



# A WEEK OF COOKING IN NORTH KOREA SHOPPING LIST

Well-balanced meals  
from **North Korea** for a  
week of weeknight  
dinners for a family of  
four

Check your pantry items and items  
you may already have, before  
ordering these to save money. Feel  
free to substitute items that are similar  
and suitable for the selected meals.

## The Menu

### Meal 1

Naengmyeon/Cold noodles

### Meal 2

Mandu/Pork dumplings

### Meal 3

Japchae/Stir-fry sweet potato noodles

### Meal 4

Bulgogi with lettuce, rice and kimchi

### Meal 5

Pyongyang Onban/One pot chicken

## Meat

700g chuck steak  
500g beef brisket  
1 whole chicken  
500g pork mince

## Eggs / Dairy / Cold

8 eggs

## Fruit

2 nashi pears

## Vegetables

13 green onions  
1 iceberg lettuce (for lettuce leaf cups and  
salad)  
5 carrots  
5 Lebanese cucumbers  
1 French shallot  
25 cloves of garlic (or jar of crushed garlic)  
2 nobs of ginger  
2 onions  
1 daikon  
1 zucchini  
¼ small green cabbage  
200g baby spinach  
300g mushrooms (eg. enoki, oyster,  
shitake)

## Pantry Items

500ml soy sauce  
45ml sesame oil  
30g sesame seeds  
1 tsp whole black pepper corns  
100ml rice wine vinegar  
1 cup long grain rice  
1 ½ cup sushi rice  
Hot mustard  
60ml mirin  
5ml fish sauce

## Asian Supermarket

Tub of kimchi  
250g buckwheat/soba noodles  
2/3 cup dried mushrooms  
1 cup mung bean flour  
32 dumpling wrappers  
Gochugaru  
350g sweet potato noodles

## Items you may already have

Brown sugar  
500ml vegetable/canola oil (for cooking)  
White sugar  
Salt & Pepper

## Approximate cost

(excludes Items you may already have)

**\$159.00**