KOREAN · SNACK · SIDE

Kimchijeon (Crispy Kimchi Pancake)

20 min · Serves 3 · 255 kcal a serve · Video 10:23 · Maangchi

Pescatarian · No dairy listed · No nuts listed

The batter is mostly sour kimchi bound with just ½ cup flour, so a third of the pancake is about 250 kcal with over half a day's vitamin K and only 1.6 g sugars. The crisp crust comes from pan-frying in 4 tbsp oil, so enjoy it as a snack.

Diet notes: Low saturated fat (1.5 g, 5% of the energy).

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Ingredients 8 · SERVES 3

- [ ] **Kimchi**: ½ lb (8 oz) well-fermented sour napa cabbage kimchi, chopped small
- [ ] 2 tbsp **kimchi brine**
- [ ] about 2 tbsp chopped **onion**
- [ ] 3 **green onions**, chopped
- [ ] ½ cup **all-purpose flour**
- [ ] ½ cup **water**
- [ ] ½ tsp **Swerve** (or ½ tsp sugar)
- [ ] 4 tbsp **vegetable oil** (2 tbsp per side)

Allergens found in the listed ingredients: Gluten, Fish. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. Chop ½ lb sour kimchi small and put it in a bowl with 2 tbsp of its brine, the chopped onion and green onions. 1:01
2. Add ½ cup flour, ½ cup water and ½ tsp Swerve or sugar and mix into a thick batter that is mostly kimchi. 3:17
3. Heat a 12-inch non-stick pan over medium heat, add 2 tbsp oil and swirl. Spread the batter into one large thin round and cook 2–5 minutes until the bottom is golden and crunchy. 3:49
4. Flip it. Drizzle 2 more tbsp oil around the edge, lift the pancake with a spatula so the oil runs underneath, and shake the pan. Cook 3–5 minutes until crisp. 6:23
5. Flip once more for about 1 minute, slide onto a platter, cut into wedges like a pizza and eat hot. 8:08

> **Tip** Use old, sour kimchi; Maangchi's was almost 2 months fermented. No 12-inch pan? Make two smaller pancakes. Serves 3 as a snack (our estimate); it is a little salty, so it also goes well with rice.

The method is a summary in our words — the video shows every step.

One serve gives you 1 OF 3 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
255 kcal	3.4 g	19 g	2.4 g	19 g	430 mg
1,070 kJ	7% of a day	17 g net · 1.6 g sugars	9% of a day	1.5 g saturated	19% of a day
		7% of a day		24% of a day	

Energy from net carbs 27% · protein 5% · fat 68%

High in (20%+ of a day) Omega-3 104% · Vitamin K 68% · Vitamin E 22%

Source of (10–19%) Iron 15% · Folate 15% · Selenium 14% · Vitamin B6 12%

Recipe and video: Maangchi (@Maangchi) on YouTube — youtube.com/watch?v=05SSlcjIsWM, published 27 February 2020. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/kimchijeon-kimchi-pancake