KOREAN CUISINE

Dakttongjipbokkeum

Stir-fried Chicken Gizzard | 닭똥집볶음



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An iconic Korean street food stall (*pojangmacha*) and late-night drinking snack (*anju*) favorite featuring fresh chicken gizzards (*dakttongjip* / *dakmoraejip*). The gizzards are thoroughly scrubbed, scored, and flash-fried over high heat with abundant whole garlic cloves, sweet sliced onions, and fiery Cheongyang green chilies. Lightly seasoned with salt, black pepper, and fragrant toasted sesame oil, it is celebrated for its uniquely crunchy, pleasantly snappy, and chewy texture (*seogeok-seogeok* / *jjolgit*) that pairs perfectly with Korean drinks.

⏱️ **Total: 25 mins | Prep: 15 mins (cleaning & slicing) | Cook: 10 mins | 🍳 Easy to Moderate | 🍺 Iconic Pojangmacha Anju | 🍗 High Protein & Low Carb**

Ingredients (2-3 servings)

- **Main Ingredients:** 350–400g fresh chicken gizzards (*dak-moraejip*), 2 tbsp coarse salt and 2 tbsp flour (for scrubbing/cleaning)
- **Fresh Vegetables & Aromatics:** 10–12 whole garlic cloves (peeled, halved lengthwise), 1/2 yellow onion (cut into bite-sized chunks), 2 Cheongyang green chili peppers (sliced), 1 red chili pepper (sliced for color), 1 stalk green onion (chopped)
- **Seasoning & Sautéing:** 2 tbsp cooking wine (*cheongju* / mirin), 1.5 tbsp cooking oil, 1 tbsp toasted sesame oil, 1/2 tsp fine sea salt (or roasted herb salt), 1/4 tsp freshly ground black pepper
- **Sesame Oil Dipping Sauce (*Gireum-jang*):** 1.5 tbsp toasted sesame oil, 1/2 tsp fine sea salt, a pinch of black pepper
- **Garnish:** 1 tsp toasted sesame seeds

Allergy Information

- **Contains:** Poultry (Chicken Gizzard), Sesame

Equipment

- Heavy Frying Pan or Cast-Iron Skillet, Mixing Bowls, Knife, Cutting Board, Paper Towels, Kitchen Tongs / Spatula

Cooking Instructions

1. **Scrubbing & Cleaning:** Place the raw chicken gizzards in a mixing bowl with coarse salt and flour. Scrub and massage vigorously with your hands for 2–3 minutes to remove surface impurities, excess fat, and odors. Rinse thoroughly under cold running water 3–4 times and pat dry with paper towels.
2. **Scoring & Slicing:** Slice each gizzard in half or into bite-sized pieces (about

2–3 cm). Make shallow crisscross diagonal cuts across the thicker muscle sides—this ensures rapid, even cooking and maximizes the crisp, snappy texture.

3. **Pre-Seasting Aromatics:** Heat cooking oil in a heavy frying pan over medium heat. Add the halved garlic cloves and sliced onions, stir-frying for 2 minutes until the garlic turns golden and aromatic.
4. **High-Heat Flash Stir-Frying:** Increase the heat to medium-high. Add the scored chicken gizzards and pour in 2 tbsp of cooking wine (*cheongju*). Stir-fry briskly for 4–5 minutes until the meat turns plump, opaque, and cooked through, allowing the moisture to evaporate completely.
5. **Adding Chilies & Final Searing:** Add the sliced Cheongyang green chilies, red chili, salt, and freshly cracked black pepper. Toss continuously over high heat for another 1–2 minutes until lightly browned around the edges.
6. **Finishing & Serving:** Turn off the heat. Drizzle with toasted sesame oil and sprinkle with toasted sesame seeds. Serve sizzling hot with a side of sesame oil salt dip (*gireum-jang*).

💡 Cooking & Pairing Tips / Health Benefits

- **High-Protein & Rich in Minerals (Health Benefits):** Chicken gizzard is almost pure lean muscle—making it remarkably high in bioavailable protein, iron (which supports healthy hemoglobin levels and oxygen transport), and zinc (which aids immune defense and tissue repair), all while remaining extremely low in carbohydrates and sugars.
- **The Flour & Salt Scrub Secret:** Thoroughly rubbing the gizzards with coarse salt and flour draws out fine residue and eliminates unwanted odors, leaving behind a clean, savory poultry flavor.
- **Garlic & Onion Synergy (Food Pairing):** Sautéing gizzards with generous amounts of whole garlic and onions not only masks any residual gaminess through natural allicin, but also adds a sweet, caramelized aromatic depth that complements the crunchy bite of the meat.
- **Perfect Food & Beverage Pairing:** A legendary companion for chilled Korean soju or a cold draft beer. Dipping a freshly cooked, sizzling piece into salted sesame oil (*gireum-jang*) elevates its rich, nutty savoriness.

Nutrition Facts (Estimated)

- Total Content : Approx. 150g (1 serving)
- Calories : 176 kcal
  – Sodium : 364mg
  – Total Carbohydrate : 2.8g
  – Sugar : 2.7g
  – Total Fat : 5.8g
  – Saturated Fat : 1.1g

– Cholesterol : 363.9mg
– Protein : 28.1g
– Calcium : 29.0mg
– Iron : 2.8mg

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

The Aesthetics of Snappy Chew Awakening the Soul of the Night

Stir-fried chicken gizzard is a nocturnal symphonic poem where an unpretentious, humble cut bypasses flamboyant culinary authority, passing through roaring flames to achieve pure comfort. Defying the assumption that dense muscular tissue is tough, it captures a vibrant elasticity over intense fire, transforming into a snappy tactile cadence that no standard meat can match.

Arriving through rising steam under the humble canopy of a street pocha, this dish is a triumph of clean, savory depth that burns away the heavy residue of daily routine. As the gentle sweetness of roasted garlic and vegetables clings lightly to the seared meat, we encounter the honest, unvarnished beauty of true street gastronomy.

True gastronomy does not rely on a sequence of expensive delicacies; it thrives in the crisp, rhythmic texture shared around an honest table that washes away the day's burdens. Emptying this sizzling plate alongside a chilled drink tonight is a warm nocturnal ritual, breathing modest yet resilient vitality into weary everyday lives.

Editor's Review

1. A Dynamic Contrast of Golden Crust, Resilient Bounce, and Toasted Sesame Salinity
The moment the flash-seared gizzard—golden-crusted on the exterior yet densely elastic within—is dipped into coarse salt and toasted sesame oil, the clean, subtle sweetness of the lean muscle combines instantly with sharp mineral saltiness to ignite the palate. The sharp, vibrant heat of fresh chili swiftly cuts through the rich oil sheen, delivering an addictive rhythm of pure savory pleasure.

2. Flash-Sear Thermodynamics, Instant Dehydration, and Lipid-Soluble Aroma Capture
Dak-ttongjip-bokkeum represents an exacting study in high-heat pan mechanics, maintaining maximum surface heat to instantly vaporize moisture from the protein before it pools into liquid. Managing high thermal output prevents vegetable juices from stewing the dish, preserving a crisp Maillard sear while

locking aromatic volatile compounds from garlic and chilies tightly into a shimmering lipid glaze.

3. Masticatory Catharsis and the Grounding Solace of Unpretentious Camaraderie

The tactile crunch of chewing dense gizzards triggers a sensory catharsis that actively releases psychological tension and breaks through daily fatigue. Shared under the unpretentious glow of a casual pub where social formalities melt away, this hearty, honest bite becomes a restorative sanctuary, anchoring tired spirits in renewed strength and camaraderie.



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