



Bokbulgogi

Puffer Fish Bulgogi | 복불고기



A signature culinary innovation and one of the famous "Ten Flavors of Daegu" (*Daegu 10-mi*), featuring tender, clean-tasting pufferfish (*bogeo*) fillets stir-fried with crunchy soybean sprouts (*kongnamul*), fragrant water dropwort (*minari*), and a fiery, sweet-savory red chili glaze on a sizzling cast-iron or stone hot plate. Combining the firm, velvety texture of pufferfish meat with the refreshing crunch of vegetables, it is celebrated as an exceptional health-restoring dish and a premier drinking companion (*anju*).

 **Prep: 20 mins** | **Cook: 10 mins** |  **Moderate** |  **Pufferfish Delicacy & Daegu 10-Mi** |  **Spicy & Savory**

Ingredients (2-3 servings)

- **Main Ingredients:** 400g certified-cleaned pufferfish fillets (*bogeo*, boneless and sliced into bite-sized pieces), 150g thick soybean sprouts (*jjim-kongnamul*), 50g Korean water dropwort (*minari*, cut into 5 cm lengths), 1/2 yellow onion (sliced), 1 stalk green onion (chopped), 1 Cheongyang green chili (thinly sliced)
- **Spicy Bulgogi Glaze:** 2.5 tbsp gochugaru (Korean chili flakes), 1.5 tbsp gochujang (chili paste), 2 tbsp soy sauce, 1.5 tbsp rice syrup (*mulyeot*) or oligosaccharide, 1 tbsp sugar, 1.5 tbsp minced garlic, 1/2 tbsp finely grated ginger, 1.5 tbsp cooking wine (*cheongju* / mirin), 1 tbsp toasted sesame oil, 1/4 tsp black pepper
- **Sautéing & Finishing:** 1.5 tbsp cooking oil, 1 tbsp toasted sesame seeds
- **Finale Fried Rice (*Bokkeumbap*):** 1 bowl warm cooked rice, 1/3 cup finely chopped aged kimchi, 2 tbsp seasoned seaweed strips (*gim-garu*), 1 tbsp sesame oil

Allergy Information

- **Contains:** Fish (Pufferfish), Soy (Gochujang, Soy sauce), Wheat (Gochujang, Soy sauce), Sesame

Equipment

- Heavy Cast-Iron Pan or Stone Grill Skillet (*Dolpan*), Kitchen Tongs, Spatula, Mixing Bowl, Cutting Board

Cooking Instructions

1. **Prepping the Fish & Vegetables:** Pat the cleaned pufferfish fillets thoroughly dry with paper towels. Wash soybean sprouts and trim tough tails; wash water dropwort thoroughly and cut into 5 cm lengths; slice onions and green chilies.

2. **Mixing the Spicy Glaze:** In a bowl, whisk together gochugaru, gochujang, soy sauce, rice syrup, sugar, minced garlic, grated ginger, cooking wine, sesame oil, and black pepper until thick and well combined.
3. **Par-Steamming Sprouts & Coating Fish:** Toss the pufferfish pieces in half of the spicy glaze. In a hot pan with 1 tbsp oil, lightly sauté the soybean sprouts and sliced onions for 1–2 minutes until slightly softened but still crisp, then push them to the sides.
4. **Flash-Searing over High Heat:** Place the seasoned pufferfish in the center of the searing hot skillet. Stir-fry rapidly over high heat for 3–4 minutes, adding the remaining glaze. The fish will cook quickly, turning firm, opaque, and succulent.
5. **Adding Minari & Serving:** Toss in the fresh water dropwort (*minari*) and chopped green onions during the last 30–45 seconds of cooking, tossing just until the greens wilt slightly and release their fresh herbal fragrance. Garnish with toasted sesame seeds and serve sizzling hot directly from the pan.

Cooking & Pairing Tips

- **Daegu 10-Mi Heritage:** Invented in Daegu during the late 20th century, *bok-bulgogi* revolutionized pufferfish dining by transforming what was traditionally only eaten as clear soup (*bok-jiri*) or spicy stew (*bok-maeuntang*) into a sizzling, spicy barbecue-style delicacy.
- **The Magic of Water Dropwort (*Minari*):** Pufferfish and water dropwort are a classic culinary pairing in Korean cuisine—the refreshing herbal aroma of *minari* eliminates any residual fishiness and provides a crisp contrast to the dense, tender fish.
- **Essential Final Course (*Bokkeumbap*):** Never clear the pan before making fried rice! Leave 2–3 tablespoons of the concentrated spicy sauce and vegetable bits in the hot pan, add warm rice, chopped kimchi, seaweed flakes, and sesame oil, and press it flat over high heat until the bottom forms a crispy rice crust (*nurungji*).
- **Safety First:** Pufferfish (*bogeo*) must always be sourced pre-cleaned and prepared by licensed, certified blowfish culinary specialists to ensure all toxins are removed.
- **Perfect Food & Beverage Pairing:** An elite drinking snack (*anju*) that pairs exceptionally well with chilled Korean soju, crisp lager beer, or traditional clear rice wine (*Cheongju*).

Storage Instructions

- Best enjoyed piping hot straight off the sizzling skillet. Leftovers can be stored in an airtight container in the refrigerator for up to 1 day and reheated quickly in a hot, lightly oiled skillet or stir-fried with leftover rice.

Nutrition Facts (Estimated)

- Total Content : Approx. 500g (2-3 servings total)
 - Calories : 520 kcal total (approx. 104 kcal per 100g / 173 kcal per 1 serving)
 - Sodium : 920mg (46%)
 - Total Carbohydrate : 28g (9%)
 - Sugar : 14g (14%)
 - Total Fat : 14g (26%)
 - Trans Fat : 0g
 - Saturated Fat : 2.5g (17%)
 - Cholesterol : 140mg (47%)
 - Protein : 68g (124%)
 - Calcium : 90mg (9%)
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Editor's Review

1. A Sensual Fusion of Spicy-Savory Glaze, Tender Pufferfish Flesh, and Crunchy Bean Sprouts

The moment tender, delicate pufferfish meat is stir-fried with crunchy bean sprouts and vibrant vegetables in a fiery, savory seasoning glaze, a refreshing kick and rich umami flood the palate. The brilliant contrast between the melt-in-your-mouth fish and the crisp, refreshing crunch of the vegetables delivers an endlessly satisfying and dynamic gastronomic experience.

2. Culinary Mastery Forged by High-Heat Quick Searing and Vegetable Moisture Control

Bok-bulgogi stands as a masterclass in seafood stir-frying, utilizing intense pan heat to quickly toss and coat pre-processed pufferfish meat with spicy glazes while precisely managing thermal intensity to lock in internal succulence and safeguard the snappy, crisp texture of bean sprouts. Managing high-heat dynamics to achieve a harmonious blend of textures represents fundamental culinary science that achieves peak culinary harmony.

3. Heartwarming Solace Shared Across Evening Tables and Chilled Drinks

Shared across bustling evening tables or paired with a cool drink to wash away daily fatigue, a sizzling pan of spicy bok-bulgogi acts as a comforting remedy for weariness, filling the spirit with unpretentious warmth. Savoring this fiery, deeply comforting delicacy grants an authentic sanctuary of peace and emotional recovery.

