



Dakbokkeumtang

Spicy Braised Chicken | 닭볶음탕



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A quintessential Korean hearty comfort food that beautifully bridges the gap between a braised dish (*jjim*) and a rich stew (*tang*). Tender bone-in chicken pieces are simmered with chunky potatoes, carrots, and sweet onions in a fiery, sweet-savory red chili broth (*gochugaru* and *gochujang*). As the soup reduces to a thick, flavor-packed glaze (*bateuk-hage*), the starchy potatoes melt slightly into the gravy, coating every piece of succulent chicken. As a beloved Korean dining tradition, the concentrated leftover sauce is finished by stir-frying warm rice, seasoned seaweed flakes, and fragrant sesame oil directly in the pot.

 **Total: 45 mins** | **Prep: 15 mins (parboiling & chopping)** | **Cook: 30 mins**
|  **Easy to Moderate** |  **Hearty Korean Comfort Food** |  **Rich & Spicy**
Stew

Ingredients (3-4 servings)

- **Main Ingredients:** 800g–1kg whole bone-in chicken (cut into stew-sized pieces), 2 medium russet/stewing potatoes (peeled and cut into large chunks), 1 medium carrot (cut into chunks), 1 large yellow onion (cut into wedges), 1 stalk green onion (cut into 4 cm batons), 1–2 Cheongyang green chili peppers (sliced, optional for extra heat)
- **Chicken Parboiling Aromatics:** 2 tbsp cooking wine (*cheongju* / mirin), 2–3 slices fresh ginger, 1/2 tsp whole black peppercorns
- **Spicy Braising Sauce:** 3.5 tbsp Korean red pepper flakes (*gochugaru*), 1.5 tbsp gochujang (Korean chili paste), 4 tbsp soy sauce, 1.5 tbsp sugar, 1.5 tbsp rice syrup (*mulyeot*) or honey, 2 tbsp minced garlic, 1/2 tbsp finely grated ginger, 1/4 tsp black pepper, 3 cups water (or kelp broth)
- **Finale Stir-Fried Rice (*Bokkeumbap*):** 1 bowl warm cooked rice, 1/4 cup finely chopped aged kimchi, 2 tbsp seasoned seaweed flakes (*gim-garu*), 1 tbsp toasted sesame oil, 1 tsp toasted sesame seeds

Allergy Information

- **Contains:** Poultry (Chicken), Soy (Gochujang, Soy sauce), Wheat (Gochujang, Soy sauce), Sesame

Equipment

- Large Heavy Stockpot or Dutch Oven, Colander, Kitchen Tongs, Wooden Spoon / Ladle, Knife, Cutting Board

Cooking Instructions

1. **Parboiling the Chicken:** Place the chopped chicken pieces in a pot of cold water with 2 tbsp cooking wine, ginger slices, and peppercorns. Bring to a rolling boil over high heat for 3–5 minutes to purge impurities, excess fat, and

bone grit. Drain in a colander and rinse the chicken thoroughly under cold running water.

2. **Prepping Vegetables & Sauce:** Peel and cut potatoes and carrots into large bite-sized chunks (round off the sharp edges with a peeler to prevent them from breaking apart while simmering). Slice onions into wedges and chop green onions. In a bowl, whisk together *gochugaru*, *gochujang*, soy sauce, sugar, rice syrup, minced garlic, grated ginger, black pepper, and 3 cups of water/broth.
3. **Initial Braising:** Place the cleaned chicken, potatoes, and carrots into a large heavy-bottomed pot. Pour the prepared spicy sauce over the ingredients. Bring to a rapid boil over high heat, then cover with a lid and reduce the heat to medium. Simmer for 15–20 minutes until the potatoes are tender and pierce easily with a chopstick.
4. **Adding Aromatics & Reducing (*Bateuk-hage*):** Add the sliced onions, green chilies, and half of the green onions into the pot. Uncover and simmer vigorously over medium-high heat for another 8–10 minutes, basting the sauce over the chicken until the broth thickens into a glossy, rich gravy.
5. **Garnishing & Serving:** Toss in the remaining fresh green onions during the final minute of cooking. Transfer the bubbling pot directly to the table and serve hot with steamed white rice.
6. **The Grand Finale (*Bokkeumbap*):** After enjoying the chicken and vegetables, leave about 1/2 cup of the concentrated sauce in the pot. Turn the heat to medium, add warm rice, chopped kimchi, seaweed flakes, and sesame oil. Stir-fry briskly, flattening the rice against the bottom of the pot for 2 minutes to develop a savory, crispy rice crust (*nurungji*).

Cooking & Pairing Tips / Health Benefits

- **Chicken & High-Quality Protein (Health Benefits):** Chicken provides an exceptional supply of bioavailable essential amino acids, including lysine and leucine, which support muscle maintenance and immune vitality. Simmering lean chicken with potassium-rich potatoes creates a deeply satisfying, balanced meal that replenishes energy.
- **The Parboiling Secret:** Briefly boiling and rinsing the chicken first removes surface scum and excess rendered grease, resulting in a cleaner, more vibrant red broth where the chili spices shine through without tasting overly greasy.
- **Rounded Potato Edges (Chamfering / *Dolryeokkakgi*):** Trimming the sharp corners off potato and carrot chunks prevents them from bumping into each other and crumbling into mush during vigorous boiling, keeping your braising sauce smooth and appealing.
- **Perfect Food & Beverage Pairing:** Complements refreshing water kimchi (*Dongchimi*), mild pickled radishes, and fluffy steamed egg (*Gyeran-jjim*) to temper the spicy heat. It is a legendary crowd-pleaser that pairs sublimely with chilled Korean soju or a cold draft beer.

Storage Instructions

- Leftovers can be refrigerated in an airtight container for up to 2–3 days. Reheat in a pot over medium-low heat with a splash of water, stirring gently so the potatoes and sauce do not catch at the bottom.

Nutrition Facts (Estimated)

- Total Content : Approx. 300g (1 serving, excluding fried rice)
- Calories : 333 kcal
 - Sodium : 1,128mg
 - Total Carbohydrate : 25.6g
 - Sugar : 8.5g
 - Total Fat : 9.7g
 - Saturated Fat : 3.6g
 - Cholesterol : 127.3mg
 - Protein : 35.7g
 - Calcium : 60.0mg
 - Vitamin A : 90.0µg RAE

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

The Boundary Between Stew and Braise: An Organic Alchemy of Earth and Flame

Dak-bokkeum-tang is a dynamic hybrid culinary creation born on the fascinating frontier where the fluidity of soup (*tang*) and the dense concentration of a braise (*jjim*) meet. Balancing the comforting depth of a simmering broth with the thick coating power of a reduction, this dish achieves harmony as lean chicken protein and earthy, starchy potatoes gradually emulsify within a rich, crimson chili marinade.

As the sauce simmers and steadily reduces in viscosity, it presents a rich visual and aromatic narrative of terrestrial ingredients dissolving into one another over time. The deep savoriness extracted from poultry bones merges with the natural sugars of slowly softened vegetables, transforming the simmering pot into a self-contained universe pulsating with crimson vitality.

True gastronomy thrives when a dish is not static, but instead evolves dynamically alongside the rhythm of the meal. Transitioning from the primal satisfaction of tender chicken and fork-tender potatoes to the grand finale of stir-frying rice into the residual spicy reduction, this dish exemplifies the most structural, complete narrative in Korean communal dining.

Editor's Review

1. A Sensual Harmony of Succulent Chili-Glazed Poultry and Pillowy, Broth-Soaked Potatoes

The moment the teeth sink into a piece of chicken drumstick coated in the thick, reduced glaze, an explosion of savory poultry juices accompanied by the sharp warmth of minced garlic and vibrant chili flakes ignites the palate. Following closely, the crumbly, broth-saturated potatoes melt effortlessly across the tongue, their comforting sweetness tempering the fiery spice and constructing a multi-layered, endlessly engaging sensory landscape.

2. Starch Gelatinization Dynamics and Collagen Hydrolysis Driving Viscous Braising Reduction

Dak-bokkeum-tang represents an exacting study in braising thermodynamics, where a high-volume liquid medium is systematically condensed over sustained heat. During this thermal process, the collagen in the chicken bones and connective tissues hydrolyzes into gelatin to build a rich structural body, while starch granules leaching from the softening potatoes gelatinize to naturally emulsify the sauce into a glossy, velvety glaze without artificial thickeners.

3. Communal Solace Around the Simmering Vessel and the Ritualistic Epilogue of Crisped Fried Rice

The steaming, crimson pot placed squarely at the center of the table acts as a magnetic focal point, drawing diners into a shared rhythm of unpretentious camaraderie. Transcending the immediate fullness of the meat, the final ritual—folding warm rice, roasted seaweed, and fragrant sesame oil into the concentrated residual essence to create a crisp, toasted crust along the base of the pan—provides a restorative sanctuary and an emotionally complete culinary resolution.

