



Hanchihoemuchim

Sliced Raw Swordtip Squid Salad | 한치회무침



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Hanchi-hoe-muchim is a precision-timed biochemical salad that capitalizes on the exceptionally tender myofibrillar structure of swordtip squid (hanchi). Unlike regular squid, hanchi boasts shorter muscle fibers and a thinner collagen matrix, resulting in a luxurious, melt-in-the-mouth texture. Tossed in a hypertonic, highly acidic cho-gochujang dressing alongside hydrating Korean radish and Asian pear, the dish undergoes a slight surface protein denaturation (ceviche effect). It must be mixed immediately before serving to control osmotic pressure, preserving the structural integrity and crunch of the fresh produce.

 **Total:** 20 mins | **Prep:** 20 mins | **Cook:** 0 mins (Raw) |  **Difficulty:** Easy (Requires swift knife work and strict osmotic timing) |  **Profile:** Sweet, Tart, Spicy, and Exceptionally Tender |  **Focus:** Taurine, Lean Protein, & Osmotic Control

Ingredients (2–3 servings)

- **Main Ingredients:** 250g sashimi-grade swordtip squid (hanchi) (approx. 2–3 squids)
- **Hydrating Vegetables & Fruits:** 1/4 Asian pear, 50g Korean radish, 1/4 onion, 5 perilla leaves, 1 green chili, 1 red chili
- **Hypertonic Cho-gochujang Paste:** 3 tbsp gochujang, 1.5 tbsp gochugaru, 4 tbsp vinegar, 2 tbsp sugar (or agave syrup), 1.5 tbsp minced garlic, 1 tbsp plum extract (maesil-cheong), 1.5 tbsp sesame oil, 1 tbsp sesame seeds

Allergy Information Contains: Seafood (Squid), Soy, Wheat (from gochujang)

Equipment Highly sharpened Sashimi or Chef's Knife, Sanitized Cutting Board, Large Mixing Bowl, Absorbent Food-grade Paper

Cooking Instructions

1. **Protein Prep & Chilling:** Thoroughly remove the innards, transparent pen, and thin skin from the hanchi. Wrap tightly in absorbent paper to extract surface moisture. Holding the knife perpendicular to the grain, finely julienne the squid into noodle-like strips. Chill the prepared squid in the refrigerator until the exact moment of tossing.
2. **Enzymatic & Osmotic Management:** Peel and julienne the Asian pear and Korean radish to a uniform thickness matching the squid. (The natural proteases and fructose in the pear act as a biochemical tenderizer and sweetener.) Julienne the perilla leaves and chilies. Soak the julienned onion in cold water for 5 minutes to leach out the pungent allyl sulfides, then dry completely.

3. **Hypertonic Paste Formulation:** In a large bowl, vigorously mix the gochujang, gochugaru, vinegar, sugar, garlic, and plum extract (excluding the sesame oil and seeds) to create a thick, hyper-concentrated seasoning paste.
4. **Assembly & Lipid Coating:** *Just before serving*, add the chilled hanchi, pear, and all vegetables to the bowl with the paste. Drizzle the sesame oil and sesame seeds over the top. Toss quickly and lightly with your fingertips. The sesame oil coats the ingredients, providing a lipid barrier that delays osmotic water extraction.

Professional Culinary Tips

- **Physics of Hanchi Muscle Structure:** Standard squid contains a thick collagen network that provides a rubbery chew. Hanchi, however, has a much more delicate structure. When finely julienned and exposed to the high acetic acid of the dressing, the outermost protein layer seizes slightly to provide a gentle snap, giving way instantly to a butter-soft, tender interior.
- **Osmotic Control & The Role of Pear:** The high salt and sugar content of the cho-gochujang creates immense osmotic pressure. If mixed even a few minutes too early, it will aggressively pull cellular water from the pear and radish, diluting the dressing into a watery puddle and destroying the crisp texture. Tossing the salad at the very last second is a non-negotiable culinary rule.
- **The Waterproofing Effect of Sesame Oil:** Adding the sesame oil at the end of the tossing process, rather than emulsifying it into the paste beforehand, physically coats the julienned ingredients with a hydrophobic lipid film. This slows down the penetration of salt and acid, ensuring the pear and vegetables remain crisp until the bowl is empty.

Nutrition Facts (Estimated)

Total Content : Approx. 300g (1 serving, including vegetables, fruit, and sauce)

Calories : 235 kcal

– Sodium : 890mg

– Total Carbohydrate : 28.0g

– Sugar : 16.0g

– Total Fat : 5.5g

– Saturated Fat : 0.8g

– Cholesterol : 145.0mg

– Protein : 21.0g

– Calcium : 40.0mg

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

**Nutritional values are calculated based on original ingredients; substitutions may alter specific macronutrients.

The Silken Ruby Tapestry of Pristine Spear Squid, Crisp Korean Pear, and Verdant Aromatics: A Lyrical Masterpiece of Hanchi-hoe Muchim

Hanchi-hoe Muchim (Spicy Seasoned Raw Spear Squid Salad) stands as the exceptionally graceful, vibrant, and deeply refreshing pinnacle of Korean coastal gastronomy, where fresh spear squid (*hanchi*)—celebrated for a silken texture far softer, sweeter, and more delicate than ordinary squid—is finely julienned and tossed alongside crisp onions, refreshing radish, fragrant perilla leaves, sweet Korean pear, and colorful chilies in a bold, sweet-and-sour *chogochujang* dressing. Likened in timeless folklore to refined white rice compared to squid's coarse barley, this captivating delicacy transforms pristine marine bounty and crisp garden harvest into an unforgettable sensory symphony.

The moment a generous chopstickful of crimson-glazed spear squid, crunchy sweet pear, and aromatic perilla touches the palate, an electrifying wave of sweet acidity and subtle chili heat awakens the taste buds with unmistakable clarity. This is swiftly followed by the meltingly tender yield of the spear squid, which dissolves smoothly across the tongue without resistance. The natural sweetness of the seafood harmonizes with the watery, cooling crunch of the julienned pear and the herbal lift of the perilla leaves, orchestrating an endlessly refreshing, multi-layered sensory thrill that lingers cleanly across the senses.

True gastronomy does not rely on heavy, static cooking; it flourishes in the ancestral wisdom of uniting the pure, delicate vitality of the sea with crisp terrestrial botanicals to restore metabolic harmony and revive tired spirits. Savoring a vibrant, colorful platter of spicy seasoned spear squid salad today is an elegant and sacred ritual—clearing away everyday weariness through a wave of crisp, tangy vitality and filling the spirit with unpretentious warmth, festive energy, and timeless coastal solace.

Editor's Review

1. An Electrifying Cadence of Silken Spear Squid Tenderness, Tangy Chogochujang Acidity, and Sweet Pear Crunch

The moment a chopstickful of thinly julienned spear squid, crisp Korean pear, and fresh perilla leaves coated in spicy-sweet dressing touches the palate, an immediate burst of tangy vinegar and piquant chili awakens the senses with invigorating punch. This bold strike is swiftly balanced by the remarkably soft, velvety texture of the spear squid and the refreshing, watery crunch of sweet pear, effortlessly cutting through palate fatigue and orchestrating an endlessly refreshing, multi-layered sensory thrill.

2. Spear Squid Taurine-Amino Acid Low-Fat Profile and Korean Pear Protease Digestive Synergy

Hanchi-hoe Muchim represents an exacting study in cephalopod biochemistry and botanical nutrition synergy. Fresh spear squid provides an easily digestible, low-fat protein profile dense in fatigue-banishing taurine and free glycine. Concurrently, natural proteolytic enzymes and high dietary fiber from the Korean pear, paired with the bioavailable acetic acid of the chili-vinegar dressing and perilla essential oils, accelerate protein breakdown and enhance digestive enzyme secretion, establishing an optimal biochemical equilibrium.

3. The Coastal Island Heritage and the Grounding Sanctuary of Silken Culinary Celebration

Found commanding center stage at celebratory banquets, portside gatherings, and traditional family tables as an indispensable staple to revive fading appetites, a modest plate of spicy seasoned spear squid salad serves as an enduring emotional haven against daily weariness. Revered for generations as an essential restorative dish that brings exquisite color and gentle texture to the dining table, enjoying this honest, vibrant delicacy washes away modern stress, granting a timeless sanctuary of stillness, coastal heritage, and grounded culinary happiness.

