

Gilgeori Toast (Korean Street Toast With Cabbage and Egg)

By Darun Kwak

Time 20 minutes

Rating ★ ★ ★ ★ ★ (1727)



Johnny Miller for The New York Times. Food Stylist: Rebecca Jurkevich.

Gilgeori toast, which literally means “street toast” in Korean, is a popular salty-sweet egg sandwich sold by many street-food vendors in Korea. For many who grew up there, it’s a nostalgic snack, reminiscent of childhood. Eaten for breakfast or lunch, it’s quick, easy and adaptable. If you don’t have cabbage on hand, toss in any vegetables you have that would add crunch and flavor, such as sliced scallions or julienned zucchini. For a modern twist, try substituting the sugar with different flavors of jam, or dress the sandwich up with your favorite condiments and sandwich fixings.

INGREDIENTS

Yield: 1 sandwich

3 ounces green cabbage, very thinly sliced (scant 1¼ cups)

½ carrot, julienned (about ½ cup)

2 scallions, thinly sliced diagonally

½ teaspoon kosher salt

¼ teaspoon black pepper

1 egg (or 2 eggs; see Tip)

2½ tablespoons butter or margarine

2 slices milk bread, brioche or white sandwich bread

1 teaspoon granulated sugar, or 2 teaspoons jam

1 slice of ham (optional)

1 slice of American cheese or other sliced mild cheese (optional)

Ketchup and mayonnaise, to taste

PREPARATION

Step 1

In a small bowl, combine cabbage, carrot, scallions, salt and pepper. Massage the vegetable mixture for 30 seconds, squeezing to tenderize. Crack in the egg and mix well.

Step 2

In a large cast-iron or nonstick skillet, melt 1 tablespoon butter over medium heat. Place both slices of the bread on the pan, moving them around to soak up all the melted butter on one side, and toast until golden-brown underneath, about 2 minutes. Add 1 tablespoon butter to the skillet, and flip the bread to soak up the butter and to toast on the other side until golden brown, 1 to 2 minutes. Transfer to a plate and sprinkle the top of each toast with ½ teaspoon sugar or slather the top of each with 1 teaspoon jam.

Step 3

In the same skillet, melt the remaining ½ tablespoon butter over medium heat. Add the cabbage mixture, and use one spatula in each hand to shape and hold it as it cooks to match the size of your bread. Cook the cabbage mixture just until it turns slightly golden underneath, 2 to 3 minutes. Carefully flip the mixture, top with ham and cheese, if using, and cook until the other side is golden underneath, 2 to 3 minutes.

Step 4

Transfer the cabbage mixture to one piece of sweetened toast. Top with ketchup and mayonnaise to taste, and add the remaining slice of bread, sweetened side down. Serve immediately, sliced in half if desired.

Tip

The egg-to-cabbage ratio varies, but for a richer sandwich, use 2 eggs. You will need to increase the cook time by 1 to 2 minutes.