



Dakkochoigui

Chicken Skewers | 닭꼬치구이



<https://koreancuisine.net>

A lean, vibrant variation of Korean grilled chicken skewers featuring bite-sized pieces of tender chicken breast (*dak-gaseumsal*), pre-seasoned with salt and pepper, and threaded onto bamboo skewers alongside colorful vegetables like green chili peppers, bell peppers, or scallions. Glazed with either a savory soy glaze (*ganjang*) or a spicy gochujang sauce, it delivers a healthy, high-protein bite that is both satisfying and full of flavor.

 **Prep: 15 mins** | **Cook: 12 mins** |  **Easy** |  **Healthy K-Street Food** |  **High Protein & Low Fat**

Ingredients (2-3 servings)

- **Main Ingredients:** 400g boneless chicken breast (*dak-gaseumsal*), 2 green chili peppers (or mild green peppers), 1/2 red bell pepper, 3 stalks green onion (cut into 3–4 cm pieces), bamboo skewers
- **Initial Seasoning (*Mit-gan*):** 1/2 tsp fine sea salt, a pinch of black pepper, 1 tbsp cooking wine or mirin, 1 tsp sesame oil
- **Sweet Soy Glaze (*Ganjang* Option):** 2 tbsp soy sauce, 1.5 tbsp sugar, 1.5 tbsp rice syrup (*mulyeot*), 1 tbsp mirin, 1 tsp minced garlic
- **Spicy Glaze (*Gochujang* Option):** 1.5 tbsp gochujang (chili paste), 1 tbsp gochugaru (chili flakes), 1 tbsp soy sauce, 1.5 tbsp rice syrup, 1 tsp minced garlic, 1 tsp sesame oil
- **Finishing Touches:** 1 tbsp cooking oil, 1 tbsp toasted sesame seeds

Allergy Information

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

Equipment

- Bamboo Skewers, Grill Pan or Cast-Iron Skillet, Basting Brush, Tongs, Small Mixing Bowl

Cooking Instructions

1. **Prepping & Soaking Skewers:** Soak bamboo skewers in cold water for 20 minutes to prevent them from scorching on the grill. Cut chicken breast into 2.5 cm bite-sized cubes.
2. **Pre-Seasoning (*Mit-gan*):** Toss chicken breast cubes with salt, black pepper, cooking wine, and sesame oil in a bowl. Let sit for 10 minutes to tenderize the meat and infuse initial savory flavor.
3. **Threading the Skewers:** Cut peppers and green onions into matching 3 cm

pieces. Alternate threading seasoned chicken breast, green chilies, red bell peppers, and green onions onto the soaked skewers.

4. **Initial Grilling:** Heat 1 tbsp cooking oil in a skillet over medium heat. Place skewers in the pan and grill for 4–5 minutes per side until the chicken breast is fully cooked through and the vegetables are lightly blistered.
5. **Glazing & Finishing:** Reduce heat to low. Brush chosen soy or gochujang glaze generously over both sides of the skewers, cooking for an additional 1–2 minutes until caramelized and aromatic. Garnish with toasted sesame seeds and serve warm.

Cooking & Pairing Tips

- **Keeping Chicken Breast Tender:** Pre-marinating with mirin and a touch of oil seals in natural moisture. Cooking over medium heat rather than scorching high heat ensures the lean breast meat remains juicy and succulent.
- **Vibrant Color & Flavor Balance:** Interspersing colorful green chilies, red peppers, and scallions adds a delightful crunch, vibrant presentation, and fresh heat that balances the rich glaze.
- **Perfect Food & Beverage Pairing:** Served as a healthy home meal, high-protein fitness snack, or light drinking food (*anju*). Pairs wonderfully with chilled barley tea, sparkling lemon water, or a cold lager.

Storage Instructions

- Best enjoyed piping hot straight off the grill. Leftovers can be removed from skewers and stored in an airtight container in the refrigerator for up to 2 days. Reheat gently in an air fryer at 170°C for 3–4 minutes or in a lightly oiled pan over low heat.

Nutrition Facts (Estimated)

- Total Content : Approx. 450g (2-3 servings total)
 - Calories : 520 kcal total (approx. 115 kcal per 100g / 173 kcal per 1 serving)
 - Sodium : 820mg (41%)
 - Total Carbohydrate : 24g (7%)
 - Sugar : 14g (14%)
 - Total Fat : 12g (22%)
 - Trans Fat : 0g
 - Saturated Fat : 2.5g (17%)
 - Cholesterol : 130mg (43%)
 - Protein : 78g (142%)
 - Calcium : 50mg (5%)
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Editor's Review

1. A Sensual Fusion of Juicy Chicken Breast, Smoky Char, and Glazed Savory Depth

The moment a skewered, bite-sized piece of chicken breast—seared to golden perfection and brushed with a savory soy or spicy gochujang glaze—hits the palate, a rich burst of tender, succulent meat juices combines with a deep, smoky char to flood the senses. The crisp, refreshing crunch of added green peppers or vegetables complements the savory richness, delivering an endlessly satisfying and dynamic gastronomic experience.

2. Culinary Mastery Forged by Skewer Geometry and Non-Burning Glazing Science

Dak-kochi-gui stands as a masterclass in skewered poultry searing, utilizing precise salt-seasoning and alternating vegetable assembly to ensure uniform thermal penetration while employing direct flame heat to caramelize glazes cleanly. Managing thermal intensity to safeguard the inherent moisture of lean chicken breast without drying it out represents fundamental culinary science that achieves peak textural harmony.

3. Heartwarming Solace Found in the Familiar Comfort of Streetside Warmth

Rising from the bustling warmth of an evening street stall or festival night market, a piping-hot chicken skewer acts as a comforting remedy for daily weariness, filling the spirit with unpretentious warmth. Savoring each bite straight off the stick offers a nostalgic ritual of restoration, washing away exhaustion and granting an authentic sanctuary of peace at the end of a long day.

