

Acorn Mook 도토리묵

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Time: 1 hour

Serving: 5

Carbon footprint: 4620gCO₂e/kg

- Vegan**
- Low-waste**
- Low-energy**

Ingredients:

- 1 and 1/2 cups of powdered acorn
- 9 cups of water
- 2/3 tablespoon of salt
- 1 tablespoon of sesame oil
- Soy sauce
- Chili powder
- Sugar
- Carrots (optional)
- Onions (optional)
- Cucumbers (optional)
- Coriander (optional)

Tools:

- Pot
- Knife
- Container

Step 1: Mix acorn powder and water by following the 1:6 ratio and boil the mixture on low-mid heat and stir in one direction.

Step 2: After 5-10 min, add the salt and sesame oil to soften the gelatinous mixture.

Step 3: Boil for more than 30 min more and keep stirring in one direction to prevent air pockets.

Step 4: Pour the mixture into an oiled container to mold it and let it cool.

Step 5: After it's been cooled, take it out of the container and cut it into 2cm thick rectangular pieces.

Step 6: Pour a sauce made with soy sauce, chili powder, sugar and sesame oil in 3:2:1:1 ratio.

(Optional) Cut up some onions, carrots, cucumbers, and coriander as garnish.

Tip: Sprinkle some baking soda and boiled water or vinegar to clean the pot.

...**Story Behind It**... This dish is served commonly as an appetizer or side dish. Even though it's been reduced to a dish only seen in restaurants nowadays, acorn has been a staple for Greeks, Iberians, Japanese, English, Koreans and Native Americans since Stone Age. Because of its tannin, acorn needs to go through drying, grinding, soaking, straining, resoaking, sieving process, which is a labour and time intensive process. Although it's being done by machines nowadays, this dish is a reminder that acorns have been there for us when rice was scarce before harvesting season.

Benefits:

Acorns are especially high in potassium, iron, vitamins A and E, and several other important minerals. They have long been used as an herbal remedy to treat stomach pain, bloating, nausea, diarrhea, and other common digestive issues. Over 450 species of oak worldwide produce acorns, which can be foraged sustainably (with plenty left for wildlife), leached of its tannins, and eaten as coffee, cookies, brittle, bread or stew.