

GOCHUJANG ()

Gochujang is a traditional Korean fermented sauce. During the fermentation process, healthy amino acids and lactic acid bacteria are formed. The red peppers used to make gochujang are also full of vitamins and capsaicin, which is an anti-carcinogenic and helps prevent obesity. Because gochujang is believed to have curative effects, it is sometimes called "medicinal" gochujang. In traditional Korean cuisine, the following ingredients were mixed over a light fire, reflecting the belief of Korean ancestors that preparing food with a true heart adds restorative elements to the food.

- 1 cup gochujang
- 2 oz. ground beef
- 1 Tbsp. chopped garlic
- 1 Tbsp. honey
- ½ Tbsp. sesame oil
- ¼ cup pear juice
- 1 Tbsp. pine nuts

Place garlic and beef in frying pan; add gochujang to beef and stir for about 20 minutes. Add sesame oil, honey and pear juice. When it comes to a boil, remove from heat. Add pine nuts.