



Ganjanggejangjeongsik

Soy Sauce Marinated Crab Served with Rice and Side Dishes | 간장게장정식



A legendary Korean delicacy featuring fresh raw blue crabs marinated in a boiled and aged soy sauce brine infused with scallions, garlic, ginger, and kelp. Revered as the ultimate "rice thief" (*bap-doodook*), this full meal set (*jeongsik*) presents sweet, jelly-like crab meat and rich orange roe alongside warm white rice, unseasoned toasted seaweed (*gim*), savory soybean paste stew (*doenjang-jjigae*), and a spread of traditional side dishes (*banchan*).

 **Prep: 30 mins (plus 2–3 days marinating) | Cook: 15 mins (for brine) |**
 **Advanced / Patience |**  **High Protein & Umami |**  **Full Set Meal**

Ingredients (2-3 servings)

- **Fresh Crabs:** 2–3 fresh female blue crabs (*kkotge*, ideally with roe)
- **Seasoned Soy Brine (*Ganjang-amnyum*):** 4 cups water, 2 cups Korean soy sauce (*jin-ganjang*), 1/2 cup mirin (cooking wine), 1/4 cup sugar, 1/2 onion, 1/2 Korean radish (*mu*), 1 stalk green onion, 6 garlic cloves, 1 thumb-sized piece ginger, 2 dried red chili peppers, 1 piece dried kelp (*dashima*)
- **Fresh Aromatics for Container:** 1 green chili pepper (sliced), 1 red chili pepper (sliced), 1/2 lemon (sliced, optional)
- **Meal Set Accompaniments (*Jeongsik Spread*):** Warm cooked white rice, unseasoned roasted seaweed sheets (*gim*), soybean paste stew (*doenjang-jjigae*), steamed egg (*gyeran-jjim*), and assorted seasonal side dishes

Allergy Information

- **Contains:** Crustaceans (Crab), Soy (Soy sauce), Wheat (Soy sauce), Sesame

Equipment

- Air-tight Glass Container / Jar, Large Pot (for brine), Strainer / Sieve, Kitchen Brush, Kitchen Scissors, Knife, Cutting Board

Cooking Instructions

1. **Cleaning & Prepping Fresh Crabs:** Thoroughly scrub the crabs under cold running water using a kitchen brush, paying attention to the crevices around the abdomen flap and legs. Rinse clean, pat dry with paper towels, and place in the freezer for 1 hour to stun them completely for clean handling.
2. **Boiling the Seasoned Soy Brine:** In a large pot, combine water, soy sauce, mirin, sugar, sliced onion, radish, green onion, garlic, ginger, dried red chillies, and dried kelp. Bring to a boil over medium-high heat, then reduce heat and simmer for 15 to 20 minutes to extract the aromatic umami. Strain out all solids and **let the brine cool completely** to room temperature (or chill in the refrigerator).

3. **Submerging & Initial Marination:** Place the cleaned crabs shell-side down (belly facing up) in a clean, airtight glass container so the roe and juices don't leak out. Add sliced fresh green and red chillies (and optional lemon slices). Pour the completely cooled soy brine over the crabs until fully submerged. Seal tightly and refrigerate for 2 days.
4. **Re-boiling the Brine (For Aging & Food Safety):** On day 2, carefully pour out the soy brine into a pot (leaving crabs in the container) and bring it to a rolling boil for 5 minutes to sterilize. Discard any foam that rises. Let the brine cool **completely** once more, then pour back over the crabs. Refrigerate for 1 additional day.
5. **Prepping & Serving the Meal Set:** Remove the top shell (*ge-ttakji*) from the crab body, remove the fibrous grey gills (*hepa*) and mouthparts using scissors, and cut the main body into quarters. Arrange the crab pieces on a plate, pouring a ladle of brine over top. Serve alongside warm white rice, crispy roasted seaweed sheets, hot soybean paste stew, and side dishes.

Cooking & Pairing Tips

- **Cool the Brine Completely:** Pouring warm or lukewarm brine over raw crab will cook the delicate flesh and create a mushy, spoiled texture. Always ensure the brine is completely chilled.
- **The Top Shell Rice Bowl Trick (*Ge-ttakji*):** Do not discard the top shell! Scoop a few spoonfuls of warm white rice directly into the top crab shell, add a drop of toasted sesame oil, and mix thoroughly with the rich, creamy orange roe and soy sauce sticking to the corners.
- **Perfect Food & Beverage Pairing:** Complements unseasoned crispy seaweed (*gim*), warm soybean paste stew, and steamed egg seamlessly. Enjoy with a glass of chilled *Makgeolli* (Korean rice wine) or clear rice wine (*Cheongju*).

Storage Instructions

- Marinated crabs reach peak flavor between day 3 and day 5. If not consuming immediately after 3 days, remove the crabs from the soy brine, wrap them individually in plastic wrap, and freeze for up to 1 month. Thaw in the refrigerator before eating and pour saved brine over top.

Nutrition Facts (Estimated)

- Total Content : Full Set Meal (per 1 serving set)
- Calories : 650 kcal per 1 serving set
 - Sodium : 1,480mg (74%)
 - Total Carbohydrate : 78g (24%)
 - Sugar : 12g (12%)
 - Total Fat : 14g (26%)

- Trans Fat : 0g
 - Saturated Fat : 3g (20%)
 - Cholesterol : 220mg (73%)
 - Protein : 48g (87%)
 - Calcium : 190mg (19%)
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Editor's Review

1. Sensual Fusion of Luscious Crab Flesh and Aged Savory Soy Marinade

The moment translucent crab meat and rich roe yield across the tongue, a velvety, sweet elasticity delivers a mesmerizing gastronomic sensation. Infused with a deeply simmered aromatic soy sauce enriched by scallions and garlic, every bite delivers an intensely satisfying umami burst, especially when mixed over a warm spoonful of rice.

2. Mastery of Soy Infusion Science and Precision Curing Techniques

Ganjanggejangjeongsik represents the height of Korean seafood preservation, utilizing osmotic pressure to infuse deep flavor while maintaining pristine flesh integrity. Boiling aromatic soy brine to eliminate gamey notes and cooling it completely before submerging fresh crab serves as essential culinary science, locking in natural sweetness and elevating umami to its absolute peak.

3. A Generous Ocean Banquet Granting Solace and Heartfelt Abundance

Mixing warm rice directly inside the crab shell to relish every last drop transforms this elegant spread into a deeply comforting ocean feast. Sitting before this lavish arrangement amidst daily fatigue, savoring the harmonious interplay of side dishes and rich marinated crab fills the spirit with grounded tranquility and enduring restoration.

