



Chamchijuk

Tuna Porridge | 참치죽



A light, gentle, and comforting Korean rice porridge featuring savory canned tuna and finely chopped vegetables simmered in a fragrant sesame-infused broth. Highly nutritious, easy to digest, and perfect for a quick meal or recovery food.

 **Prep: 10 mins** | **Cook: 20 mins** |  **Easy** |  **Easy Digestion** |  **High Protein**

Ingredients (1-2 servings)

- **Main Ingredients:** 1 can canned tuna (approx. 100–150g), 1/2 cup white rice, a small piece of carrot (finely chopped), 1/6 zucchini (ahobak, finely chopped), a small portion of mushrooms (shiitake or oyster, finely chopped)
- **Seasoning & Liquids:** 1 tbsp sesame oil, 4–5 cups water, salt to taste, crushed sesame seeds (for garnish/seasoning)

Allergy Information

- **Contains:** Fish (Tuna), Sesame

Equipment

- Pot, Knife, Cutting Board, Strainer (for draining tuna oil), Wooden Spatula

Cooking Instructions

1. **Ingredient Prep:** Drain the oil from the canned tuna using a strainer. Finely chop the carrot, zucchini, and mushrooms. Wash the rice thoroughly.
2. **Sautéing Rice & Veggies:** Heat 1 tbsp sesame oil in a pot over medium heat. Add the washed rice and chopped vegetables, stir-frying for 2 to 3 minutes until the rice turns slightly translucent and the vegetables become fragrant.
3. **Simmering Porridge:** Pour in 4 to 5 cups of water and bring to a boil over medium-high heat. Once boiling, reduce the heat to low and simmer, stirring occasionally with a wooden spatula so the rice doesn't stick to the bottom, until the rice grains expand and soften completely.
4. **Adding Tuna & Seasoning:** Add the drained tuna to the porridge, folding it in gently. Season with salt and crushed sesame seeds to taste. Simmer for another 2 to 3 minutes to let the flavors meld before removing from heat and serving warm.

Cooking & Pairing Tips

- **Draining Tuna Oil for Clean Flavor:** Draining off the canned oil prevents the porridge from becoming greasy and heavy, ensuring a light, digestible texture that is gentle on the stomach.
- **Continuous Gentle Stirring:** Starch from the rice easily settles and burns at the bottom of the pot. Keeping the flame low and stirring periodically in one direction keeps the texture smooth and velvety.
- **Perfect Food & Beverage Pairing:** Pairs wonderfully with refreshing, crisp *dongchimi* (radish water kimchi) or well-ripened *kkakdugi* (cubed radish kimchi). Enjoy with a warm cup of roasted barley or corn tea.

Storage Instructions

- Store leftover porridge in an airtight container in the refrigerator for up to 1–2 days. Reheat gently on the stovetop over low heat with a splash of water, stirring well, or warm in a microwave.

Nutrition Facts (Estimated)

- Total Content : Approx. 500g (1-2 servings total)
 - Calories : 410 kcal total (approx. 82 kcal per 100g / 205 kcal per 1 serving)
 - Sodium : 650mg (33%)
 - Total Carbohydrate : 55g (17%)
 - Sugar : 2g (2%)
 - Total Fat : 12g (18%)
 - Trans Fat : 0g
 - Saturated Fat : 2g (10%)
 - Cholesterol : 35mg (12%)
 - Protein : 22g (40%)
 - Calcium : 40mg (4%)
-

Editor's Review

1. Sensual Allure of Savory Tuna and Velvety Rice

As the rice grains and diced vegetables—sautéed in nutty sesame oil—gently bloom in boiling water, the rich, savory flavor of tuna settles in to completely captivate the palate. Over a modest layered texture brought by carrots, zucchini, and mushrooms, the clean tuna meat merges to fill each spoonful with a delightful satiety. A burst of nutty crushed sesame seeds refines the final touch, completing an unexpectedly sensual charm crafted from humble everyday ingredients.

2. Aesthetics Born from Heating Order and Intuitive Savor

Tuna porridge is the epitome of Korean comfort food, demonstrating the most efficient yet precise harmony within simple ingredients. Sautéing the rice and vegetables first in sesame oil to coat them in nutty moisture, then adding the tuna only after the rice grains fully bloom, is a brilliant technique that preserves the texture of the fish without turning the porridge heavy. Seasoned with restraint, it brings out intrinsic umami while maximizing a gentle, digestible texture.

3. Familiar Comfort Softly Seeping into Exhausted Routine

Without extravagant flourishes, this single bowl—crafted with just a can of tuna and a pot—holds the gentlest warmth that softly cradles the weariness of modern life. Like the peaceful hues of colorful vegetables nestled within warm, white porridge, a smooth spoonful sliding down softly melts away even the cool sadness lingering in the heart. Easily offered at a moment's notice, it stands as the most accessible and tender sanctuary in the everyday world.

