MAY: GOCHUJANG

GOCHUJANG (n) /(/koʊ.tʃuː.dʒɛŋ/) A thick, red pepper paste made from red chili pepper flakes, sticky rice, fermented soybeans and salt.

ORIGIN: Gochujang is a key ingredient in Korean cuisine. Its first use is dated back to the 16th or early 17th century.

FLAVOR PROFILE: Gochujang has a sweet, spicy and umami flavor profile. Sweet flavors come from the fermentation of rice converted to sugars, spicy flavors from the chili peppers and umami flavors from the fermented soybeans like miso.

HEALTH BENEFITS: The capsaicin in chili peppers may help boost metabolism and regulate blood sugar levels. Chili peppers are also a great source of antioxidants that help the body fight inflammation.

HOW TO USE IT: Gochujang is best used to add depth and flavor to marinades, stews, braises and dipping sauces. It is *not* a traditional hot sauce like Tabasco that is added to finish a dish. It pairs well with proteins like chicken, seafood or beef and vegetables like mushrooms, peppers, or winter squash.

WHERE TO FIND IT: You can find gochujang in the condiment section at Korean markets or the international foods aisle at a well stocked grocery store.

GOCHUJANG GRILLED SHRIMP SKEWERS
Serving size: 5 shrimp. Serves 4

INGREDIENTS

¼ tsp. Salt	2 tbsp. Lemon Juice
¼ tsp. Black Pepper	2 tbsp. Gochujang
1 lb. Shrimp, peeled, deveined	1 tbsp. Honey
2 tbsp. Oil	¼ cup Scallions, sliced
1 Garlic Clove, minced	1 tbsp. Oil

PREPARATION

1. Soak 6" bamboo skewers in water for at least 1 hour. Place 5 shrimp on each skewer. Sprinkle shrimp with salt and pepper. Allow to sit in refrigerator for 30 minutes.
2. In a bowl, whisk together oil, garlic, lemon juice, gochujang paste and honey. Divide sauce (3/4 for marinade, 1/4 for basting while grilling). Brush shrimp with 3/4 of the marinade. Let shrimp marinate in refrigerator for 30 minutes.
3. Brush hot grill with oil. Grill shrimp 2-3 minutes per side or until cooked through. Brush with reserved 1/4 of sauce while grilling. Garnish grilled shrimp with scallions.