



Gochugaru Chicken



Gochugaru Chicken with Corn, Mushrooms, and Zucchini

Recipe originally found in the Philadelphia Inquirer, originally from Ellie Krieger, food columnist for the Washington Post

I saw this recipe and immediately knew that this was something I wanted to make. I am rewriting the recipe to symplify the steps and adjust quantities I used.

I used 4 bowls to separate the prepared ingredients so I could add each bowl in its entirety to the recipe at the given time.

Ingredients:

2 large boneless skinless chicken breasts, cut in half across the width, pounded to about 1/2" thick. (Not having a meat tenderizer hammer, used the back of a meat cleaver to flatten them out a bit. Gotta get the hammer someday...) I think 1/2" thick might be to thin - mine ended up about 1-1/2" thick and turned out perfect.

Bowl 1: (these quantities are double the original, which I ended up using every bit)

3 tsp gochugaru (Korean chile flakes, may use ancho chile powder or regular chile powder. I used my *Korean red pepper powder*)

1/2 tsp salt

1 tsp granulated garlic (I used garlic powder)

1/4 tsp cayenne powder

Bowl 2:

8 oz. fresh mushrooms, shiitake, oyster, or cremini, sliced (I used 4 oz. shiitake and 4 oz. oyster)

Bowl 3:

1/4 cup thinly sliced scallions, white and light green parts, plus some additional for serving

1 tblsp minced or finely grated ginger

Bowl 4:

1 medium zucchini (8 oz) trimmed, quartered lengthwise, and cut into 1/2" pieces

1-1/2 cups (8 oz.) corn, either frozen or fresh (I used frozen)

Dry the chicken breasts with paper towels and sprinkle and rub in ingredients from **bowl 1**, covering both sides.

Cook chicken breasts in a pan (I prefer iron) to which a bit of oil has been added and preheated. Use medium heat and cook until done, about 5 minutes per side. Move chicken to a plate to drain and cool.

Add maybe another tablespoon of oil to the pan and add **bowl 2** - mushrooms along with a small sprinkle of salt. Cook until mushrooms start to brown, about 5 minutes. Add a bit of water occasionally if necessary.

Add **bowl 3** - scallions and ginger - to the pan and cook until they begin to soften, about 1 minute.

Add **bowl 4** - zucchini and corn - to the pan and cook until the vegetables are tender, about 3-5 minutes. Add a bit of water as needed.

Add any juices that have drained from the chicken to the pan.

Slice the chicken into strips lengthwise, and serve on top of the vegetables.

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