



Altang

Spicy Fish Roe Soup | 알탕



A rich, spicy Korean soup featuring popping pollock roe (*myeongran*), soft tofu, and savory pork cooked together in a deeply satisfying broth infused with garlic, ginger, and sesame oil.

 **Prep: 15 mins** | **Cook: 15 mins** |  **Easy** |  **Spicy** |  **High Protein**

Ingredients (1-2 servings)

- **Main Ingredients:** 200g pollock roe (*myeongran* / salted or fresh fish roe), 1/2 block tofu, 100g pork (thinly sliced), 1 stalk green onion (scallion)
- **Aromatics & Seasonings:** 2 garlic cloves (minced), 1 thumb-sized piece ginger (minced), sesame oil, red pepper flakes (*gochugaru*), salt to taste, a pinch of black pepper, water as needed (approx. 3–4 cups)

Allergy Information

- **Contains:** Fish Roe (Pollock Roe), Pork, Soy (Tofu), Sesame

Equipment

- Pot, Knife, Cutting Board, Ladle/Spoon, Bowl (for rinsing roe)

Cooking Instructions

1. **Ingredient Prep:** Slice tofu into thick 2–3 cm cubes. Gently swish the pollock roe in lightly salted water to clean without bursting the membrane, then cut into 3 cm bite-sized pieces. Thinly slice the pork into 3 cm pieces.
2. **Sautéing Pork & Boiling Broth:** In a pot, add the sliced pork, minced garlic, minced ginger, black pepper, and a drizzle of sesame oil. Stir-fry over medium heat until the pork changes color. Pour in 3 to 4 cups of water and bring to a boil, carefully skimming off any floating white foam or impurities.
3. **Adding Roe, Tofu & Green Onion:** Once the broth boils vigorously, add the prepped pollock roe and tofu. Simmer until cooked through and the flavors meld, then stir in the diagonally sliced green onion.
4. **Seasoning & Finishing:** Season the broth with salt to taste and stir in red pepper flakes to achieve desired spiciness. Bring to a rapid final boil for another minute before removing from heat and serving hot.

Cooking & Pairing Tips

- **Gentle Washing in Salted Water:** Always rinse fish roe gently in cold, lightly salted water. Fresh un-salted water can cause the delicate outer membrane to rupture, spilling the roe into the soup and making the broth cloudy.

- **Skimming Foam for Clean Flavor:** Skimming off the foam that rises while boiling the pork creates a crystal-clear, crisp broth that lets the rich umami of the roe shine.
- **Perfect Food & Beverage Pairing:** Serves as a popular comforting main dish alongside warm white rice or as an iconic Korean drinking food (*anju*). Pairs exceptionally well with chilled soju or clear rice wine (*cheongju*).

Storage Instructions

- Best enjoyed fresh after cooking. Leftovers can be stored in an airtight container in the refrigerator for up to 1 day. Reheat on the stovetop over low-medium heat until bubbling hot. Handle gently to keep roe pieces intact.

Nutrition Facts (Estimated)

- Total Content : Approx. 550g (1-2 servings total)
 - Calories : 430 kcal total (approx. 78 kcal per 100g / 215 kcal per 1 serving)
 - Sodium : 1,080mg (54%)
 - Total Carbohydrate : 12g (4%)
 - Sugar : 3g (3%)
 - Total Fat : 18g (28%)
 - Trans Fat : 0g
 - Saturated Fat : 4.5g (23%)
 - Cholesterol : 280mg (93%)
 - Protein : 52g (95%)
 - Calcium : 120mg (12%)
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Editor's Review

1. Popping Roe and the Rich Sensual Edge of Meat Broth

The moment the tender pollack roe touches the tip of the tongue, every lively pop releases a rich wave of ocean savoriness. Over a heavy, umami-rich body forged by pork stir-fried in fragrant sesame oil, the sharp kick of chili powder weaves seamlessly, pairing with velvety tofu to complete a dramatic contrast of textures. A sip of the broth—subtly refined by ginger and garlic—awakens dormant senses, delivering a deeply satisfying and sensual culinary experience.

2. Viscosity and Clarity Forged by Aromatic Sautéing and Pure Skimming

Altang stands as an exemplar of Korean stew dining, uniting the savory depth of

oil-sautéed aromatics with the clean freshness of a boiled broth. Sautéing pork with garlic, ginger, and sesame oil locks in richness while eliminating unwanted odors, and meticulously skimming off floating scum serves as the core technique preserving a pure, crisp broth. The patience of gently introducing the roe into the simmering pot ensures that the delicate egg capsules stay springy and intact without turning tough.

3. Fiery Solace Rising from a Crimson Pot

Treasures of the sea and harvests of the land converge within a bubbling red broth, tightly binding to fill each other's voids. For a weary spirit worn down by cold winds or daily fatigue, a steaming bowl of this spicy roe soup offers a tender moment of purification that softly cradles a troubled heart. Emptying this fiery soup grants an invigorating restoration, refilling the spirit from deep within with a clear, steadfast vitality.

