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# WELCOME

This is a cookbook. You could call it a zine. These pages are full of food and drink—vital parts of our cultures and identities, and a way we've always connected and cared about each other. There are recipes we make over and over again, and ones reserved for special occasions. They're edited for clarity, but not too much. Because there are ingredients and instructions, but it's also a collection of memories and traditions—old and new—from elevAsian, our community for Asian employees and allies here at Praytell.

How do you describe the past year? Hard, painful, joyous, bewildering. (All the above.) And we're still here, grieving for everything and everyone lost, while cherishing what we've gained. To be able to create anything right now is a wonder. And so we're celebrating with this collection, a time capsule of what being Asian means in this moment for us. Hold it in your hands and take a moment to share in our lived experiences.

**Grace Kang**

Executive Sponsor, elevAsian

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# FLAT NOODLES (POOR MAN'S SOUP)



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*My mum could never go wrong when cooking us  
this quick and easy soup noodle dish.*

*Jon Chew*

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## FOOD STORY

The origin of Flat Noodles, also known as “Poor Man’s Soup” is a little mystery, but has been one of my family’s favourite foods ever since we were young in Australia, and continues to be a traditional dish among my siblings and their kids. It’s such a simple soup, with a bit of dough kneaded into flat rounds, sunk into a clean broth, made from either chicken bones or dried fish. My mum could never go wrong when cooking us this quick and easy soup noodle dish.

## INGREDIENTS

### Dough 'Noodles'

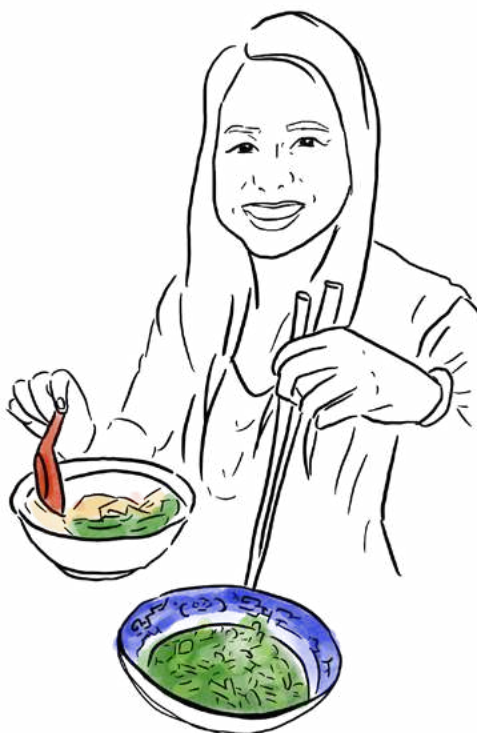
- 2 ½ cups all purpose flour
- 1 large egg, lightly beaten
- 1 cup warm water

## PREPARATION

1. Mix the all purpose flour with the egg and warm water and knead until silky smooth. Set aside for 1 hour.
2. Add 10 cups of water and anchovies or chicken bones to a large pot and bring to boil. Continue to boil the broth for about 2 hours.
3. Cook the chicken and mushrooms in a pan with the soy sauces and oyster sauce until fully cooked through and set aside.
4. Bring 6 cups of water to a boil. When the dough is ready, break off small pieces and create flat round pieces that are about 2mm thick, and about the size of your palm. Place them into boiling water to cook for 4 mins.
5. Add the chicken, mushrooms and noodles to a bowl full of the soup broth and add salt/pepper to taste.

### Soup Broth

- 1 cup dry anchovies or chicken bones
- 2 cups chicken breast, sliced
- 8-10 Chinese mushrooms, soaked in water until soft and thinly sliced
- 1 tablespoon soy sauce
- 2 teaspoon dark soy sauce
- 2 teaspoons oyster sauce
- Salt and pepper, to taste



# LAMB CURRY



Eating solid food for the first time - lamb curry!

## FOOD STORY

Lamb curry is traditionally a dish enjoyed on a celebratory occasion—Bengali new year, religious holidays, a high SAT score. As immigrants building a life in the US, my parents really wanted to keep the traditions of their home in India alive for me. The ingredients were different in this country and the cuts of meat unknown to them. So they got creative!

No chili peppers? Use a jalapeno. Lamb too expensive?

Use goat (just be aware that it'll taste gamier).

*“Enjoy this East-Meats-West version of lamb curry that evolves the traditional dish into something everyone can celebrate!”*

Sanji Moore

MAY 2021

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## INGREDIENTS

- 1 large onion
- 3 inches of ginger, roughly chopped
- 1 cup cilantro, roughly chopped (stems ok)
- 4 jalapeños, seeded
- 2 pounds of lamb, any kind or whatever is on sale!
- 1 tablespoon mustard or vegetable oil
- 2 cinnamon sticks
- 4-5 green cardamom pods
- 4-5 cloves
- 1 teaspoon ground cumin
- 2 tablespoons ground coriander
- 1 teaspoon ground turmeric
- 1 teaspoon ground chili
- 1 tablespoon tomato paste
- Salt to taste
- 1 can full fat coconut milk
- 3-4 cloves garlic

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## PREPARATION

1. Combine onion, ginger, cilantro and jalapeños in a food processor and process completely until it's a paste.
2. Pour into a large mixing bowl. Add the lamb and stir until coated. Marinate for 1 hour or up to overnight.
3. Preheat oven to 350F.
4. Heat a large oven proof pot over medium heat.
5. Add the oil, making sure it's enough for stuff not to stick, but not so much things are drowning. Add the cinnamon sticks, cardamom, and cloves. Fry the spices until they're fragrant.
6. Fry the marinated meat in the oil. The meat will generally release a lot of water. You want to fry them until most of the water has evaporated.
7. Add the cumin, coriander, turmeric, chili, tomato paste, and salt. Stir to cover the meat with the spice mixture.
8. Add the coconut milk and bring to a boil.
9. Cover the pot and place it in the oven for approximately 1 hour. You'll know it's done and good when it's soft and not pink when you cut it. If you take it out too fast it'll be tough, but if you leave it in there, it'll get soft and relax as it chills the eff out.
10. Once the lamb is done, take the pot out of the oven. Mince the garlic cloves very finely and stir in while the lamb is still hot. Put the cover back on and return to the oven for another 10 minutes or until it doesn't smell and taste like raw garlic.
11. Remove from oven and serve with rice.

# UMMA'S SPEAKERPHONE KBBQ



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## FOOD STORY

I don't eat red meat often, but when I crave BEEF it's either for Korean BBQ or In-N-Out. KBBQ is not only a fun, communal experience where you sit around a butane grill and make wraps, but it's also a way to show respect and fondness by giving the first wrap to someone you care for (usually the eldest at the table). It's where I learned "nunchi" (the subtle art and ability to listen and gauge others' moods).

This recipe for jumuluk, a juicy, sweet and savory, marinated short steak, is usually relayed to me over speaker phone by my umma with completely imprecise amounts of ingredients (because Korean people don't use measurements). Tip: It should taste sweet, don't add salt!





## *Korean people don't use measurements.*

Joanne Mony Park

### INGREDIENTS

- 1 pound boneless short ribs
- ¼ cup soy sauce
- 2 tablespoons sesame oil
- 3 garlic cloves or more
- 3 tablespoons mirin
- 1 tablespoon sugar
- 2 teaspoons black pepper (or however much you'd like)

### PREPARATION

1. Score the meat and place in a medium bowl. This will help the marinade penetrate.
2. Add mirin to soften the meat and let it marinate for at least 30 minutes.
3. Add the garlic, soy sauce, black pepper, and sugar. Let it marinate for at least 30 minutes more.
4. Set your gas grill to high. You can cook the meat whole or cut it into one inch bite-sized pieces.
5. Let the first side brown (don't touch the meat too much, let it be...) and flip around 3 minutes. Let the other side brown, another 3 minutes. Cook for longer if you like it medium.
6. Enjoy with white rice, kimchi, redleaf lettuce! (And makgeolli if you're feeling adventurous.)



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# MONY'S BANQUET NOODLES

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*When are you going to feed us banquet noodles?*

Joanne Mony Park

## FOOD STORY

Noodles are my favorite—in every shape, form, color, phase—all of it. When I see relatives after a long stretch of time, the elders often tease me with a “When are you going to feed us banquet noodles?” This is not a literal dining request, but a Korean way of saying, “When are you getting married?” My mom does a big eye roll across the table because she knows it’s a dumb question.

Banquet noodles (and noodles in general) are eaten at celebratory events like weddings and even at birthdays wishing you a long life, or a long life together. I simply like to make / eat them because the colors are really nice and it’s delicious, and yeah I’m trying to live a long happy life like a noodle.

## INGREDIENTS

### For the stock

- 3-4 anchovies (remove gut)
- 1 sheet of dashima / kelp
- 1 onion (scallion ends work too)
- 1 daikon radish
- 10 cups of water

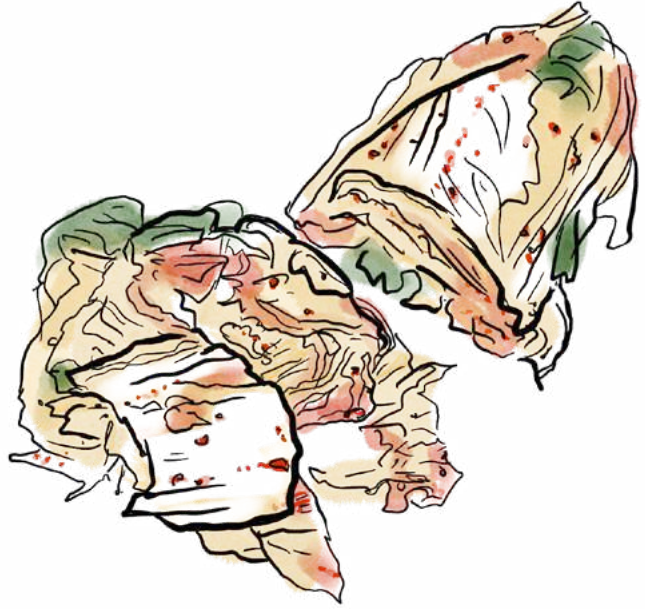
### For the noodles

- 1/2 zucchini, julienned
- 1 carrot, julienned
- 1 egg, beaten
- 1 bundle of somen (thin wheat flour noodles)/person
- 2 tablespoons soy sauce
- Vegetable oil
- Scallions for garnish, finely chopped
- Sesame seeds for garnish

## PREPARATION

1. Combine all the stock ingredients and bring to a boil. Cover and simmer for 30 minutes on medium low heat. Season with salt & pepper & soy sauce.
2. Use the vegetable oil to sauté the zucchini with a pinch of salt. Sauté the carrots the same way. It should take 8-10 minutes until they're soft, but not overcooked.
3. Fry the egg in more oil as a thin sheet. Thinly slice into matchsticks.
4. Bring a medium pot of water to a boil. Cook somen according to package.
5. Place the noodles in a bowl, ladle enough hot broth to cover the noodles, and nicely arrange carrots, zucchini, and egg strips on the noodles.
6. Garnish with chopped scallion and sesame seeds (If you like spice, and for some reason have kimchi on hand, chop a bit and throw some on top!)





*I love my mom's kimchi.  
It just makes life  
crispy and refreshing,  
sometimes spicy.*

*Joanne Mony Park*

#### FOOD STORY

Nothing is sadder than having Mother-in-Law's kimchi from Whole Foods be your only option. I don't make kimchi because it's a whole thing that requires a lot of time, but I need a jar of it at all times.

I remember my mom and aunts getting together for a whole Saturday surrounded by 20 heads of Napa cabbage. I love my mom's kimchi. It just makes life crispy and refreshing, sometimes spicy. Most recently, when she came to visit me here in Westchester, she wanted to leave me with something so she ended up making me and my partner a big jug of kimchi. It did not disappoint and it reminded me of home. Feels like a sweet & spicy hug. To newbie: godspeed!

# UMMA'S KIMCHI



## INGREDIENTS

- 1 head of Napa cabbage
- 1/2 cup coarse sea salt
- 1 teaspoon grated ginger
- 4 cloves garlic
- 3 scallions, chopped in 1-2 inch pieces
- 1 daikon radish, chopped in 1 inch medallions
- 2 tablespoons fish sauce
- 1 cup gochugaru
- 2 tablespoons sugar

## PREPARATION

1. Cut the cabbage in half (vertical not horizontal!). Chop the radish too!
2. Wash the Napa cabbage and all of its layers!
3. Sprinkle the salt in each page!
4. Set aside and let it soak in the salt for 2-3 hours.
5. Meanwhile, mix the grated ginger, minced garlic, chopped scallions, fish sauce, gochugaru and sauce, and sugar. Let that marinate.
6. After the 2-3 hours, when the cabbage is wet and bendy / no longer firm and crunchy, wash the salt off at least 3 times.
7. In a large bowl, take a spoonful of the gochugaru marinade and spread it across each leaf starting from the stem. Don't forget to wear latex / plastic gloves!
8. Fold the leaf part of the cabbage toward the stem and pack it into a large jar along with the radish. Close it tight! Leave it out at room temp for 2 days at least to ferment. During hotter days, 1 day should be enough. Once open and chopped to 1 inch pieces, store it in the fridge!



# MY GRANDMA'S DUMPLINGS

## INGREDIENTS

### For the filling

- 1 lb ground pork

For my veggie friends, replace the pork with:  
 2 cups shiitake mushrooms, chopped  
 1 1/2 cups cabbage, finely shredded  
 1 1/2 cups carrot, finely shredded  
 1 cup garlic chives (Chinese chives), finely chopped

- 2 eggs
- 3 garlic cloves, minced
- 3-5 stalks of scallion/green onion, chopped however you like
- Add as many scallions as you want depending on your preference
- 2 tablespoons soy sauce
- 1 tablespoon shaoxing cooking wine or rice vinegar
- 1 tablespoon vegetable oil
- 1/2 tablespoon salt
- 1 teaspoon white pepper (or black pepper, whatever IT'S A PANDEMIC)

### For the dumpling wrappers

(If using store bought wrappers, you'll need 20-30)

- 3 1/2 cups all-purpose flour
- A little bit more than 1 cup of room temperature water

Slowly pour water into flour and knead until it's smooth - usually like 10 minutes or so. Then cover with a damp cloth and let it chill out for an hour. Then I cut a portion off, roll it out over a flour covered surface, and use a small-ish cup or mason jar to make the little dumpling wrapper circle cutouts.



## FOOD STORY



*The fatter the  
meat the better!*

Jade Ye

Growing up, the easiest way to communicate with my grandma was by cooking. Neither of us spoke the others' languages fluently, but when we cooked together there was never a communication barrier. We didn't get to see each other often, but I knew any time I saw her would mean we would sit around a big round table covered in plastic and wrap up each little dumpling. They always tasted so much better when I helped.

One of my biggest tips is to make the dough from scratch if you can, the store bought wraps make these slightly more gyoza-esque (unless you like that kind of thing!). Also, the fatter the meat the better. If you can only find a lean mix—add some extra oil to the mixture to keep the dumplings juicy!

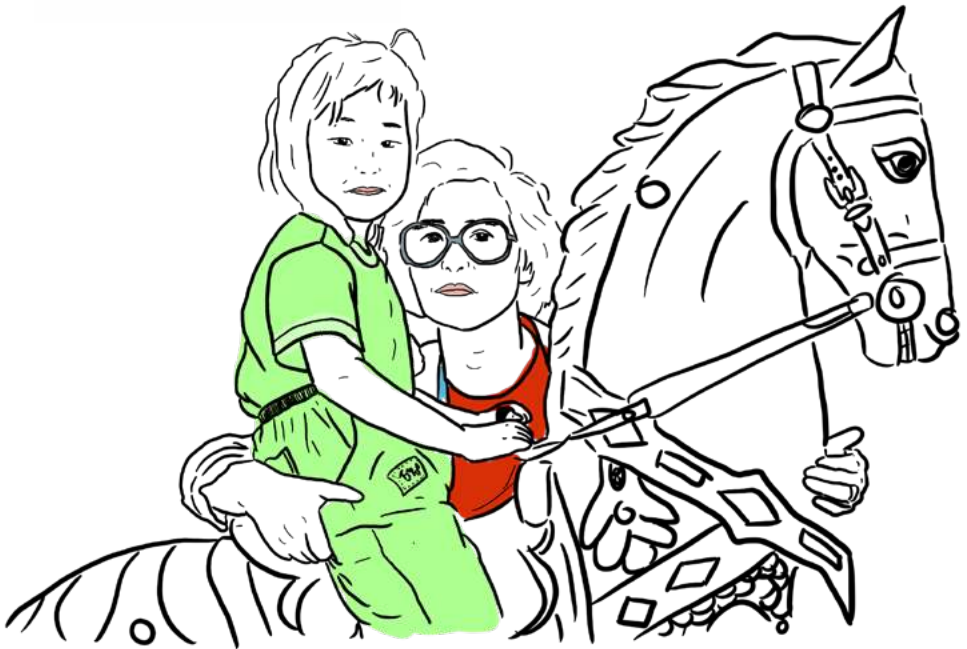


## PREPARATION

1. Mix ingredients for the filling together.
2. Put about a tablespoon of filling (like a meatball shape) into the middle of the wrapper
3. Wet the edge of half of the wrapper with water or egg wash.
4. Fold the wrapper up and pinch the edges towards the center (for extra luck, two on the left side and two on the right).
5. Place completed dumplings on a baking sheet sprayed with oil.
6. Once you're done wrapping, get a pan hot with about a tablespoon of vegetable oil. Add dumplings, a few tablespoons of water, and immediately cover.
7. When the pan quiets down (the water will make it loud!) and the water has mostly evaporated, remove the lid and allow dumplings to finish browning on the bottom.
8. Once the bottoms are brown, remove from heat and enjoy!

*This is best the day  
after it's made!*

Grace Kang





# GALBIJJIM THAT'S NOT AS GOOD AS MY MOM'S

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## FOOD STORY

I would never order galbijjim in a restaurant. I'm not sure why, but it just seems weird to me? It's something I only eat at home over a moderate mountain of white rice.

My mom makes this braised short rib stew the best, and years ago I had her cook it while I took notes and asked questions, but of course it's different when I've made it since. Then I tried mixing up that recipe with parts I liked from other recipes online, as if that would magically solve this memory puzzle.

So here we are. To be clear, this mixed up recipe is good. And it's what I follow whenever I make it at home. But it's not the same you know?

Two notes: this is best the day after it's made and it makes about 7ish servings, which is a weird amount for a recipe, but that's what happens when you keep messing with it.



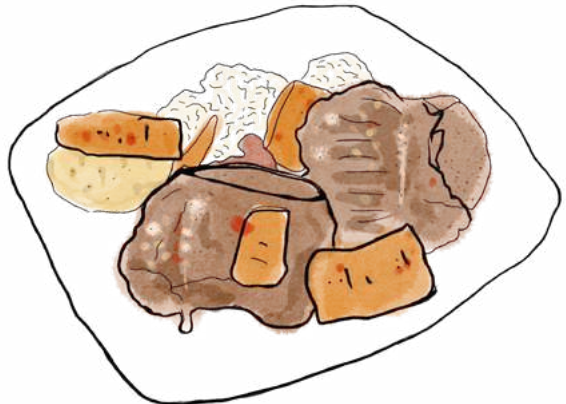
## INGREDIENTS

- **4 pounds English style bone-in short ribs, cut into 2-3 inch sections**  
English style is the standard cut available at American grocery stores, but usually the sections are more like 4 inches long, which is honestly fine, but I prefer smaller sections. You can ask the butcher to cut it into shorter sections or go to an Asian supermarket and they'll probably have that pre-cut. The other common cut is flanken style, which is what you see in KBBQ.
- **2 lbs vegetables, prepped into stew chunks**
  - I typically like daikon radish, carrot, and potato in very exact ratios, but literally do whatever you want—add shiitake mushrooms, squash, taro, chestnuts, etc.
  - “Stew chunks” just means however big or small you like the vegetables in your stew. I like them smaller because I’m not a monster cramming a whole potato in my mouth.
- **1 onion, roughly chopped**
- **1 Asian pear, roughly chopped**
- **10 garlic cloves, peeled**
- **1/3 cup mirin**
- **¼ cup ginger**
- **1 cup soy sauce**
- **1/3 cup brown sugar**

### To finish

- **1 tbsp sesame oil**
- **2 tbsp mulyut**

Korean malt syrup is available in Asian markets. It’s also optional because you only use 2 tablespoons so it feels like a lot to buy a whole bottle unless you plan on making this dish a lot, which means you’re rich because short rib is expensive!



*It makes about 7ish servings, which is a weird amount for a recipe, but that's what happens when you keep messing with it.*

## PREPARATION

1. **Score each short rib with a slash through the meat down almost to the bone, but without cutting the connective tissue. Each piece of bone will look like it has meat legs.**

I tried to write this instruction three different ways, but this is still probably confusing if you don't know what it looks like so my best advice is to google the dish for pictures of how the meat is cut.

3. **Place the short ribs into a large bowl, and cover with water for 30 minutes.**
4. **Combine the onion, Asian pear, garlic, mirin, ginger, soy sauce, and brown sugar in a blender or food processor until smooth. It should taste salty and a little sweet. It should taste good.**
5. **Once the short ribs have finished soaking, drain them and discard the water. Transfer the meat to a Dutch oven or similar large pot and cover with water. Bring pot to a boil and let it go for 5 minutes. Drain the short ribs and season with salt and pepper.**

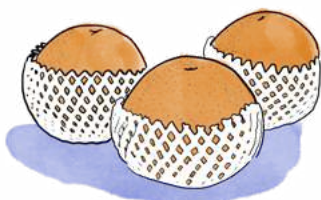
All this water soaking/boiling is intended to help remove impurities like blood and protein gunk that makes your sauce cloudy/murky.

7. **Add the sauce and 3 cups of water to the pot. Bring to a boil and then lower to a simmer for 1 hour.**
8. **Add your vegetables and cook until tender.**

Some people like their meat and vegetables very soft, I like them to have a bit of chew. So braise the meat and vegetables until they're the consistency you like.

10. **Optional:** Once the meat and vegetables are done, you can take them out of the pot and reduce the sauce. I like it to be a little on the thicker, stickier side with concentrated flavor, but just taste it and decide when you think it's good. If I'm feeling fancy I'll also strain the sauce at some point, but then you have to clean the strainer so I usually don't...
11. **Finish with the sesame oil and mulyut if you're using it. Season to taste with additional salt and pepper. Chill in the fridge overnight and skim the fat once it's hardened. This freezes extremely well.**

# MATCHA HIGHBALL



## DRINK STORY

I started learning to make craft cocktails during this Covid time and I've always wanted to add some Asian liquor and ingredients to my cocktail collection.

## PREPARATION

In a cocktail shaker, combine the whisky, lemon juice, honey syrup and matcha; shake vigorously. Pour into a chilled, ice-filled collins glass. Pour the club soda into the shaker, swirl around to rinse, then stir into the glass. Garnish with the lemon wheel.



## INGREDIENTS

- 2 ounces Japanese whisky
- 1/2 ounce fresh lemon juice
- 1/2 ounce honey syrup
- 1/4 teaspoon matcha powder
- Ice
- 4 ounces chilled club soda
- 1 lemon wheel



*Don't worry about  
drinking too much,  
these cocktails are  
made with tea.*

Tracy Shi

#### INGREDIENTS

- 1/2 large green apple, seeded and chopped, plus 1 apple slice
- 1/4 ounce simple syrup
- Ice
- 3 ounces chilled sake
- 2 ounces chilled brewed green tea

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# GREEN WITH ENVY

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#### PREPARATION

In a cocktail shaker, muddle the chopped apple with the simple syrup. Add ice and the sake and green tea and stir well. Double strain into a chilled coupe and garnish with the apple slice.



# REFRESHING SUMMER DRINK (AKA YUZA TEA)



## DRINK STORY

My fam drinks this cold in the summer and hot in the colder seasons (with boiling water). Taste as you go. Want more sweetness? It's an add another spoonful kinda situation.

The honey citron tea in this recipe is a staple in the house. And so cheap. Like why not? It tastes like a hybrid of orange, yuzu, and grapefruit. Besides drinking it, you can also add it to salad dressing with some lemon.

## INGREDIENTS

- Honey Citron Tea
- Seltzer

## PREPARATION

3-4 heaping tablespoons of that good shit and fill the rest of the glass with seltzer.

Optional: shot of vodka.

*I have no idea what the measurements are.*

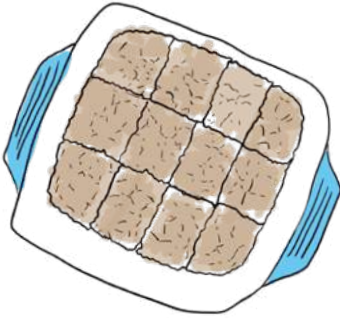
*Judy Kwon*



# MOCHI DESSERT

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## INGREDIENTS

- 1 package Mochiko brand sweet rice flour
- 1 teaspoon baking powder
- 1 teaspoon baking soda
- 1 teaspoon salt
- 1 cup sugar
- 2 3/4 cups whatever milk you want
- Add whatever mix-ins you want like seeds, raisins, almonds, pecans

## FOOD STORY

This is sticky. When my mom was pregnant with me, she was always craving dduk (rice cakes) and Korean sweet potatoes (not American sweet potatoes; those tend to be less sweet and flavorful in my opinion). Naturally, it became a staple in my diet.

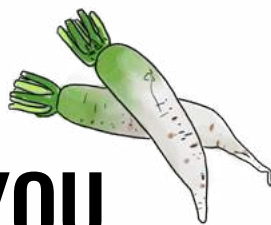
When my family bakes this rice cake dessert, our friends all come over to try some. It satisfies my sweet tooth so I don't have to lean on donuts all the time. Why? Because this is healthier. (I think?)

## PREPARATION

1. Preheat oven to 350F.
2. Mix all dry ingredients together in a bowl.
3. Pour milk over rice flour mixture and mix well with a whisk.
4. Add nuts, dried fruits or whatever else you're experimenting with.
5. Pour the batter into a greased 9 x 12 inch baking pan. It needs to be greased WELL cuz this bby will be STICKY.
6. Sprinkle more toasted nuts on top for that visual. Black sesame seeds look pretty too.
7. Bake at 350°F for 25 minutes then reduce the heat to 325°F and bake another 25 minutes.
8. Take the pan out of the oven and cool completely before slicing.







# THANK YOU

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Thank you to our elevAsian community—for the conversations, connections, and fellowship.

A special shoutout to everyone who was so generous with their time and energy, from contributing recipes and sharing personal stories to drawing illustrations (“it’s just tracing”) and designing all the things to make this bloopy.

## **Contributors**

Tracy Shi

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**Creative Direction** Grace Kang

And finally to Praytell, for giving us the space and support to create something meaningful.



praytell