



Hanchimulhoe

Cold Raw Swordtip Squid Soup | 한치물회



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Hanchi-mulhoe is a cryogenic cold soup that highlights the unique myofibrillar structure of swordtip squid (hanchi). Compared to regular squid, hanchi possesses a much thinner collagen matrix and shorter muscle fibers, yielding an exceptionally tender, melt-in-the-mouth texture. By plunging the finely julienned squid into a near-freezing, highly acidic broth, a rapid thermal shock occurs—firming the exterior just enough to provide a pleasant bounce while preserving its inherent softness. Loaded with fatigue-fighting taurine and hydrating vegetables, it is a masterfully balanced, restorative summer dish.

 **Total:** 15 mins | **Prep:** 15 mins | **Cook:** 0 mins (Raw) |  **Difficulty:** Moderate (Requires fine knife skills and precise broth balancing) |  **Profile:** Icy, Tart, Sweet, and Exceptionally Tender |  **Focus:** Taurine, Easy Digestion, & Thermal Shock

Ingredients (2 servings)

- **Main Ingredients:** 2 fresh sashimi-grade swordtip squids (hanchi) (approx. 200g), 1/2 cucumber, 1/4 onion, 30g carrot, 1–2 green chilies, 5 perilla leaves
- **Cryogenic Aqueous Medium:** 2 cups (400ml) ice water (or commercial cold noodle broth), ice cubes
- **Hypertonic Seasoning Base:** 3 tbsp gochujang, 1 tbsp gochugaru, 3–4 tbsp vinegar, 2 tbsp sugar (or agave syrup), 1 tbsp minced garlic, 1 tbsp plum extract (maesil-cheong), 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 Bowls, Plastic Wrap

Cooking Instructions

1. **Myofibrillar Julienne:** Thoroughly remove the innards, the transparent pen, and the thin outer skin from the swordtip squid. Because hanchi meat is extremely tender, carefully slice the body horizontally against the grain into ultra-fine, noodle-like strips. This maximizes the surface area for the icy broth to cling to. Cover tightly with plastic wrap and chill in the refrigerator.
2. **Vegetable Osmotic Prep:** Julienne the cucumber, onion, carrot, perilla leaves, and chilies to a uniform thickness matching the squid. If the onion is sharply pungent, soak it in cold water for 5 minutes to leach out the volatile sulfur compounds, then drain completely.
3. **Acid-Base Formulation:** In a large mixing bowl, vigorously whisk together

the gochujang, gochugaru, vinegar, sugar, minced garlic, and plum extract to create a thick, hypertonic seasoning paste.

4. **Broth Integration & Cryogenic Chill:** Pour 400ml of ice water (or cold broth) into the paste and whisk until completely dissolved. Drop in ice cubes to plummet the temperature of the broth to near 0°C.
5. **Assembly & Thermal Shock:** Construct a bed of the crisp julienned vegetables in chilled serving bowls. Delicately mound the chilled hanchi on top. Just before serving, pour the hyper-chilled broth over the dish and garnish with sesame seeds. The extreme cold instantly snaps the surface proteins of the squid, delivering a perfect contrast of a snappy exterior and a butter-soft interior.

Professional Culinary Tips

- **Physics of Hanchi Muscle Structure:** Unlike standard squid, which features a dense, chewy collagen network, swordtip squid has very short muscle fibers and a delicate connective tissue matrix. This means that when finely julienned, it lacks the rubbery resistance of regular squid and instead yields an incredibly soft, luxurious mouthfeel.
- **Thermodynamics of the Cryogenic Broth:** Because hanchi is so tender, it can feel overly limp at room temperature. The moment the near-freezing acidic broth hits the raw squid, thermal shock causes the surface proteins to contract. This provides a necessary structural tension, creating a bouncy bite that doesn't compromise the squid's signature tenderness.
- **Acetic Acid as a Biochemical Catalyst:** The generous use of vinegar chemically denatures the outermost layer of the squid (a ceviche effect), completely neutralizing any oceanic odors. Furthermore, this highly acidic environment aids digestion, ensuring the body rapidly absorbs the high concentrations of taurine and essential amino acids.

Nutrition Facts (Estimated)

Total Content : Approx. 450g (1 serving, including broth)

Calories : 175 kcal

– Sodium : 1,100mg

– Total Carbohydrate : 22.0g

– Sugar : 12.0g

– Total Fat : 1.2g

– Saturated Fat : 0.2g

– Cholesterol : 140.0mg

– Protein : 19.0g

– Calcium : 35.0mg

*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 Ivory Tenderness of Coastal Tides: A Lyrical Masterpiece of Hanchi-mulhoe and Summer Refreshment

Hanchi-mulhoe (Cold Raw Spear Squid Soup) stands as the exceptionally delicate, elegant, and deeply refreshing pinnacle of Korean summer seafood gastronomy, where pristine spear squid (*hanchi*)—renowned for a flesh far softer, cleaner, and more subtly tender than ordinary squid—is finely julienned and tossed with crisp garden vegetables in a vibrant, sweet-and-sour iced broth. Celebrated in traditional lore where spear squid was likened to refined white rice while ordinary squid was compared to coarse barley, this cooling delicacy turns the ocean's gentlest bounty into an absolute sanctuary of flavor and restorative chill.

The moment a generous spoonful of the icy, translucent broth carrying ribbons of spear squid and fresh produce touches the palate, an exhilarating wave of clean acidity and savory depth awakens the taste buds. This is swiftly followed by the meltingly tender, silken yield of the spear squid, which dissolves smoothly across the tongue without resistance. The natural sweetness of the seafood, beautifully framed by the icy broth and the watery crunch of garden vegetables, banishes summer lethargy and revitalizes the core.

True gastronomy does not rely exclusively on aggressive heat; it flourishes in the culinary wisdom of harmonizing nature's softest, most pristine raw ingredients with icy freshness to revive depleted vitality. Savoring a chilled bowl of spear squid cold soup adorned with floating ice crystals today is an invigorating and elegant ritual—clearing away oppressive summer fatigue and infusing the soul with crisp, sun-cleansed maritime vitality.

Editor's Review

1. An Exhilarating Cadence of Silken Spear Squid Tenderness, Tangy Icy Broth, and Crisp Vegetable Harmony

The moment the ice-cold, vibrant broth of Hanchi-mulhoe coats the palate, an immediate wave of tangy sweetness and refreshing acidity awakens the taste buds with invigorating punch. This is swiftly followed by the remarkably soft, silken texture of the julienned spear squid and the refreshing crunch of sliced vegetables, orchestrating an effortlessly smooth, multi-layered sensory thrill that eliminates any trace of hot-weather fatigue.

2. Low-Temperature Ice-Broth Dynamics and Spear Squid Taurine-Amino Acid Restorative Bioavailability

Hanchi-mulhoe represents an exacting study in cephalopod food physics and temperature-controlled biochemistry. The low-temperature ice-broth matrix preserves the delicate tenderness of the spear squid's myofibrillar proteins without inducing tough contraction. Concurrently, high concentrations of bioavailable taurine, essential amino acids, and high-protein/low-fat nutrients naturally present in fresh spear squid establish an optimal nutritional matrix for liver protection, rapid cellular recovery, and systemic energy replenishment during scorching seasons.

3. The Coastal Island Heritage and the Grounding Sanctuary of Silken Summer Comfort

Found gracing the coastal villages of Jeju Island and eastern port towns as a cherished seasonal anchor to revive fading appetites, a modest bowl of cold spear squid soup serves as an enduring emotional haven against daily weariness. Revered for generations as an essential restorative tonic offering light, easily digestible nourishment for all ages, enjoying this honest, refreshing dish washes away modern stress, granting a timeless sanctuary of stillness, coastal heritage, and grounded culinary happiness.

