



Haemultteokbokki

Stir-fried Rice Cake and Seafood | 해물떡볶이



A vibrant Korean delicacy combining chewy rice cakes with an abundance of fresh seafood like squid, shrimp, and mussels simmered in a spicy, umami-rich sauce. Rich in taurine, minerals, and essential protein, this refreshing dish energizes the body, while crisp cabbage and scallions add natural sweetness, dietary fiber, and vitamins for a wholesome, revitalizing meal.

 **Prep: 15 mins** | **Cook: 15 mins** |  **Easy** |  **Spicy & Umami** | 

Seafood Delight

Ingredients (2-3 servings)

- **Main Ingredients:** 300g rice cakes (*tteokbokki-tteok*), 100g squid (*ojingeo*, cleaned and scored), 6–8 fresh shrimp, 10–12 fresh mussels (*honghap*), 100g Korean fish cakes (*eomuk*, optional)
- **Vegetables:** 1/4 head green cabbage, 1 stalk green onion, 1/2 onion, 1 green or red chili pepper
- **Spicy Seafood Broth & Sauce Base:** 3 cups kelp or anchovy-kelp broth, 2.5 tbsp gochujang (chili paste), 2 tbsp gochugaru (chili flakes), 1.5 tbsp soy sauce, 1.5 tbsp sugar, 1 tbsp rice syrup (*mulyeot*), 1 tbsp minced garlic, 1 tbsp mirin (cooking wine)
- **Finishing Touches:** 1 tbsp sesame oil, toasted sesame seeds

Allergy Information

- **Contains:** Mollusks (Squid, Mussels), Crustaceans (Shrimp), Soy (Gochujang, Soy sauce), Wheat (Gochujang, Soy sauce, Fish cakes), Sesame

Equipment

- Large Shallow Wok or Pan, Spatula, Strainer/Colander, Knife, Cutting Board, Small Mixing Bowl

Cooking Instructions

1. **Prepping Seafood & Rice Cakes:** Soak rice cakes in lukewarm water for 10 minutes. Clean mussels under running water and remove beards. Score the squid surface diagonally and slice into bite-sized pieces. Peel and devein shrimp.
2. **Prepping Vegetables:** Slice cabbage and onion into bite-sized squares. Cut green onions and chili pepper into diagonal slices.
3. **Mixing the Sauce & Boiling Broth:** In a small bowl, combine gochujang, gochugaru, soy sauce, sugar, rice syrup, minced garlic, and mirin. In a wide pan or wok, bring 3 cups of kelp broth to a boil and stir in the sauce paste.
4. **Simmering Rice Cakes & Cabbage:** Add the drained rice cakes, cabbage,

and onions to the boiling broth. Cook over medium-high heat for 5 minutes until the rice cakes soften and absorb the spicy broth.

5. **Adding Seafood & Finishing:** Add the cleaned mussels, shrimp, squid, and fish cakes to the pan. Cook over medium heat for another 4–5 minutes until the mussels open and the seafood is cooked through. Add green onions and chili pepper, toss for 1 minute, then turn off heat. Drizzle with sesame oil and sprinkle with toasted sesame seeds before serving hot.

Cooking & Pairing Tips

- **Do Not Overcook the Seafood:** Add delicate seafood like squid and shrimp during the last 5 minutes of cooking. Overcooking makes squid rubbery and shrimp tough, whereas flash-cooking keeps them tender and juicy.
- **Deep Seafood Umami:** Mussels and squid naturally release savory, ocean-fresh juices into the sauce as they cook, reducing the need for heavy sodium and creating a clean, invigorating broth.
- **Perfect Food & Beverage Pairing:** Served piping hot alongside crispy fried seaweed rolls (*gim-mari*), soft steamed egg (*gyeran-jjim*), or pickled yellow radish (*danmuji*). Pairs wonderfully with chilled lager beer or a cold carbonated drink.

Storage Instructions

- Best enjoyed fresh right after cooking while seafood is tender. Leftovers can be stored in an airtight container in the refrigerator for up to 1 day. Reheat in a pan over medium heat with a small splash of water or broth to loosen the sauce.

Nutrition Facts (Estimated)

- Total Content : Approx. 800g (2-3 servings total)
 - Calories : 750 kcal total (approx. 94 kcal per 100g / 250 kcal per 1 serving)
 - Sodium : 1,180mg (59%)
 - Total Carbohydrate : 115g (35%)
 - Sugar : 18g (18%)
 - Total Fat : 12g (22%)
 - Trans Fat : 0g
 - Saturated Fat : 2.5g (17%)
 - Cholesterol : 185mg (62%)
 - Protein : 46g (84%)
 - Calcium : 150mg (15%)
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Editor's Review

1. A Sensual Explosion of Chewy Rice Cakes and Rich Seafood Umami

The moment the soft, springy texture of rice cakes simmering in a sweet-and-spicy glaze meets the deep, refreshing essence of fresh squid, shrimp, and mussels, an extraordinary harmony fills the palate. Bold, rich umami infused deep into every morsel excites the senses, while the crisp freshness of vegetables and taurine-rich oceanic nutrition deliver an endlessly engaging and deeply satisfying culinary experience.

2. Culinary Mastery Forged by Seafood Extraction and Starch Emulsification

Haemultteokbokki stands as a triumph of seafood integration, artfully uniting natural amino acids and taurine-rich extracts with bold chili paste. Timing the addition of seafood precisely to safeguard tender, bouncy textures—while allowing rice starch to naturally thicken the refreshing broth into a rich glaze—serves as essential culinary science that secures structural perfection.

3. Heartwarming Vitality Found Within a Bold, Refreshing Bowl

On days when fatigue weighs heavy and the palate grows dull, a steaming bowl of seafood-infused rice cakes acts as a tender ritual of purification that revives lost appetite and infuses the spirit with vibrant energy. Savoring the warm, spicy broth and chewy textures washes away the weariness of the day, refilling you with grounded peace and enduring vitality.

