



# CHIVES JEON 부추전

Song Sun Geum

**Time:** 20 min

**Serving:** 2

**Carbon footprint:** 1389gCO2e/kg

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

### Ingredients:

- Chives
- Carrots (include carrot tops if you have them)
- Onions
- Salt
- 1 cup of flour
- Oil
- Seafood (optional)
- Fresh red chili (optional)
- Whatever you have in your fridge!

### Tools:

- Cutting board
- Big knife
- Pan
- Big bowl



**Step 1:** Cut chives and any other ingredients you want to use up in your fridge.

**Step 2:** Mix flour, salt and water until it becomes a pancake consistency.

**Step 3:** Heat the pan and drizzle oil.

**Step 4:** Layout the vegetable evenly and pour the pancake mixture on top to hold the ingredients together.

**Step 5:** Flip when the ingredients are looking golden brown and serve when the other side is cooked.

**(Optional)** Make a sauce to dip with soy sauce, vinegar, and sesame oil to your liking. Feel free to add the juice from garlic jangajji from another DYT recipe.



...**Story Behind It**... I grew up eating this dish in its various forms. It doesn't require a lot of ingredients and it has an easy learning curve, so I relied on this dish when I wasn't feeling so creative. As its variety suggests, this dish was born out of convenience. There are so many versions of this savory pancake in all different cultures, such as crepes, farinata, latke, bannock, roti, okonomiyaki, blini, etc. What makes it sustainable is its room for innovation. You can utilize anything and everything in your fridge and that encourages self-sufficiency for consumers.

### Benefits:

Several studies have been produced which suggest that alliums, including chives, could help prevent or fight against cancer. Sulfur can deter cancerous cells from growing or spreading throughout the body. Chives are packed with Vitamin K, a critical component in bone density, preventing osteoporosis. Chives contain both choline and folate, which are linked to improving memory functions and preventing Alzheimer's and other mood disorders.