

Korean Vegetable Pancakes (Pajeon)

Makes 3-4 servings

These savory Korean vegetable pancakes are a delicious way to eat a variety of vegetables. Your child can help by mixing the dipping sauce, or you can serve these with plain low-sodium soy sauce mixed with a little water. You can also make the pancakes with any other vegetables or dark leafy greens you have at home.

Ingredients

For the pancakes

- $\frac{3}{4}$ cup all-purpose flour
- $\frac{1}{4}$ cup cornstarch (or $\frac{1}{4}$ cup all-purpose-flour)
- $\frac{3}{4}$ teaspoon salt
- $\frac{1}{2}$ teaspoon baking powder
- $\frac{3}{4}$ cup ice-cold water
- 1 large egg
- 1 baby bok choy, stem and leaves thinly sliced
- 1 medium zucchini, grated and water squeezed out
- 2 medium carrots, grated
- 4 scallions, chopped (optional)
- 2 tablespoons vegetable oil

For the dipping sauce

- 3 tablespoons low-sodium soy sauce
- 2 teaspoons rice wine or white wine vinegar
- 1 inch piece of ginger, grated or finely chopped (optional)
- $\frac{1}{2}$ teaspoon sesame oil
- Pinch of sugar

Directions

1. In a large bowl, whisk the flour, cornstarch (if using), salt, and baking powder.
2. Make a well in the center of the flour mixture and add the water and egg. Whisk the egg into the water, then whisk with the flour to make a smooth batter.
3. Add the bok choy, zucchini, carrots, and scallion (if using). Mix gently to combine.
4. Heat the 2 tablespoons of oil in a large pan set over medium heat.
5. Scoop $\frac{1}{4}$ cup portions of pancake batter into the pan (as many as will fit without touching). Flatten each pancake and cook until the bottoms are dark golden brown, 2 to 3 minutes. Flip and cook until the other side is browned, 2 to 3 minutes.
6. Repeat with the remaining batter.
7. While the pancakes are cooking, make the dipping sauce by mixing all the sauce ingredients together in a small bowl. Serve the pancakes warm with the sauce.



Photo: NYT Cooking

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