



Jeonbokmulhoe

Cold Abalone Soup | 전복물회



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Jeonbok-mulhoe is a thermodynamic cold soup that brilliantly manipulates the dense collagen matrix of fresh abalone. By executing a rapid flash-blanch followed by an immediate cryogenic shock in an ice bath, the abalone transforms from rigidly crunchy to tender yet delightfully chewy. Served in a hypertonic, highly acidic cold broth alongside crisp julienned vegetables and chewy wheat somen noodles, this dish offers an explosive, refreshing burst of complex carbohydrates, lean protein, taurine, and zinc—making it the ultimate restorative summer delicacy.

 **Total:** 25 mins | **Prep:** 15 mins | **Cook:** 10 mins |  **Difficulty:** Moderate (Requires careful blanching and noodle prep) |  **Profile:** Icy, Tart, Sweet, and Chewy |  **Focus:** Taurine, Zinc, Energy Metabolism, & Thermal Shock

Ingredients (2 servings)

- **Main Ingredients:** 2–3 live abalones (medium to large), 100g dried somen (thin wheat noodles)
- **Vegetables:** 1/2 cucumber, 1/4 onion, 50g cabbage, 5 perilla leaves, 30g carrot, 1 green chili
- **Cryogenic Aqueous Medium:** 1 pack (300ml) commercial cold noodle broth + 100ml water (or 400ml ice water), 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, a dash of sesame oil (for tossing abalone)

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

Equipment Kitchen Brush, Spoon, Knife, Cutting Board, Pot, Strainer, Ice Bath Bowl

Cooking Instructions

1. **Mechanical Scrubbing & Evisceration:** Vigorously scrub the dark algae from the abalone using a kitchen brush. To easily detach the meat, submerge the whole abalone (shell-on) in boiling water for just 10 seconds. The slight protein contraction allows you to effortlessly scoop the meat out with a spoon. Remove the viscera and the hard beak.
2. **Collagen Relaxation & Thermal Shock:** Drop the cleaned abalone meat into boiling water and flash-blanch for 30 seconds to 1 minute. Once it turns opaque and plumps up, immediately plunge it into an ice bath. Once chilled, dry thoroughly, slice thinly, and toss lightly with a single drop of sesame oil.

3. **Complex Carbohydrate Gelatinization:** Boil the somen noodles in plenty of water for 3–4 minutes. Whenever the water foams up, pour in a splash of cold water to ensure even cooking to the core. Drain and immediately transfer to a cold water bath. Vigorously rub the noodles together as if washing clothes to physically strip away the sticky, gelatinized surface starch. Drain well and form into small coils.
4. **Vegetable Prep & Broth Chilling:** Finely julienne the cucumber, onion, cabbage, carrot, and perilla leaves. In a large bowl, whisk together the seasoning base ingredients. Pour in the cold broth (or water) and whisk until fully dissolved. Add ice cubes to drop the temperature near 0°C.
5. **Assembly:** In chilled serving bowls, place a coil of somen noodles on one side and a bed of julienned vegetables on the other. Beautifully arrange the blanched, sliced abalone in the center. Just before serving, pour the hyper-chilled broth over the ingredients and garnish with sesame seeds and sliced chili.

Professional Culinary Tips

- **Thermodynamics of Abalone Collagen:** Eaten completely raw, abalone is incredibly hard and crunchy due to its dense collagen structure. Flash-blanching applies just enough heat energy to relax and slightly gelatinize that collagen, yielding a softer bite. The subsequent ice bath abruptly stops the cooking, locking the exterior into a snappy, elastic texture while maintaining the tenderized interior.
- **Mechanical Removal of Noodle Starch:** Simply rinsing the boiled somen is not enough. You must aggressively scrub the noodles in cold water. If the gummy, gelatinized surface starch isn't fully removed, it will congeal upon contact with the icy broth, turning your pristine soup cloudy and making the noodles clump together unpleasantly.
- **Acidic Catalyst for Mineral Absorption:** Abalone is loaded with restorative minerals like zinc and calcium, which require sufficient stomach acid for optimal absorption. The highly acidic (vinegar-rich) broth acts as a biochemical catalyst, stimulating salivary glands and digestive enzymes, ensuring your body absorbs the restorative nutrients efficiently.

Nutrition Facts (Estimated)

Total Content : Approx. 550g (1 serving, including noodles and broth)

Calories : 350 kcal

– Sodium : 1,300mg

– Total Carbohydrate : 55.0g

– Sugar : 15.0g

– Total Fat : 2.5g

– Saturated Fat : 0.5g

– Cholesterol : 100.0mg

– Protein : 25.0g

– Calcium : 60.0mg

*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 Precious Ginseng of the Sea Submerged in Icy Tangy Broth: A Lyrical Masterpiece of Jeonbok-mulhoe and Premium Summer Restorative Elegance

Jeonbok-mulhoe (Abalone Cold Raw Fish Soup) stands as the luxurious, refreshing, and deeply restorative pinnacle of Korean summer seafood gastronomy, where prized abalone—affectionately known as the "ginseng of the sea"—is briefly blanched to achieve a miraculous coexistence of velvety tenderness and snappy resilience, then submerged alongside crisp garden vegetables and soft somen noodles within a crystal-clear, sweet-and-spicy iced gochujang broth. Designed to combat the oppressive heat of the dog days, this premium delicacy transforms ocean luxury into an absolute sanctuary of flavor, chill, and vitality.

The moment the icy, tangy broth touches the palate, an exhilarating wave of clean acidity and savory gochujang depth awakens the taste buds with invigorating punch. This is swiftly followed by the tender, springy chew of the abalone, the crisp snap of fresh vegetables, and the comforting support of smooth somen noodles, creating a multi-dimensional sensory rhythm that banishes summer lethargy and revitalizes the core.

True gastronomy does not rely exclusively on ostentatious luxuries; it flourishes in the culinary wisdom of harmonizing precious, nutrient-dense ingredients with icy natural freshness to revive depleted vitality. Savoring a chilled bowl of premium abalone 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 and luxurious solace.

Editor's Review

1. An Exhilarating Cadence of Tangy Icy Broth, Tender-Snappy Abalone Resilience, and Somen Comfort

The moment the ice-cold, translucent broth of Jeonbok-mulhoe coats the palate, an immediate wave of vibrant gochujang depth and refreshing acidity awakens

the taste buds with invigorating punch. This is swiftly followed by the velvety, springy chew of the blanched abalone, the crisp snap of garden vegetables, and the smooth comfort of the somen noodles, orchestrating an endlessly refreshing, multi-layered sensory thrill that eliminates any trace of summer lethargy.

2. High-Protein/Low-Fat Taurine-Zinc Restorative Profile and Rapid Blanching Protein Tenderization Kinetics

Jeonbok-mulhoe represents an exacting study in marine nutritional biochemistry and high-end culinary physics. Briefly blanching the abalone in hot water optimizes myofibrillar protein texture, preserving a tender yet resilient bite. Concurrently, abundant taurine, essential amino acids, and high-density zinc naturally present in premium abalone establish an optimal nutritional matrix for liver protection, cellular recovery, and systemic stamina stimulation during hot weather.

3. The Premium Summer Sanctuary and the Grounding Solace of Luxurious Restoration

Found gracing upscale summer dining tables as the ultimate expression of seasonal coastal luxury, a modest bowl of abalone cold soup serves as an enduring emotional haven against daily weariness. Revered for generations as an essential premium restorative tonic that cools the core and invigorates the spirit, enjoying this honest, nutrient-dense delicacy washes away modern stress, granting a timeless sanctuary of stillness, coastal heritage, and grounded culinary happiness.

