



Cheolpansundaebokkeum

Stir-fried Blood Sausage on Hot Iron Plate | 철판순대볶음



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This energetic stir-fry utilizes the profound thermal mass of a cast-iron plate to flash-cook vegetables, preventing syneresis (moisture loss) while rapidly caramelizing a spicy gochujang glaze onto the sundae (Korean blood sausage). The dish is a triumph of flavor pairing and chemical masking: vitamin U-rich cabbage protects the stomach from the capsaicin, while the volatile essential oils of perilla leaves and the lipid-rich perilla seed powder completely neutralize any gamey off-flavors from the sausage, resulting in a perfectly balanced, restorative meal.

 **Total:** 20 mins | **Prep:** 10 mins | **Cook:** 10 mins |  **Difficulty:** Moderate | 
Profile: Spicy, Sweet, and Nutty |  **Focus:** Iron, Collagen, and Energy Metabolism

Ingredients (2 servings)

- **Main Ingredients:** 400g commercial sundae (Korean blood sausage), 150g cabbage, 1/2 onion, 1 scallion, 10 perilla leaves (kkaennip), 1 handful chewy noodles (jjolmyeon) or glass noodles (optional, soaked)
- **Special Sauce:** 2 tbsp gochujang, 2 tbsp gochugaru, 2 tbsp soy sauce, 1 tbsp minced garlic, 1.5 tbsp sugar (or agave syrup), 2 tbsp mirin, 2 tbsp perilla seed powder (deulkkae-garu), 1 tbsp sesame oil, a pinch of black pepper, 3 tbsp cooking oil (for frying)

Allergy Information Contains: Pork (Sundae), Soy, Wheat (from gochujang, soy sauce)

Equipment Cutting Board, Knife, Mixing Bowl, Heavy Cast-Iron Skillet or Iron Plate (Cheolpan), Spatula

Cooking Instructions

1. **Ingredient Prep (Structural Integrity):** Slice the sundae thickly (at least 1.5–2cm) to prevent the casing from bursting and the internal noodles from spilling out during the vigorous stir-frying. Thickly slice the cabbage and onion. Diagonally slice the scallion. Roughly chop the perilla leaves and separate them.
2. **Sauce Formulation:** In a bowl, thoroughly mix all the sauce ingredients except for the perilla seed powder and sesame oil.
3. **Iron Plate Preheating & Flash-Searing:** Heat a heavy cast-iron skillet until extremely hot. Add the cooking oil, followed immediately by the cabbage, onion, and scallion. Stir-fry rapidly over maximum heat. This flash-sears the exterior, locking in their cellular crunch and natural sugars without allowing them to release water.

4. **Sundae Integration & Thermal Control:** Once the vegetables are half-cooked, add the thickly sliced sundae, the soaked noodles (if using), and the formulated sauce. Reduce the heat slightly to medium-high. Stir-fry briskly for only 3–4 minutes—just long enough for the sauce to caramelize and the sundae to heat through without melting its internal gelatin structure.
5. **Aromatic Integration:** Once the sauce is thick and clinging to the ingredients, turn off the heat immediately. Add the perilla leaves, perilla seed powder, and sesame oil. Fold gently using the residual heat of the iron plate to release the volatile aromatics without destroying them.

Professional Culinary Tips

- **Thermodynamic Advantage of Cast Iron:** An iron plate possesses immense thermal mass. When a large volume of cold ingredients is added, the temperature of the pan does not drop significantly. This sustained, intense radiant heat is crucial for preventing the vegetables from steaming in their own juices and for achieving that signature smoky, caramelized exterior.
- **Preventing Structural Collapse:** Sundae is highly susceptible to thermal expansion. If sliced too thinly or agitated aggressively over boiling liquids, the glass noodles inside will swell, rupture the casing, and turn the dish into a starchy mess. Thick slicing and brief, intense heat exposure are absolute necessities.
- **Chemical Masking & Emulsion:** The perillaketone in perilla leaves and the natural lipids in perilla seed powder act as powerful chemical masking agents, trapping and neutralizing the distinctive metallic or gamey notes of the blood sausage. Furthermore, the finely milled perilla powder acts as an emulsifier, absorbing any rogue moisture in the pan and binding the spicy oil into a rich, velvety glaze that clings tightly to the sausage.

Nutrition Facts (Estimated)

Total Content : Approx. 400g (1 serving)

Calories : 480 kcal

– Sodium : 1,100mg

– Total Carbohydrate : 45.0g

– Sugar : 12.0g

– Total Fat : 22.0g

– Saturated Fat : 5.0g

– Cholesterol : 85.0mg

– Protein : 18.0g

– Calcium : 95.0mg

*Daily Values are based on a 2,000 calorie diet and standard Korean nutritional reference values

**Nutritional values are calculated based on original ingredients; substitutions may alter specific macronutrients.

The Fiery Symphony of the Sizzling Iron Griddle: A Nutrient-Dense Tapestry of Chewy Sundae and Verdant Aromatics

Cheolpan Sundae-bokkeum (Iron Griddle Stir-fried Blood Sausage) stands as the dynamic, abundant, and deeply comforting pinnacle of Korean social gastronomy, where chewy Korean blood sausage (*sundae*), crisp sweet cabbage, onions, fragrant perilla leaves, and green leeks unite in a sizzling dance across a heavy, high-heat iron griddle (*cheolpan*) beneath a blanket of sweet-and-spicy gochujang sauce. Going far beyond ordinary pans, the intense, sustained thermal conduction of a true iron griddle locks in deep, caramelized flavors while harnessing the rich protein, collagen, iron, and B-vitamin matrix of the sundae to revitalize a weary body.

As the seasoned ingredients sizzle vigorously over the hot iron plate, the piquant aroma of chili paste blends with the distinct herbal essential oils of fresh perilla leaves, calming the mind and instantly awakening a robust appetite. The resilient, satisfying chew of the sundae yields smoothly to the tooth, immediately balanced by the soothing, stomach-protecting sweetness of tender cabbage and the clean, aromatic lift of perilla leaves, coating every bite in a rich, multi-dimensional harmony.

True gastronomy does not reside solely in elite luxuries; it flourishes in the communal joy of gathering around a hot griddle, sharing warmth, and restoring internal equilibrium through honest, restorative ingredients. Savoring a steaming, glossy plate of iron-griddle sundae stir-fry today is an exhilarating and comforting ritual—banishing daily exhaustion through a wave of chili-induced vitality and replenishing the spirit with heartwarming solace.

Editor's Review

1. An Exhilarating Cadence of Sweet-and-Spicy Gochujang Glaze, Chewy Sundae Resilience, and Aromatic Perilla Notes

The moment a gloss-drenched morsel of iron-griddle sundae touches the palate, an immediate wave of savory gochujang depth and sharp chili capsaicin awakens the taste buds with invigorating punch. This is swiftly followed by the springy, satisfying chew of the sundae, the meltingly tender and stomach-soothing crunch of cabbage, and the sophisticated herbal finish of perilla leaves, orchestrating an endlessly satisfying, multi-layered culinary experience that captivates from the first bite to the last.

2. Iron Griddle Thermal Conduction Kinetics, Cabbage Vitamin U

Gastric Protection, and Perilla Essential Oil Digestion Synergy

Cheolpan Sundae-bokkeum represents an exacting study in high-heat culinary physics and nutritional biochemistry. The intense thermal mass of a heavy iron griddle accelerates Maillard browning between the marinade's sugars and amino acids, establishing a rich, savory glaze. Concurrently, anti-ulcerative vitamin U (S-methylmethionine) naturally abundant in the cabbage protects the gastric mucosa against spicy irritation, while terpene-rich essential oils from the perilla leaves stimulate protein digestion and metabolic clearance, establishing an optimal biochemical equilibrium.

3. The Convivial Iron Griddle Hearth and the Grounding Solace of Communal Comfort

Found gracing lively neighborhood tables and bustling gathering spots as a cherished social anchor to share warmth and banish weariness, a modest plate of iron-griddle sundae stir-fry serves as an enduring emotional haven against daily stress. Revered for generations as an indispensable comfort feast that warms the core and satisfies the heart through rich textures and shared laughter, enjoying this honest, reliable dish washes away modern fatigue, granting a timeless sanctuary of stillness, collective warmth, and grounded culinary happiness.

