



Jjolmyeon

Spicy Chewy Noodles | 쫄면



A iconic Korean snack-bar (*bunsik*) noodle dish featuring signature springy, chewy noodles tossed with a vibrant sweet, sour, and spicy sauce and a generous mound of crisp, fresh vegetables and soybean sprouts.

 **Prep: 15 mins** | **Cook: 10 mins** |  **Easy** |  **Spicy** |  **Vegetarian Option**

Ingredients (2-3 servings)

- **Main Ingredients:** 2–3 portions jjolmyeon noodles (chewy wheat noodles), 100g soybean sprouts (kongnamul), 2 cabbage leaves (finely shredded), 1/2 cucumber (julienned), 1/4 carrot (julienned), 1–2 hard-boiled eggs
- **Special Spicy Sauce:** 3 tbsp gochujang (chili paste), 1 tbsp red pepper flakes (gochugaru), 3 tbsp vinegar, 2 tbsp sugar, 1 tbsp plum extract (maesil-cheong), 1/2 tbsp minced garlic, 1 tbsp sesame oil, 1 tbsp toasted sesame seeds
- **Optional Garnishes:** 3–4 lettuce leaves (shredded), crushed sesame seeds

Allergy Information

- **Contains:** Wheat (Jjolmyeon noodles), Eggs (Hard-boiled eggs), Soy (Gochujang), Sesame

Equipment

- Mixing Bowls, Pot, Strainer/Sieve, Knife, Cutting Board

Cooking Instructions

1. **Chilling & Aging the Sauce:** In a bowl, combine 3 tbsp gochujang, 1 tbsp red pepper flakes, 3 tbsp vinegar, 2 tbsp sugar, 1 tbsp plum extract, and 1/2 tbsp minced garlic. Stir well and let it age in the refrigerator while preparing the other ingredients.
2. **Vegetable Prep & Blanching Sprouts:** Finely shred the cabbage, cucumber, carrot, and lettuce. Blanch the soybean sprouts in boiling water for 2 minutes, rinse immediately in cold water, and squeeze out excess moisture thoroughly.
3. **Noodle Prep & Boiling:** Gently separate the bundled jjolmyeon noodle strands by hand. Drop them into boiling water and cook for 3 to 4 minutes.
4. **Rinsing in Cold Water:** Drain the cooked noodles immediately and submerge in cold water (or ice water). Rub the noodles vigorously with your hands to wash away surface starch, then drain completely in a sieve.
5. **Assembling & Serving:** Place the drained noodles in a wide bowl and neatly arrange the shredded cabbage, cucumber, carrot, blanched sprouts, lettuce,

and halved hard-boiled egg on top. Drizzle with the aged spicy sauce, sesame oil, and toasted sesame seeds before mixing thoroughly to enjoy.

Cooking & Pairing Tips

- **Separating & Vigorous Cold Washing:** Separating the noodle strands before boiling ensures uniform cooking. Rubbing the cooked noodles vigorously in cold or ice water removes excess surface starch, maximizing their signature elastic and chewy (*jjolgit*) texture.
- **Chilling the Sauce in Advance:** Aging the sauce in the refrigerator for 10–20 minutes allows the red pepper flakes to hydrate, rounding out sharp acidic notes into a smooth, deep umami flavor.
- **Perfect Food & Beverage Pairing:** The tangy spiciness cuts through grease exceptionally well, making it the ultimate side dish to pair with *Gimbap*, fried dumplings (*Galbi-mandu*), or *Donkatsu* (pork cutlet). Enjoy with iced green tea or a cold lager beer.

Storage Instructions

- The spicy sauce can be prepared in advance and stored in an airtight container in the refrigerator for up to 1–2 weeks. Once cooked and assembled, jjolmyeon is best enjoyed immediately, as the noodles will lose their springiness over time.

Nutrition Facts (Estimated)

- Total Content : Approx. 650g (2-3 servings total)
 - Calories : 820 kcal total (approx. 126 kcal per 100g / 273 kcal per 1 serving)
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- Sodium : 1,180mg (59%)
 - Total Carbohydrate : 155g (48%)
 - Sugar : 28g (28%)
 - Total Fat : 12g (22%)
 - Trans Fat : 0g
 - Saturated Fat : 2g (10%)
 - Cholesterol : 185mg (62%)
 - Protein : 22g (40%)
 - Calcium : 80mg (8%)
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Editor's Review

1. Chewy Elasticity and a Vibrant Rush of Sweet-and-Sour Spice

The moment the chilled noodles—thoroughly washed of starch in icy water—touch the tongue, their distinctive, fierce elasticity delivers a thrilling tension to the palate. The bold spiciness and invigorating acidity of the aged gochujang sauce instantly awaken every sense, while the lively crunch of shredded cabbage and blanched bean sprouts weaves into the bouncy noodles, setting off a colorful firework of textures. It is an intuitive, irresistible, and sensual delight that instantly sweeps away lethargy.

2. Peak Texture Forged by Starch Friction and Sauce Maturation

Jjolmyeon represents the height of casual Korean noodle dining, where the mechanical elasticity of noodles meets the refined chemical harmony of an aged sauce. Vigorously rubbing the cooked noodles in ice water to strip away surface starch is the core technique safeguarding their extraordinary bounce and chewiness. Taming the sharp acidity of vinegar and plum syrup into a mellow umami through advance maturation is a brilliant culinary decision that binds the crisp moisture of raw vegetables and elastic noodles into a precise accord.

3. Vibrant Red Energy Awakening a Sluggish Routine

As the crimson sauce crowns a mountain of vibrant vegetables inside the bowl, the quiet dining table instantly pulses with youthful energy. The act of severing and savoring these famously resilient noodles becomes a passionate culinary rhythm that shakes off the numbness of a weary day. Reminiscent of entering a bustling neighborhood eatery in simpler times, a single bowl of radiant red jjolmyeon gifts us the most brilliant, refreshing vitality once again.

