



Hwayangjeok

Beef and Vegetable Skewers | 화양적



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An elegant traditional Korean skewered dish (*jeok*) made by lightly sautéing bellflower root (*doraji*), seasoned beef, carrots, shiitake mushrooms, and green onions, then threading them onto bamboo skewers in an aesthetically pleasing arrangement of alternating colors before pan-frying. Traditionally served during major holiday banquets like *Chuseok*, the historical term "Hwayang" refers to bellflower root.

 **Prep: 20 mins** | **Cook: 15 mins** |  **Moderate** |  **Chuseok Holiday Food** |  **Traditional Skewer**

Ingredients (3-4 servings)

- **Main Ingredients:** 150g beef (lean cut like rump or eye of round), 100g bellflower root (*doraji*), 100g shiitake mushrooms, 1/2 carrot, 2–3 stalks green onion (white and thick green parts), bamboo skewers
- **Beef & Mushroom Marinade:** 1.5 tbsp soy sauce, 1/2 tbsp sugar, 1 tsp minced garlic, 1 tsp sesame oil, a pinch of black pepper
- **Vegetable Seasoning & Sautéing:** 1 tbsp cooking oil, salt to taste, 1 tsp sesame oil
- **Garnish:** 1 tbsp finely crushed pine nuts (*jat-garu*)

Allergy Information

- **Contains:** Beef, Soy (Soy sauce), Wheat (Soy sauce), Sesame, Tree nuts (Pine nuts)

Equipment

- Bamboo Skewers, Frying Pan, Knife, Cutting Board, Mixing Bowls, Paper Towels

Cooking Instructions

1. **Prepping Beef & Mushrooms:** Cut beef and shiitake mushrooms into uniform strips (approx. 6–7 cm long and 1 cm thick). Toss together with 1.5 tbsp soy sauce, 1/2 tbsp sugar, minced garlic, 1 tsp sesame oil, and black pepper to marinate.
2. **Prepping Vegetables:** Peel bellflower roots (*doraji*) and rub with coarse salt to remove bitter saponin, then rinse thoroughly. Slice bellflower roots, carrot, and green onions into 6–7 cm lengths to match the beef.
3. **Sautéing Ingredients Separately:** Lightly sauté each ingredient individually in a pan with a splash of oil and a pinch of salt—starting with bellflower root and carrot, then green onions, and finally the marinated beef

and mushrooms—until cooked through.

4. **Threading Skewers (Color Harmony):** Thread the sautéed ingredients onto bamboo skewers in alternating, high-contrast colors (e.g., white bellflower root, brown beef, orange carrot, dark shiitake, green onion).
5. **Pan-Frying & Garnishing:** Place assembled skewers back into a lightly oiled pan over low heat for 1–2 minutes to bind the ingredients and heat through. Arrange on a platter and top with a sprinkle of crushed pine nuts.

Cooking & Pairing Tips

- **Uniform Lengths for Aesthetics:** Cutting all ingredients to equal lengths (6–7 cm) before cooking ensures the finished skewers look clean, level, and refined.
- **Separate Sautéing:** Pre-cooking each ingredient individually prevents color bleeding and ensures every vegetable retains its distinct texture and bright hue.
- **Perfect Food & Beverage Pairing:** A quintessential Korean harvest festival dish (*Chuseok*) that pairs beautifully with *Songpyeon*, assorted *Jeon*, and clear traditional Korean rice wine like *Cheongju* or *Yakju*.

Storage Instructions

- Store in an airtight container in the refrigerator for up to 2–3 days. Reheat gently in a skillet over low heat with a tiny drop of oil to warm through without drying out the beef.

Nutrition Facts (Estimated)

- Total Content : Approx. 400g (3-4 servings total)
 - Calories : 480 kcal total (approx. 120 kcal per 100g / 120 kcal per 1 serving)
 - Sodium : 680mg (34%)
 - Total Carbohydrate : 22g (7%)
 - Sugar : 6g (6%)
 - Total Fat : 22g (41%)
 - Trans Fat : 0g
 - Saturated Fat : 4.5g (30%)
 - Cholesterol : 65mg (22%)
 - Protein : 38g (69%)
 - Calcium : 90mg (9%)
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Editor's Review

1. A Sensual Symphony of Five-Color Harmony and Toasted Sesame Fragrance

The moment the slightly bitter freshness of bellflower root, savory beef, and the colorful textures of carrots, mushrooms, and scallions align gracefully on a skewer, a rich, nutty fragrance of light batter and egg wash gently captivates the palate. Radiating the abundant warmth of Chuseok, this vibrant display of traditional five colors blends the natural sweetness of each ingredient with fragrant sesame oil, delivering an endlessly satisfying and refined culinary experience.

2. Culinary Artistry Forged by Separate Searing and Precise Skewering

Hwayangjeok stands as a masterpiece of royal pan-fried cuisine, mastering the individual pre-searing of vegetables and meats with varying moisture levels to ensure uniform tenderness and stunning chromatic balance. Factoring in distinct cooking times and shrinkage rates before pan-frying the skewers over gentle heat to golden perfection represents essential culinary science—safeguarding structural symmetry and celebrating the refined discipline of traditional Korean cooking.

3. Graceful Solace Encountered Within the Generous Warmth of Tradition

Echoing the fond memories of families gathering together to meticulously craft skewers for Chuseok, a neatly arranged plate of Hwayangjeok offers a dignified ritual of comfort that fills the spirit with profound warmth. Pausing amidst a hectic, modern life to savor this heritage dish reconnects us with deep-rooted cultural affection and an enduring sense of inner peace.

