

Sanjeok (Meat and Vegetable Skewers)



Sanjeok is a delicious Korean dish that can be served during Korean holidays. It is made with thinly sliced meat and vegetables that are skewered, lightly covered in flour, and then dipped in egg before being cooked on a frying pan. This dish is sure to be a hit with your friends and family!

Prep Time	Cook Time	Total Time
30 mins	10 mins	40 mins

Course: Appetizer, Side dishes Cuisine: Korean

Keyword: meat and vegetable skewers, sanjeok Servings: 15 Sanjeok Calories: 36kcal

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Ingredients

MAIN

- 5 strips yellow pickled radish (danmuji), (about 100g / 3.5 ounces) ,cut into long, thin strips if you didn't buy the pre-cut version (available at a Korean / Japanese grocery store)
- 5 strips BBQ kimbap ham (about 200g / 7 ounces), cut into long, thin strips if you didn't buy the pre-cut version (available at a Korean grocery store)
- 8 sticks imitation crab (225g / 7.9 oz)
- 220 g carrots (7.8 oz)
- 15 g green onion , green part only (Use medium thickness green onions)

BATTER

- 1/2 cup plain flour
- 1 tsp fine salt
- 1 tsp garlic powder
- 1 tsp onion powder
- 3 eggs , beaten

Instructions

1. Cut the yellow radish pickle, ham, crab sticks, carrots, and green onion into 2.8 inch (7cm) pieces in length (about the length of your index finger) and about 0.4 inch (1cm) in width. Even out the size of these ingredients before cooking them, both in length and thickness. This will make them look better when served and cook more evenly.
2. Preheat the frying pan on medium-high until the bottom of the pan is well heated. Add cooking oil and lightly cook the carrot sticks over medium-low heat for 2 to 3 minutes. Set aside.
3. In a heated pan, cook the ham over medium-low heat for 2 to 3 minutes. Set aside.
4. Thread the prepared ingredients onto a toothpick, one by one. Be sure to use firmer ingredients on the outside and softer ingredients inside to hold the shape better. (Here's an example of an order – yellow radish pickle, green onion, crab meat, ham, and carrot.)

5. Mix the flour, fine salt, garlic powder, and onion powder in a small bowl and transfer the mixture to a small baking tray.
6. Batter the sanjeok skewers with the flour mixture and brush off excess flour. Set the skewer aside while repeating with the remaining ingredients. Once all skewers are coated with flour, soak them in the beaten egg bowl one by one and grill in a pan over medium-low heat (about 1-2 minutes each side). Do not crowd the pan when cooking. Serve warm with other Korean side dishes.

Notes

Substitution Ideas

- You can use high-quality cuts of beef (e.g. rib eye steak) or king oyster mushrooms instead of using Korean BBQ ham. You can also use capsicum (bell peppers) instead of using other colorful vegetables.
- If you're **using beef** instead of Korean ham, be sure to cut the meat into pieces that match the size of the other sanjeok ingredients. Then, marinate the meat for at least 30 minutes prior to cooking. You can use a bottle of **Korean BBQ marinade**, which is available from a Korean grocer. Or, you can make the marinade at home using the below ingredients. The below marinade is based on 170g to 225g (6 to 8 ounces) of beef.
 - 1.5 Tbsp soy sauce, regular (I use Kikkoman brand)
 - 1/2 Tbsp brown sugar, heaped
 - 1/2 Tbsp rice wine (mirin)
 - 2 Tbsp apple juice (from a bottle)
 - 1 tsp minced garlic
 - 1 tsp minced ginger
 - 1/8 tsp ground black peppers

How To Store

Any leftovers can be refrigerated in an airtight container for three days. You can even freeze it for up to three months, depending on the ingredients used. Defrost it overnight in the fridge. It can be reheated on the stove or in the microwave.

Nutrition

Calories: 36kcal | Carbohydrates: 5g | Protein: 2g | Fat: 1g | Saturated Fat: 0.3g | Polyunsaturated Fat: 0.2g | Monounsaturated Fat: 0.3g | Trans Fat: 0.003g | Cholesterol: 33mg | Sodium: 185mg | Potassium: 72mg | Fiber: 1g | Sugar: 1g | Vitamin A: 2508IU | Vitamin C: 1mg | Calcium: 12mg | Iron: 0.4mg

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