



Gomjangeobokkeum

Stir-fried Sea Eel | 곱장어볶음



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A famous Korean street-food and late-night drinking snack (*anju*) featuring tender, springy inshore hagfish stir-fried with fresh vegetables in a fiery gochujang sauce. Renowned for its unique, snappy texture (*jjolgit*) and smoky, savory-sweet flavor that pairs iconically with cold soju.

 **Prep: 20 mins** | **Cook: 10 mins** |  **Moderate** |  **Very Spicy** | 

Legendary Anju

Ingredients (2-3 servings)

- **Main Ingredients:** 400g hagfish (*gomjangeo*, skinned, gutted, and cleaned), 1/2 onion, 1 stalk green onion, 2 Cheongyang green chili peppers, 1 red chili pepper, 10 fresh perilla leaves (*kkaet-nip*)
- **Spicy Marinade & Sauce Base:** 2.5 tbsp gochujang (chili paste), 2 tbsp gochugaru (chili flakes), 2 tbsp soy sauce, 1.5 tbsp sugar, 1 tbsp rice syrup (*mulyeot*), 1.5 tbsp minced garlic, 1 tbsp ginger juice (or finely minced ginger), 1 tbsp mirin (cooking wine), a pinch of black pepper
- **Finishing Touches:** 1 tbsp sesame oil, 1 tbsp toasted sesame seeds, 2 tbsp cooking oil

Allergy Information

- **Contains:** Fish (Hagfish), Soy (Gochujang, Soy sauce), Wheat (Gochujang, Soy sauce), Sesame

Equipment

- Large Skillet / Heavy Frying Pan (or Portable Gas Stove), Spatula, Knife, Cutting Board, Mixing Bowl

Cooking Instructions

1. **Prepping Hagfish:** Wash cleaned hagfish under cold running water, pat thoroughly dry with paper towels, and cut into 5–6 cm bite-sized pieces.
2. **Prepping Vegetables:** Slice the onion into thick wedges. Cut green onions into 4 cm lengths, and slice Cheongyang chilies diagonally. Tear perilla leaves into broad pieces.
3. **Mixing & Marinating:** In a bowl, whisk gochujang, gochugaru, soy sauce, sugar, rice syrup, minced garlic, ginger juice, mirin, and black pepper. Coat the hagfish in half of the sauce mixture and let marinate for 10 minutes.
4. **High-Heat Stir-Frying:** Heat 2 tbsp cooking oil in a skillet over high heat. Add the sliced onions and marinated hagfish, stir-frying vigorously for 3–4 minutes until the fish coils up and turns firm and opaque.

5. **Adding Vegetables & Finishing:** Add the green onions, chilies, perilla leaves, and the remaining sauce. Toss continuously over high heat for another 2 minutes until the sauce glazes the ingredients cleanly without pooling. Drizzle with sesame oil, sprinkle with toasted sesame seeds, and serve sizzling hot.

Cooking & Pairing Tips

- **High Heat is Essential:** Stir-fry quickly over high heat to sear the fish and lock in moisture. Cooking over low heat causes liquid to leach out, dampening the signature snappy texture.
- **The Ssam Experience:** Wrap a piece of spicy hagfish inside a fresh perilla leaf or lettuce leaf along with a slice of raw garlic, green chili, and a dab of *ssamjang*.
- **Perfect Food & Beverage Pairing:** Served traditionally at tent bars (*pojangmacha*) alongside chilled soju, cool bean sprout soup (*kongnamulguk*), and fresh vegetable wraps.

Storage Instructions

- Best enjoyed immediately straight off the pan. Leftovers can be stored in an airtight container in the refrigerator for up to 1–2 days. Reheat in a hot pan over high heat with a tiny splash of oil.

Nutrition Facts (Estimated)

- Total Content : Approx. 650g (2-3 servings total)
 - Calories : 680 kcal total (approx. 104 kcal per 100g / 226 kcal per 1 serving)
 - Sodium : 1,180mg (59%)
 - Total Carbohydrate : 32g (10%)
 - Sugar : 16g (16%)
 - Total Fat : 24g (44%)
 - Trans Fat : 0g
 - Saturated Fat : 4.5g (23%)
 - Cholesterol : 180mg (60%)
 - Protein : 82g (149%)
 - Calcium : 120mg (12%)
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Editor's Review

1. A Sensual Encounter of Snappy Hagfish Elasticity and Smoky Spice

The moment flash-sautéed hagfish hits the palate, its signature snappy texture yields with a satisfying pop, instantly releasing a deep, smoky aroma. Rich gochujang paste, spicy chili flakes, and a subtle whisper of ginger completely neutralize any gamey notes, while the sweet, crisp freshness of perilla leaves and onions gracefully subdues the heat to deliver an endlessly satisfying culinary experience.

2. High-Heat Culinary Science and Moisture Mastery Forged for Ultimate Anju

Gomjangeo-bokkeum stands as the pinnacle of late-night street food artistry, mastering intense heat control to prevent water-logging and maximize a bouncy texture. Flash-searing the pre-dried hagfish over high flames locks in savory juices while preventing the meat from turning tough or watery. Perfectly reducing the spicy sauce to create a clean, glossy glaze that clings tightly to every piece demonstrates a brilliant command of wok technique.

3. Heartwarming Urban Solace Blossoming Alongside a Glass of Chilled Soju

Sizzling vigorously on a hot skillet under the bustling glow of a tented pojangmacha, this fiery dish acts as a piping-hot sanctuary that washes away the exhaustion of a long day. Wrapping a generous piece of hagfish with crisp perilla and spicy chili, paired with a cool sip of soju, offers a profound sense of comfort and unshakeable vitality amidst a noisy world.

