



Dwaejigogiduruchigi

Stir-fried Pork | 돼지고기두루치기



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Dwaejigogi-duruchigi | Spicy Pork Stir-fry | 돼지고기두루치기

A hearty, deeply satisfying Korean comfort food made by stir-frying tender pork and fresh vegetables in a sweet, savory, and fiery Gochujang sauce. Unlike dry stir-fries, *Duruchigi* is cooked with a splash of broth, creating a rich, spicy gravy that begs to be mixed with a bowl of steamed rice. The high-quality animal protein and abundant Vitamin B1 in the pork work rapidly to fight fatigue and restore lost energy. Meanwhile, the fiery capsaicin and aromatic garlic ignite your metabolism, effectively melting away stress and boosting your mood with every satisfying bite.

 **Total: 30 mins** | **Prep: 15 mins** | **Cook: 15 mins** |  **Moderate** | 
Spicy, Sweet & Savory |  **Energizing Comfort Food**

Ingredients (2 servings)

- **Main Ingredients:** 400g thinly sliced pork (shoulder or pork belly), 1/2 onion, 1 scallion, 1/4 carrot, 1–2 spicy green peppers (like jalapeños)
- **Broth:** 1/2 cup (100ml) water or kelp broth (for the signature gravy)
- **Spicy Sauce:** 2 tbsp *Gochujang* (Korean red chili paste), 2 tbsp *Gochugaru* (Korean red chili flakes), 2 tbsp soy sauce, 1 tbsp minced garlic, 1.5 tbsp sugar, 1 tbsp plum extract (or corn syrup), 1 tbsp sesame oil, a pinch of black pepper, a pinch of toasted sesame seeds

Substitutes & Notes

- **Pork** → Boneless skinless chicken thighs. (This meat can structurally withstand the cooking process and properly render fat to emulsify with the broth, maintaining the dish's identity).
- **Plum extract** → Agave nectar or simply use an extra 1/2 tbsp of sugar.

Allergy Information

- **Contains:** Pork, Soy, Wheat (from soy sauce and Gochujang)
(*Vegetarian/Vegan-friendly if substituting pork for tofu and using vegetable broth*)

Equipment

- Knife, Cutting Board, Large Deep Pan or Wok, Wooden Spatula

Cooking Instructions

1. **Prepping the Ingredients:** Cut the sliced pork into bite-sized pieces.

Thickly slice the onion and julienne the carrot. Slice the scallion and spicy peppers diagonally.

2. **Mixing the Sauce:** In a small bowl, combine the *Gochujang*, *Gochugaru*, soy sauce, minced garlic, sugar, plum extract, and black pepper. (Leave the sesame oil and sesame seeds for the very end).
3. **Searing the Pork:** Lightly oil a deep pan or wok and place it over medium heat. Add the pork and stir-fry until the outside turns opaque and begins to brown slightly.
4. **Adding Veggies & Broth:** Once the pork is half-cooked, add the onions, carrots, and your mixed spicy sauce. Toss everything to coat the meat evenly. Pour in the 1/2 cup of water (or broth). Turn the heat up to high and let it boil and reduce while stir-frying. This creates the dish's signature rich gravy.
5. **Finishing Touches:** When the sauce has thickened nicely and the pork is fully cooked, toss in the scallions and spicy peppers. Stir-fry for 1 more minute. Turn off the heat, drizzle the 1 tbsp of sesame oil, mix gently, and garnish with toasted sesame seeds. Serve hot with a big bowl of rice!

Cooking & Pairing Tips / Health Benefits

- **Duruchigi vs. Jeyuk-bokkeum:** You might be wondering how this differs from regular Korean spicy pork (*Jeyuk-bokkeum*). *Duruchigi* is distinctly made by adding a little liquid (water or broth) during cooking, resulting in a slightly saucier dish. That spicy, pork-infused gravy is absolutely phenomenal when spooned over rice!
- **The Fatigue Fighter:** Pork contains up to 10 times more Vitamin B1 (Thiamine) than beef. Thiamine is crucial for breaking down lactic acid in the body, making this spicy pork dish the ultimate natural remedy for recovering from severe physical exhaustion.
- **Choosing Your Cut:** For a richer, melt-in-your-mouth texture, use thinly sliced pork belly. If you prefer a leaner, meatier bite (and a healthier option), pork shoulder or leg meat is the traditional and most affordable choice.

Nutrition Facts (Estimated)

Total Content : Approx. 350g (1 serving)
Calories : 480 kcal
– Sodium : 850mg
– Total Carbohydrate : 22.0g
– Sugar : 12.0g
– Total Fat : 28.0g
– Saturated Fat : 10.0g
– Cholesterol : 85.0mg
– Protein : 35.0g
– Calcium : 45.0mg

*Daily Values are based on a 2,000 calorie diet and standard Korean nutritional

reference values

**Nutritional values are calculated based on the original ingredients, not substitutes

The Fiery Alchemy of Sizzling Skillets: A Dynamic Symphony of Braised Pork and Peasant Vitality

Dwaejigogi Duruchigi (Spicy Stir-Braised Pork with Vegetables) stands as the dynamic and vibrant masterpiece of Korean working-class gastronomy, where tender, succulent pork, fresh aromatic vegetables, and sweet-and-spicy gochujang sauce gracefully dissolve the boundary between a high-heat stir-fry and a comforting stew. Refusing the dry edges of a pure grill and the dilution of a watery broth, the shallow, glistening reduction created by sizzling pork fat and weeping vegetable juices forges a dense and deeply comforting cosmos of umami.

As the crimson-coated pork sizzles vigorously in the heavy iron pan, the pungent aromatics of onions, scallions, and crushed garlic command the room, instantly awakening the appetite. The dense, high-quality animal protein and fatigue-banishing vitamin B1 within the pork gently buffer the fiery strike of red pepper capsaicin. The interplay between chewy, succulent meat and crisp vegetables delivers an overwhelming sense of gastronomic fulfillment that single-dimensional dishes can never hope to rival.

True gastronomy does not dwell in the fragile minimalism of high-end delicacies; it flourishes when honest, robust ingredients unite under intense flame to breathe immediate vitality back into a weary body. Sitting down before a steaming platter of Duruchigi with a bowl of freshly cooked white rice today is an honest and empowering ritual—instantly reigniting depleted cellular energy and replenishing the spirit with unyielding, heartwarming solace.

Editor's Review

1. A Dynamic Sensory Impact of Sweet-and-Spicy Gochujang Glaze, Chewy-Tender Pork Succulence, and Crisp Vegetal Juices

The moment a thick, sauce-drenched slice of pork coats the palate, the vibrant kick of gochujang spice paired with a subtle savory sweetness delivers an electric strike to the senses. This is immediately followed by the delightful chew of tender muscle, the rich melting of rendered fat, and the brisk crunch of aromatic vegetables. As the luscious, shallow sauce moistens every grain of rice, it orchestrates an intensely satisfying, multi-layered rhythm of comfort and culinary pleasure.

2. Maillard Reaction Kinetics, Allithiamine Bioavailability, and Lipid-Capsaicin Emulsion Thermodynamics

Dwaejigogi Duruchigi is an exacting study in hybrid culinary thermodynamics, marrying the flash searing of a sauté with the gentle braising of a reduction. Initial high heat induces rapid Maillard browning between the pork proteins and marinade sugars, while the leached vegetable moisture naturally emulsifies with the rendered lard and lipid-soluble capsaicin to craft a cohesive, clinging glaze. Biochemically, the allicin from garlic and green onions binds with the pork's abundant vitamin B1 (thiamine) to synthesize allithiamine—a lipid-soluble derivative with vastly superior bioavailability that accelerates cellular energy recovery and systemic fatigue reduction.

3. The Sizzling Sanctuary of the Iron Skillet and the Grounding Solace of Honest Vitality

Encountering a bubbling pan of stir-braised pork amidst the clatter of a neighborhood diner or at the family dinner table serves as an intimate haven against daily exhaustion. Wiping sweat from the brow while devouring generous mouthfuls of spicy, fragrant meat washes away the stresses of modern life, granting a timeless sanctuary of collective warmth, restorative power, and grounded communal vitality.

