



Deodeokgui

Grilled Deodeok | 더덕구이



A prized Korean vegetarian side dish (*banchan*) featuring *deodeok* (lance asiabell root), a nutritious mountain root renowned for its piney aroma and health benefits comparable to ginseng. The fibrous roots are peeled, gently pounded until tender and pliable, pre-coated with fragrant sesame oil (*eurae-jang*), glazed in a sweet and spicy gochujang sauce, and pan-grilled until caramelized and aromatic.

 **Prep: 25 mins** | **Cook: 10 mins** |  **Moderate** |  **Vegan & Health-Restorative** |  **Mountain Greens Specialty**

Ingredients (2-3 servings)

- **Main Ingredients:** 300g fresh deodeok roots (*deodeok*)
- **Initial Oil Coating (*Eurae-jang*):** 1.5 tbsp toasted sesame oil, 1/2 tbsp soy sauce
- **Spicy Gochujang Glaze:** 2 tbsp gochujang (chili paste), 1 tbsp gochugaru (chili flakes), 1 tbsp soy sauce, 1 tbsp sugar or honey, 1 tbsp rice syrup (*mulyeot*), 1 tbsp minced garlic, 1 tbsp finely chopped green onion, 1 tsp mirin (cooking wine), 1 tsp sesame oil
- **Finishing Touches / Garnish:** 1 stalk green onion (finely chopped), 1 tbsp toasted sesame seeds, 1 tsp finely crushed pine nuts (*jat-garu*, optional)

Allergy Information

- **Contains:** Soy (Gochujang, Soy sauce), Wheat (Gochujang, Soy sauce), Sesame (*Tree nuts if garnished with pine nuts*). Naturally vegan and dairy-free.

Equipment

- Frying Pan or Cast-Iron Skillet, Rolling Pin or Wooden Mallet, Paring Knife, Basting Brush, Cutting Board, Mixing Bowl

Cooking Instructions

1. **Peeling & Cleaning Deodeok:** Soak deodeok roots in warm water for 5–10 minutes to loosen dirt and sticky milky sap. Using a small paring knife, peel away the rough outer skin in a spiral motion from top to tip. Rinse under cold water and pat completely dry.
2. **Flattening & Tenderizing:** Slice thick roots in half lengthwise. Place deodeok slices between two sheets of plastic wrap or baking paper. Gently pound and roll over them with a rolling pin or wooden mallet to loosen the dense fibers until flat, tender, and pliable without breaking the pieces apart.
3. **Pre-Seasoning (*Eurae-jang*):** Whisk 1.5 tbsp toasted sesame oil and 1/2

tbsp soy sauce in a small dish. Brush evenly over both sides of the tenderized deodeok roots.

4. **Initial Pre-Searing:** Heat a skillet over medium-low heat. Lay the oil-coated deodeok slices in the pan and sear gently for 2–3 minutes per side until softened and fragrant.
5. **Glazing & Final Caramelization:** Reduce heat to low. Generously brush the spicy gochujang glaze onto both sides of the roots. Grill over low heat for another 1–2 minutes per side until the glaze caramelizes and turns glossy without scorching. Transfer to a platter, garnish with chopped green onions, toasted sesame seeds, and crushed pine nuts, and serve warm.

Cooking & Pairing Tips

- **Why the Two-Step Grilling Matters:** Pre-searing with sesame oil (*eurae-jang*) seals the natural moisture inside the root fibers and prevents the sticky gochujang glaze from burning or sticking to the pan.
- **Easy Peeling Trick:** Submerging deodeok roots in boiling water for 10–20 seconds before peeling neutralizes the sticky milky sap (*saponin* resin), making the skin slip off effortlessly.
- **Ginseng-Like Health Benefits:** Deodeok is rich in natural saponins and antioxidants, traditionally valued in Korean herbal cuisine for clearing the lungs, boosting stamina, and soothing inflammation.
- **Perfect Food & Beverage Pairing:** Complements mountain herb rice (*Gondre-bap*), wild green side dishes (*namul*), and soybean paste stew (*Doenjang-jjigae*). Pairs exceptionally well with traditional Korean rice wines (*Makgeolli* or *Yakju*).

Storage Instructions

- Uncooked peeled roots can be stored in an airtight container in the refrigerator for up to 2–3 days. Leftover cooked Deodeokgui can be refrigerated for up to 3 days and reheated gently in a lightly oiled pan over low heat or microwaved for 30 seconds.

Nutrition Facts (Estimated)

- Total Content : Approx. 350g (2-3 servings total)
- Calories : 420 kcal total (approx. 120 kcal per 100g / 140 kcal per 1 serving)
 - Sodium : 780mg (39%)
 - Total Carbohydrate : 58g (19%)
 - Sugar : 22g (22%)
 - Total Fat : 18g (33%)
 - Trans Fat : 0g
 - Saturated Fat : 2.5g (17%)
 - Cholesterol : 0mg (0%)

- Protein : 12g (22%)
 - Calcium : 180mg (18%)
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Editor's Review

1. A Sensual Fusion of Earthy Deodeok Fragrance and Sweet-Spicy Gochujang Glaze

The moment the tenderized, fiber-softened roots of deodeok—infused with a subtle, earthy bitterness comparable to ginseng and brushed with a rich, sweet-and-spicy gochujang glaze—hit the palate, a harmonious wave of deep umami and aromatic warmth floods the senses. The exquisite interplay of the charred savory glaze and the wholesome root fragrance delivers an endlessly satisfying and dynamic culinary experience.

2. Culinary Mastery Forged by Fiber-Softening Science and Direct-Flame Caramelization

Deodeok-gui stands as a masterclass in vegetable grilling, utilizing careful pounding to relax rigid root fibers and release natural saponins before applying seasoned glazes under controlled direct flame heat to achieve a clean caramelization. Managing thermal intensity to lock in internal moisture while safeguarding the inherent medicinal properties represents fundamental culinary science that achieves peak textural harmony.

3. Heartwarming Solace Rooted in the Healing Vitality of the Earth

Overflowing with the rich medicinal vitality and earthy energy of mountain roots, a neatly prepared plate of grilled deodeok acts as a comforting remedy for daily weariness, filling the spirit with unpretentious warmth. Savoring this nutrient-dense delicacy washes away exhaustion, granting an authentic sanctuary of peace and renewed vitality.

