

Korean pancake, Chijimi, served with a green salad with lemon zest |

Recipe for 4 servings

Description

Like a thick pancake, nourishing and full of vegetables.

Served with a salad and lemon vinaigrette

Note

The different elements of this recipe are very easy to interchange or replace, let your inner chef come out!

Ingredients

Batter

- 100 Gr Flour
- 0.50 Tsp Salt
- 1 Unit(s) Egg
- 125 Ml Water
- 1 Tbsp Roasted sesame oil

Sauce

- 1 Tbsp Roasted sesame oil
- 2 Tbsp Soy sauce
- 1 Tbsp Lemon juice
- 1 Tbsp Sugar

Garnish

- 25 Gr Garlic sprout
- 100 Gr Carrot
- 100 Gr Onion
- 4 Tbsp Small dried shrimp (sakura-ebi)
- 2 Tbsp Sesame seeds

Salad

- 0.50 Unit(s) Romaine salad
- 1 Tsp Dijon mustard
- 1 Tsp Red wine vinegar
- 1 Tbsp Sesame seeds
- 1 Tsp Roasted sesame oil
- 1 Tsp Lemon zests
- 25 Ml Vegetable oil

Preparation

- Preparation time **45 mins**

Mise en place

Peel the carrots and onions.

Mince the onion and cut the carrots into matchsticks.

Cut the garlic sprouts to roughly 3cm in length.

Combine all of the Sauce ingredients in a mixing bowl and let macerate.

Zest and juice the lemon, making sure to keep them separated.

Batter

In a mixing bowl, place the flour and form a well in the center. Pour the rest of the ingredients into

the center of the well and with the help of a whisk, make gently circles starting from the center and working your way outwards. This will make it easy to have a smooth mixture without clumps. Let the batter rest for a few minutes at room temperature.?

Garnishes

Strain the marinated vegetables and then add them to the batter. Make sure to mix well so that all of the vegetables are well coated.

Cooking

In a skillet with vegetable oil, pour the pancake batter to cover the entire surface, roughly 1cm thick.

Once you reach a nice coloration, gently flip it over to cook the other side. Let cook for roughly 3-5 minutes.

Transfer to a plate the same size as the pan and when ready to serve cut into pie shaped slices.

Salad and plating

Combine all of the ingredients of the vinaigrette in a mixing bowl. Toss the salad with the vinaigrette once ready to serve.

Place a point of pancake on each plate and place the sauce in a small bowl aside.

Bon appétit!