



Jaecheopguk

Freshwater Marsh Clam Soup | 재첩국



A pristine, clear Korean soup renowned for the deeply refreshing, milky broth drawn from tiny yet nutrient-dense freshwater marsh clams. Celebrated as a premier hangover remedy and liver-health booster, it delivers a pure, clean, and delicate umami flavor.

 **Prep: 15 mins** | **Cook: 10 mins** |  **Easy** |  **Mild & Clear** |  **High Protein**

Ingredients (1-2 servings)

- **Main Ingredients:** 200g fresh marsh clams (jaecheop), 3 stalks chives or green onions (silpa), 1 red chili pepper
- **Seasoning & Broth:** 1 tsp minced garlic, salt to taste, water as needed (approx. 3–4 cups)

Allergy Information

- **Contains:** Shellfish (Freshwater marsh clams)

Equipment

- Pot, Mixing Bowl, Knife, Cutting Board, Spoon

Cooking Instructions

1. **Purging & Washing Clams:** Soak the freshwater marsh clams in fresh water (or lightly salted water) to allow them to purge sand and grit. Scrub them vigorously under running water to clean the shells thoroughly.
2. **Prepping Aromatics:** Cut the chives into 3–4 cm lengths. Diagonally slice the red chili pepper and rinse lightly in cold water to shake out the seeds.
3. **Boiling the Clams:** Place the cleaned clams and water in a pot, cover with a lid, and bring to a boil over medium-high heat.
4. **Seasoning & Quick Boil:** Once the water comes to a rolling boil and the clams open their shells, skim off any white foam from the surface. Add the chives, sliced red chili, and 1 tsp of minced garlic. Season with salt and immediately turn off the heat.

Cooking & Pairing Tips

- **Quick Cooking for Tender Texture:** Boiling marsh clams for too long shrinks the tiny clam meat and turns it rubbery. As soon as the shells open and the broth turns milky, add the aromatics and turn off the heat immediately to preserve their plump, tender texture.

- **Minimal Garlic for Pure Umami:** To highlight the pure, natural sweetness and delicate sea aroma of fresh marsh clams, use garlic very sparingly and rely solely on plain salt for seasoning.
- **Perfect Food & Beverage Pairing:** Serves as an ultimate hangover recovery meal alongside warm white rice and fresh kimchi (*geotjeori*). It also acts as a wonderful palate cleanser alongside rich grilled seafood or paired with chilled soju or clear rice wine (*cheongju*).

Storage Instructions

- Marsh clam soup is best enjoyed fresh immediately after cooking. If storing leftovers, keep in an airtight container in the refrigerator for up to 1 day. Reheat briefly on the stovetop over medium heat—avoid overboiling to keep the clam meat tender.

Nutrition Facts (Estimated)

- Total Content : Approx. 500g (1-2 servings total)
 - Calories : 120 kcal total (approx. 24 kcal per 100g / 60 kcal per 1 serving)
 - Sodium : 580mg (29%)
 - Total Carbohydrate : 4g (1%)
 - Sugar : 1g (1%)
 - Total Fat : 1.5g (2%)
 - Trans Fat : 0g
 - Saturated Fat : 0.2g (1%)
 - Cholesterol : 45mg (15%)
 - Protein : 18g (33%)
 - Calcium : 120mg (12%)
-

Editor's Review

1. Milky Umami Blooming in Crystal Clarity and Refreshing Elasticity

The moment a spoonful of the pale, milky broth glides down the throat, the pure vitality of a clear river floods the senses. The tiny yet plump clam meat pops delightfully on the tongue, releasing a subtle saltiness and clean savoriness. Paired with a delicate touch of minced garlic and the fresh crispness of scallions, it layers an elegant complexity over the clear soup, delivering an unpretentiously vivid and ultimate refreshment that awakens the palate.

2. Essence Forged by Brief Temperature Control and Aesthetics of Restraint

Jaecheopguk is the epitome of Korean culinary minimalism, preserving the purity of

ingredients through minimal seasoning and strict heating times. Grasping the delicate nature of marsh clams—which toughen if overcooked—and extinguishing the flame the exact moment their shells open to safeguard their tender elasticity requires a refined culinary sense. Rejecting harsh seasonings to anchor the soup's umami with merely a pinch of salt and subtle garlic is a sophisticated technique that impeccably preserves the clam's intrinsic, ocean-fresh aroma.

3. Pure Purification and Restoration Delivered by Morning River Waters

As tiny clams that once quietly breathed in deep riverbeds willingly yield their essence under hot steam, a pristine sanctuary opens upon the dining table for the weary soul. The milky broth, transparently washing away the chill of last night's indulgence and the heavy fatigue of daily life, acts as the gentle salvation of a quiet morning river embracing an exhausted spirit. Emptying this clear, profound bowl grants a healing moment of rebirth, refilling us with unadulterated vitality.

