."

Cabbage has many relatives (broccoli, cauliflower, brussels sprouts, collard greens). All of these vegetables are part of a family called "Brassica."

The cabbage head grows in the center of a cabbage plant. Initially, the plant produces large, broad leaves, but eventually, the inner leaves begin to curl around a short, thick stem at the center. These inner leaves form the head of cabbage we see in markets.

Green cabbage is the most common type. It has thick green leaves that are packed close together in the head. One head can weigh from one pound to nine pounds! You can cook it as a standalone veggie, add raw cabbage to coleslaw, use it to make cabbage rolls, or add it to soups and stews.

There are a few varieties of green cabbage, including the pointed cabbage, which is shaped like a cone! Savoy cabbage is a smaller, milder variety with tender, wrinkly leaves that you can use to make cabbage rolls or add to salads and stir-fries.

Red cabbage is popular in coleslaw and salads because of its color and crunchy texture. You can also pickle red cabbage to serve as a condiment to top burgers or tacos, or serve it as a side, especially with German dishes.

White cabbage comes from the Netherlands and is also called Dutch cabbage. It is a type of green cabbage with very pale green to white leaves, although there is also a red variety. The Dutch variety is good for making sauerkraut, although you can also use it in the same way as green and red cabbage.

Napa cabbage, also called Chinese cabbage, is oblong with light green and yellow leaves and has a long, thick, and crunchy stem. It has a mild flavor and is popular in Asian cuisine in soups, spring rolls, stir-fries, and as wraps for pork and seafood.

Cabbage is high in fiber and vitamins C and K. Vitamin K is good for the blood. A cup of raw cabbage has more vitamin C than an orange!

Different varieties of cabbages have varying nutritional strengths. For example, red cabbage has more vitamins C and B6 and antioxidants called anthocyanins that help keep your heart healthy, while the green savoy has more vitamins A and B9 (folate).

Cabbage and other cruciferous vegetables are rich sources of phytochemicals, naturally-occurring plant chemicals that may protect people against some forms of cancer.