

## Origin

Gochugaru is the term for Korean red pepper flakes. The traditional form of the spices consists of sun-dried red chili peppers that have been ground coarsely. The final texture is somewhere between those of regular pepper flakes and fine powders like cayenne or paprika.

On the scale of Korean history, the adoption of chili peppers is a relatively recent occurrence since it only dates back to the 16th century. Today, gochugaru is a staple of Korean food and is considered indispensable.

Chili peppers originated in Latin and Central America. Portuguese and Spanish traders brought them to Asia in the 16th century but there is evidence that the actual introduction of this spice may have occurred as early as the 13th century. In addition, there are Chinese and Korean references to chili peppers that go as far back as 850 AD.

Gochugaru is hot and sweet with smoky notes but is not as hot as many of the Latin American chili varieties. The heat level of gochugaru varies greatly and can fall anywhere between 1,500 and 10,000 Scoville units. The flavor also varies according to the methods used to dry the peppers. Many Koreans consider the flavor of gochugaru dried in the sun to be better than artificially dried gochugaru.

[www.spiceography.com/gochugaru/](http://www.spiceography.com/gochugaru/)

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## Gochugaru (spicy) Spice World Kit







## What is Banchan?

Banchan are the myriad small dishes that are set in the middle of the table during a Korean meal. They are meant to be shared amongst all the diners during the course of the meal – and, most times, if one is finished before the end of the meal, it is refilled.

You may know banchan as the Korean BBQ sides served at your favorite K-Town barbecue joint. Small plates containing everything from cold bean sprouts in sesame oil (kongnamul muchim) to cucumber kimchi (oi kimchi) to spicy dried squid strips (ojingeochaek bokkeum) and everything in between are served as banchan.

<https://pickledplum.com/korean-cucumber-salad/>



## Korean Cucumber Salad

### INGREDIENTS

- 2 Kirby cucumbers, sliced into 1/8-inch thick pieces
- 1 scallion, chopped
- 1 1/2 teaspoon white distilled vinegar
- 1 teaspoon soy sauce
- 1 small garlic clove, minced
- 1/2 teaspoon salt
- 1/2 teaspoon sugar
- 2 teaspoons Korean red chili pepper flakes (gochugaru)
- 1 teaspoon sesame seeds

### INSTRUCTIONS

1. Place the cucumber slices and chopped scallions in a medium or large mixing bowl and set aside.
2. In a small bowl, mix vinegar, soy sauce and garlic. Stir in sugar and salt and keep stirring until the sugar has dissolved.
3. Pour the sauce over the cucumber slices and scallions and toss.
4. Sprinkle chili pepper flakes and sesame seeds and toss until the cucumber slices are evenly coated. Serve.

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## Korean Sticky Chicken

### INGREDIENTS

- 1 pound skinless and boneless chicken breasts (sliced into large chunks)
- 2 tablespoons red pepper/chili flakes (gochugaru)
- 1 tablespoons grapeseed oil or vegetable oil
- 2 tablespoons soy sauce
- 1 tablespoon rice vinegar
- 2 tablespoons honey
- 1 tablespoon sesame seeds
- 2 stalks scallions (finely chopped)

### INSTRUCTIONS

1. Put the chicken pieces on a sheet of parchment paper and sprinkle Korean red pepper flake on top. Cover with another piece of parchment paper and pound the chicken with a meat mallet, until each piece is well coated.
2. In a large pan over medium heat, add oil and when oil is hot, add chicken. Cook on each side for 2-3 minutes or until chicken is cooked through. Transfer to a plate and set aside.
3. In the same pan over medium heat, add soy sauce, rice vinegar and honey and bring to a boil. Let the sauce bubble for 1-2 minutes, until it thickens slightly.
4. Return chicken to the pan and cook for another 2 minutes, until chicken is coated evenly.
5. Sprinkle sesame seeds, stir one last time to coat evenly and turn the heat off.
6. Transfer chicken to a bowl or a plate and top with chopped scallions. Serve immediately with rice.

<https://pickledplum.com/korean-sticky-chicken-recipe/>