
Sweet & Savory Potato Banchan

Description

This is Chef Grant's favorite side dish, usually served at a Korean BBQ. You can use the same recipe but substitute the potato with sliced lotus roots, sliced bamboo shoots or sliced gobo (burdock roots).

Total time: 30 min Yield: 8 servings

Ingredients

1 lb baby potato or Yukon gold potato (cut into 1" cubes)
water (as needed)
2 cup dashi
1/4 cup tsuyu
2 Tbsp brown sugar
1 Tbsp apple cider vinegar
2 Tbsp corn syrup or malt rice syrup
1 Tbsp sesame seeds

Prep Time: 5 min Cooking Time: 25 min Total Time: 30 min

Instructions

Place the potato in a medium sized pot, cover with water, turn the heat to high and bring to a boil. Boil for five minutes, then drain. Place the drained potato in a small pot or medium sized sauté pan, add in the dashi, tsuyu, brown sugar and apple cider vinegar. Bring the mixture to a boil, then reduce to a simmer. Simmer until the liquid reduces by $\frac{3}{4}$.

Add in the syrup and sesame seeds. Simmer for two more minutes, then place the potato in a serving dish and enjoy!

Recipe brought to you by:

Chef Grant Sato