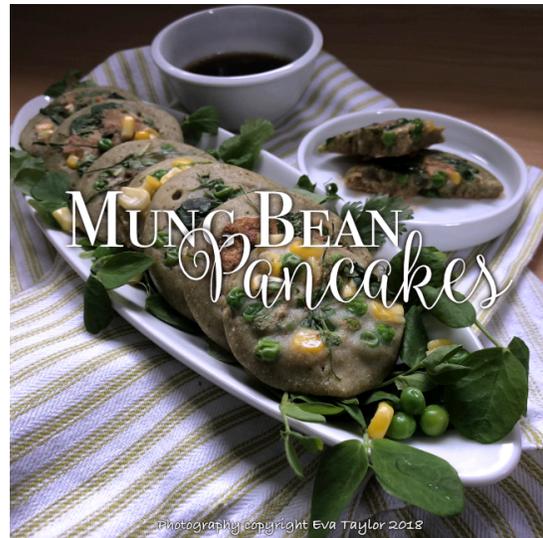


Korean-style Mung Bean Pancakes

Makes about 20 small pancakes

Ingredients:

- 95 g mung beans, soaked in warm water for at least 2 hours
- 250 mL water
- 15 mL miso paste
- 10 g coconut sugar
- 65 g rice flour
- 5 g ginger, grated
- 45 g coconut, soaked in water then drained
- 60 g each, frozen peas and corn
- a handful of pea shoots
- Chives
- Cilantro



Directions:

1. Combine everything but the peas, corn, pea shoots and herbs in the jar of a blender and blend until very smooth.
2. Heat a non-stick pan and spray lightly with oil. Drop 15 to 30 mL batter onto the pan a good distance apart from each other (so you can easily flip them) and top with a sprinkling of the peas and corn, pea shoots and herbs. Cook until golden on one side, then flip and finish cooking for a very short time so that the herbs don't burn.
3. Serve warm with dipping sauce.

Ingredients for the dipping sauce:

- 30 mL rice vinegar
- 5 mL soy sauce
- 2.5 mL sesame oil
- pinch of coconut sugar
- pinch of toasted sesame seeds

Directions:

1. Combine all of the ingredients and mix well. Serve with mung bean pancakes.

Notes:

- The original recipe called for 50% more currents but I felt it was a little too much so I reduced it.
- My dough was too soft and sticky with the originally called-for flour, so I added a bit more flour.
- The original recipe wanted the leftover rum to be incorporated into the dough, but my dough was already too soft and sticky so I skipped it.
- This tip from King Arthur flour sounds quite interesting and I will try it next time I make this tasty recipe:
"Want to make these buns a day or so ahead of time? Try the tangzhong technique, a Japanese method for increasing the softness and shelf life of yeast rolls. Begin by measuring out the flour and milk you'll be using in the recipe. Now take 3 tablespoons of the measured flour and 1/2 cup of the measured milk; put them in a saucepan set over medium-high heat. Cook the mixture, whisking constantly, until it thickens and forms a thick slurry; this will take about 1 1/2 to 2 1/2 minutes. Transfer the cooked mixture to a bowl, let it cool to lukewarm, then combine it with the remaining flour, milk, and other dough ingredients. Proceed with the recipe as directed. Well-wrapped and stored at room temperature, your finished hot cross buns should stay soft and fresh for several days."