



Gopchanggui

Grilled Beef Tripe Grilled Pork Tripe | 곱창구이



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A cherished Korean K-BBQ delicacy and legendary drinking snack (*anju*) featuring thoroughly cleaned beef small intestines (*gopchang*). Sizzled on a hot iron skillet until golden and crispy on the outside, it bursts with a savory, creamy, and rich internal filling (*gop*). Served alongside dipping sauces, sliced garlic, onions, and lightly seasoned garlic chives.

 **Prep: 30 mins (plus cleaning)** | **Cook: 15 mins** |  **Moderate** | 
Classic K-BBQ & Anju |  **Rich & Chewy**

Ingredients (2-3 servings)

- **Main Ingredients:** 400g cleaned beef small intestines (*gopchang*), 1/2 onion (sliced), 100g garlic chives (*buchu*), 6 cloves garlic (sliced), 1 medium potato (sliced into rounds, optional)
- **Cleaning & Odor Neutralizing:** 2 tbsp coarse sea salt, 2 tbsp flour, 1 tbsp cooking wine or mirin
- **Soy-Chili Dipping Sauce:** 2 tbsp soy sauce, 1 tbsp vinegar, 1 tbsp water, 1/2 tbsp sugar, 1 Cheongyang green chili (thinly sliced), 1/4 onion (finely diced)
- **Sesame Oil Salt Dip (*Gireum-jang*):** 2 tbsp toasted sesame oil, 1/2 tsp fine sea salt, a pinch of black pepper

Allergy Information

- **Contains:** Beef (*Dipping sauces contain Soy, Wheat, Sesame*)

Equipment

- Cast-Iron Skillet or Heavy Grill Pan, Kitchen Tongs, Kitchen Shears, Knife, Cutting Board, Dip Bowls

Cooking Instructions

1. **Cleaning the Gopchang:** Scrub beef small intestines thoroughly with coarse salt and flour to remove surface impurities and odor, then rinse multiple times under cold running water. Pat completely dry with paper towels. (*Optionally boil briefly in water with ginger and rice wine for 5 minutes, then drain.*)
2. **Prepping Vegetables:** Slice onions, potatoes, and garlic. Cut garlic chives into 5–6 cm lengths and toss lightly with a pinch of red pepper flakes and sesame oil. In small dip bowls, mix the soy-chili sauce and sesame oil salt dip.
3. **Sizzling on High Heat:** Heat a cast-iron skillet over medium-high heat. Place whole long *gopchang* strands on the pan. As fat begins rendering out, arrange sliced potatoes, onions, and garlic around the edges to fry in the savory oil.

4. **Grilling to Golden Crispy:** Grill for 8–10 minutes, flipping frequently until the exterior turns deep golden-brown and crackling crisp while preserving the soft, rich filling (*gop*) inside.
5. **Cutting & Serving:** Snip the *gopchang* into bite-sized pieces using kitchen shears. Toss the seasoned garlic chives onto the skillet for the last 1–2 minutes to wilt slightly. Serve sizzling hot directly from the pan with dipping sauces.

Cooking & Pairing Tips

- **Preserve the Inner "Gop":** Do not cut the intestines into small pieces before grilling. Cooking them as long whole strands seals in the rich, savory filling (*gop*) so it doesn't escape into the pan.
- **Finish with Fried Rice (*Bokkeumbap*):** Leave a small amount of rendered fat and crispy bits in the skillet, then stir-fry white rice, diced kimchi, shredded seaweed (*gim*), and sesame oil over high heat for an essential final course.
- **Perfect Food & Beverage Pairing:** Serves as one of Korea's most famous late-night drinking foods (*anju*). Pairs iconically with chilled soju or a cold crisp lager.

Storage Instructions

- Best enjoyed piping hot directly off the grill. Leftovers can be stored in an airtight container in the refrigerator for up to 1–2 days and reheated in a hot skillet over medium heat.

Nutrition Facts (Estimated)

- Total Content : Approx. 500g (2-3 servings total)
 - Calories : 980 kcal total (approx. 196 kcal per 100g / 326 kcal per 1 serving)
 - Sodium : 890mg (45%)
 - Total Carbohydrate : 18g (6%)
 - Sugar : 6g (6%)
 - Total Fat : 82g (152%)
 - Trans Fat : 0g
 - Saturated Fat : 28g (187%)
 - Cholesterol : 420mg (140%)
 - Protein : 48g (87%)
 - Calcium : 60mg (6%)
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Editor's Review

1. A Sensual Fusion of Creamy Filling and Snappy, Crispy Exterior

The moment the golden, crisped exterior of well-grilled small intestines yields between your teeth, a rich, creamy burst of savory filling floods the palate. The brilliant contrast between the chewy, resilient texture and the deeply nutty, savory depth delivers an endlessly satisfying and dynamic gastronomic experience.

2. Culinary Mastery Forged by Meticulous Cleaning and Charcoal Searing Science

Gopchang-gui stands as a masterclass in offal grilling, utilizing rigorous cleaning processes to eliminate gamey notes while employing intense charcoal heat to render excess fats and achieve a crisp crust. Managing thermal intensity to lock in the rich internal juices represents fundamental culinary science that achieves peak textural harmony.

3. Heartwarming Solace Shared Around a Sizzling Griddle with Chilled Soju

Sizzling vigorously on a hot skillet under the bustling glow of a local eatery or pojangmacha, a plate of grilled gopchang acts as a comforting remedy for daily weariness, filling the spirit with unpretentious warmth. Pairing a chewy, savory morsel with a cool sip of soju offers an authentic ritual of restoration, washing away exhaustion and granting an authentic sanctuary of peace.

