



Dubukimchi

Bean Curd with Stir-fried Kimchi | 두부김치



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A beloved Korean comfort food and quintessential drinking snack (*anju*) that combines softly blanched warm tofu (*dubu*) with savory stir-fried pork and well-fermented cabbage kimchi (*sin-kimchi*). Thinly sliced pork shoulder or pork belly is sautéed until the natural oils render, then tossed with tangy aged kimchi, garlic, and chili in a sweet-savory glaze. The steaming, mild bean curd perfectly tempers the rich, spicy savoriness of the pork and kimchi, creating a harmonious balance in both flavor and nutrition.

 **Total: 25 mins** | **Prep: 10 mins** | **Cook: 15 mins** |  **Easy** |  **Iconic**
Korean Anju |  **Balanced Protein & Probiotics**

Ingredients (2-3 servings)

- **Main Ingredients:** 1 block firm or medium-firm tofu (approx. 300–400g), 200g thinly sliced pork belly or pork shoulder (*moksa*), 250g well-fermented sour cabbage kimchi (*sin-kimchi*, bite-sized chopped)
- **Vegetables & Aromatics:** 1/2 yellow onion (sliced), 1 stalk green onion (chopped), 1 Cheongyang green chili pepper (sliced, optional), 1 tbsp cooking oil (or perilla oil)
- **Pork & Kimchi Seasoning:** 1.5 tbsp Korean red pepper flakes (*gochugaru*), 1 tbsp soy sauce, 1 tbsp sugar (to balance kimchi acidity), 1 tbsp minced garlic, 1 tbsp cooking wine (*cheongju* / mirin), 1/2 tbsp oyster sauce (optional for deeper umami), a pinch of black pepper
- **Finishing Touches:** 1 tbsp toasted perilla oil (*deulgireum*) or sesame oil, 1 tbsp toasted sesame seeds

Allergy Information

- **Contains:** Soy (Tofu, Soy sauce), Pork, Wheat (Soy sauce), Sesame (*Optional oyster sauce contains Molluscan Shellfish / Oyster; Kimchi contains trace seafood/shrimp extract*)

Equipment

- Medium Stockpot (for blanching tofu), Wide Frying Pan or Wok, Kitchen Tongs, Slotted Spatula, Knife, Cutting Board

Cooking Instructions

1. **Blanching the Tofu:** Bring a pot of water with 1/2 tsp of coarse salt to a gentle boil. Submerge the whole block of tofu and warm it through over medium heat for 3–5 minutes. Remove with a slotted spatula, drain thoroughly, and slice into 1 cm-thick bite-sized slabs.
2. **Searing the Pork:** Heat cooking oil in a wide frying pan over medium-high heat. Add the sliced pork and black pepper, stir-frying for 3–4 minutes until lightly browned and the natural pork fat is rendered.

3. **Stir-Frying Kimchi & Onions:** Add the chopped sour kimchi, sliced onions, and sugar directly into the sizzling pork fat. Stir-fry over medium heat for 4–5 minutes until the kimchi becomes glossy, tender, and translucent.
4. **Glazing & Reducing:** Add the *gochugaru*, soy sauce, minced garlic, and cooking wine. Toss briskly over medium-high heat for another 2–3 minutes so the spices evenly coat the pork and kimchi without scorching.
5. **Finishing:** Turn off the heat. Toss in the chopped green onions (and optional chilies), drizzle with toasted perilla or sesame oil, and mix well.
6. **Plating & Serving:** Arrange the warm sliced tofu in a fan or ring along the outer edge of a wide platter, then mound the hot stir-fried pork and kimchi in the center. Sprinkle toasted sesame seeds generously over the entire dish and serve immediately.

Cooking & Pairing Tips / Health Benefits

- **Plant & Animal Protein Synergy (Health Benefits):** Tofu is an exceptional source of clean plant-based protein, calcium, and choline (which aids liver function and lipid metabolism), yet it is naturally mild and low in dietary vitamins. Pairing it with vitamin-rich, fermented kimchi and vitamin B1-dense pork creates a nutritionally complete, balanced meal.
- **Rendering the Pork Fat (라드 풍미):** Searing the pork first allows the rendered pork fat (*lard*) to coat every bite of the aged kimchi, mellowing out its sharp acidity and producing a deep, restaurant-quality umami.
- **Salted Blanching for Tofu:** Blanching the tofu block in salted water before slicing helps firm up the delicate curd structure so it retains its shape on the platter and stays warm longer at the table.
- **Perfect Food & Beverage Pairing:** The ultimate traditional companion for Korean rice wine (*Makgeolli*) or chilled soju. Simply place a warm slice of tofu on your spoon, top it with a piece of kimchi and pork, and enjoy them together in a single bite.

Nutrition Facts (Estimated)

- Total Content : Approx. 300g (1 serving)
- Calories : 365 kcal
 - Sodium : 890mg
 - Total Carbohydrate : 14.5g
 - Sugar : 6.2g
 - Total Fat : 22.0g
 - Saturated Fat : 6.5g
 - Cholesterol : 42.0mg
 - Protein : 24.5g
 - Calcium : 180.0mg
 - Dietary Fiber : 3.8g

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

The Aesthetic Harmony of Yin and Yang: Pure White Serenity Meets Crimson Flame

Dubu-kimchi (Tofu with Stir-fried Pork and Kimchi) represents a sublime dialectic in Korean gastronomy, where contrasting culinary forces meet to create an absolute textural and psychological equilibrium. The pristine, unblemished warmth of freshly steamed white bean curd finds its ultimate counterpart only when paired with deeply fermented aged kimchi, dynamically flash-fried with luscious pork shoulder or belly over roaring fire.

The gentle, creamy silence of the warm tofu generously embraces the vibrant, assertive chorus of chili, garlic, and rich animal fats. Rather than competing, these polar opposites elevate one another into a majestic harmony, delivering a comforting yet electrifying gastronomic experience that no flamboyant Haute cuisine can replicate.

True gastronomy does not strive for unbridled intensity; it is born in the quiet perfection of balanced extremes. Savoring a piece of warm, delicate tofu crowned with sizzling, spicy pork kimchi tonight is a grounding ritual, wrapping daily exhaustion in gentle warmth and replenishing the spirit with unpretentious comfort.

Editor's Review

1. A Sublime Sensory Dynamic of Velvety Warm Tofu and Pork-Fat Glazed Aged Kimchi Acidity

The moment the soft, pillowy warmth of the tofu yields beneath the teeth alongside the intensely glazed, savory pork and fermented kimchi, an electric contrast unfolds across the palate. The sharp, vibrant acidity of the kimchi and the rich umami of the meat are instantly softened by the velvety soy proteins, creating an endlessly engaging and dynamically transcendent sensory rhythm.

2. Lipid Emulsification Thermodynamics and Lactic Acid Buffering Mechanics

Dubu-kimchi stands as an exacting study in food science, where saturated and unsaturated fatty acids rendered from pork belly at high heat extract lipid-soluble aromatics and capsaicin from the aged kimchi. The natural lactic and organic acids in the fermented greens effectively cut through heavy fats, while the dense aqueous gel matrix of the unsalted tofu acts as a natural thermodynamic buffer against excessive salinity and spice, preserving pure structural harmony on the palate.

3. Earthy Solace and Rustic Camaraderie Shared Over Traditional Rice Wine

Resting warmly on a casual table as bowls of chilled makgeolli are raised to celebrate the close of a long day, a steaming platter of dubu-kimchi serves as an authentic emotional haven. Sharing this honest, protein-rich Korean staple amidst relaxed laughter washes away modern exhaustion, granting a timeless sanctuary of peace, emotional grounding, and hearty rejuvenation.

