



Juksunbokkeum

Stir-fried Bamboo Shoots | 죽순볶음



A savory, refined Korean side dish featuring the delightful crunch of bamboo shoots combined with the deep, rich flavors of tender beef and shiitake mushrooms, all stir-fried quickly in a delicious seasoning.

 **Prep: 15 mins** | **Cook: 10 mins** |  **Easy** |  **High Protein** |  **High Fiber**

Ingredients (2-3 servings)

- **Main Ingredients:** 300g canned bamboo shoots, 100g beef, 5 fresh shiitake mushrooms, 5 chive/scallion stalks (silpa), 1 red chili pepper
- **Beef & Mushroom Marinade:** 1 tbsp soy sauce, a dash of sugar, a dash of minced garlic, a dash of sesame oil, a pinch of black pepper
- **Stir-Frying & Finishing:** Cooking oil as needed, toasted sesame seeds (kkasogum) as needed

Allergy Information

- **Contains:** Beef, Soy (Soy sauce), Sesame

Equipment

- Frying Pan, Knife, Cutting Board, Mixing Bowl, Strainer

Cooking Instructions

1. **Bamboo Shoot Prep:** Cut the canned bamboo shoots in half lengthwise and scrape out the white residue (calcium deposits) trapped between the comb-like ridges. Wash thoroughly in water and slice thinly along the comb pattern.
2. **Marinating Beef & Shiitake:** Finely julienne the beef and fresh shiitake mushrooms. In a mixing bowl, toss them with 1 tbsp soy sauce, a dash of sugar, minced garlic, sesame oil, and black pepper to season evenly.
3. **Prepping Vegetables:** Cut the scallions into 5 cm lengths. Halve the red chili pepper, shake out the seeds, and finely julienne to match the length of the scallions.
4. **Quick Stir-Frying over High Heat:** Heat cooking oil in a pan over high heat. Add the marinated beef, mushrooms, bamboo shoots, and red chili, stir-frying quickly to prevent moisture from drawing out. Toss in the scallions, sprinkle with toasted sesame seeds, and transfer to a plate to serve.

Cooking & Pairing Tips

- **Removing White Residue & Bitterness:** Blanching canned bamboo shoots in boiling water or rice-washing water (*ssaltteumul*) before cooking effectively

removes the white calcium residue and eliminates any astringent or bitter taste, leaving a clean, crisp crunch.

- **High Heat & Fast Cooking:** Cooking rapidly over high heat prevents water from seeping out of the bamboo shoots and mushrooms, preserving their firm, crunchy texture rather than becoming soggy.
- **Perfect Food & Beverage Pairing:** Serves as an elegant side dish (*banchan*) alongside warm white rice, clear soybean sprout soup (*Kongnamulguk*), or Korean steamed egg (*Gyeranjjim*). To drink, it pairs nicely with clear rice wine (*Cheongju*) or a cold lager beer.

Storage Instructions

- Store leftovers in an airtight container in the refrigerator for up to 2–3 days. Reheat briefly in a pan over medium heat to retain the crisp texture before serving.

Nutrition Facts (Estimated)

- Total Content : Approx. 450g (2-3 servings total)
 - Calories : 320 kcal total (approx. 71 kcal per 100g / 106 kcal per 1 serving)
 - Sodium : 580mg (29%)
 - Total Carbohydrate : 16g (5%)
 - Sugar : 3g (3%)
 - Total Fat : 14g (22%)
 - Trans Fat : 0g
 - Saturated Fat : 2.5g (13%)
 - Cholesterol : 30mg (10%)
 - Protein : 24g (44%)
 - Calcium : 50mg (5%)
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Editor's Review

1. Crisp Elasticity and Deep Earthy Umami

The moment your teeth sink into the refined, comb-like lattice of the bamboo shoot, the refreshing crunch of a cool bamboo grove sharply awakens the palate. The savory juices of marinated beef and the profound umami of shiitake mushrooms intertwine, completing an exquisitely textured duet. Rising above the high heat, subtle whispers of sesame oil alongside vibrant accents of scallions and red chili deliver an unpretentious yet deeply sensual elegance.

2. Textural Perfection Forged by High Heat and Moisture Control

Juksunbokkeum is the epitome of Korean stir-fry dining, highlighting delicate heat

control that safeguards crisp textures while mastering moisture. Thoroughly cleansing the white lime residue within the shoots to eliminate astringency, combined with marinating the beef and mushrooms together, serves as a crucial technique securing flavor uniformity. The restrained art of flash stir-frying over intense heat prevents sogginess, elevating the vibrant crunch of bamboo and the tenderness of beef into a flawless aesthetic balance.

3. Gentle Harmony of Straightforward Vitality Piercing the Earth

The resilient vitality of bamboo shoots—piercing through hard earth toward the sky—meets mushrooms and savory beef over a hot flame to form a tranquil, affectionate harmony. Unobscured by aggressive seasonings, this dish honors the intrinsic, clean fibers of its ingredients, offering a straight and refined serenity to a noisy world. Savoring the cool spirit of the bamboo grove alongside the warmth of the earth becomes a healing moment, refilling an exhausted soul with upright energy and dignified comfort.

