



Jwichichaebokkeum

Stir-fried Dried Filefish Strips | 쥐치채볶음



<https://koreancuisine.net>

A popular Korean side dish (*mit-banchan*) made by stir-frying tender strips of dried filefish in a light, savory-sweet soy sauce glaze. Naturally pre-seasoned and chewy, filefish strips require only minimal soy sauce and careful heat control to maintain a soft, tender texture without becoming tough or sticky.

 **Prep: 5 mins** | **Cook: 5 mins** |  **Easy** |  **High Protein** |  **Side Dish (Banchan)**

Ingredients (2-4 servings)

- **Main Ingredient:** 150g dried filefish strips (*jwichi-chae* or *jwipo-chae*)
- **Seasoning Sauce Base:** 1 tbsp light soy sauce (*yangjo-ganjang*), 1 tbsp mirin (cooking wine), 1 tbsp mayonnaise (secret for tenderness), 1 tbsp rice syrup (*mulyeot* or *oligo-dang*), 1 tsp minced garlic, 1 tbsp cooking oil
- **Finishing Touches:** 1 tbsp sesame oil, 1 tbsp toasted sesame seeds

Allergy Information

- **Contains:** Fish (Filefish), Soy (Soy sauce), Wheat (Soy sauce), Eggs (Mayonnaise), Sesame

Equipment

- Frying Pan or Wok, Spatula, Paper Towels, Mixing Bowls

Cooking Instructions

1. **Prepping Filefish Strips:** Cut long filefish strips into 4–5 cm bite-sized lengths. In a mixing bowl, toss the strips gently with 1 tbsp mayonnaise to coat them lightly; this locks in moisture and keeps the fish soft after cooking.
2. **Mixing the Soy Glaze:** In an unheated pan, combine 1 tbsp light soy sauce, 1 tbsp mirin, 1 tbsp cooking oil, and 1 tsp minced garlic.
3. **Simmering Sauce:** Place the pan over medium-low heat and bring the sauce mixture to a gentle simmer for about 30 seconds until the garlic becomes fragrant.
4. **Stir-Frying Filefish Strips:** Turn off the heat or drop to low. Add the mayonnaise-coated filefish strips to the pan. Toss quickly for 1–2 minutes so every strip absorbs the glaze evenly without scorching.
5. **Glazing & Finishing:** Drizzle in 1 tbsp rice syrup, 1 tbsp sesame oil, and toasted sesame seeds. Toss rapidly over residual heat until glossy and well combined, then transfer immediately to a wide plate to cool completely before storing.

💡 Cooking & Pairing Tips

- **Control Heat & Syrup Amount:** Dried filefish naturally contains sugar and salt. Adding too much syrup (*mulyeot*) or stir-frying over high heat will cause the sugars to harden into a rubbery texture as it cools.
- **The Mayonnaise Secret:** Tossing the dried filefish strips with mayonnaise before stir-frying coats the fish proteins with fat, keeping them soft and tender even after refrigeration.
- **Perfect Food & Beverage Pairing:** An everyday side dish (*mit-banchan*) served alongside warm white rice, soybean paste stew (*Doenjang-jjigae*), or enjoyed as a quick snack with cold beer.

Storage Instructions

- Store in an airtight container in the refrigerator for up to 1–2 weeks. Thanks to the mayonnaise coating, the strips remain soft and chewy straight out of the fridge.

Nutrition Facts (Estimated)

- Total Content : Approx. 200g (2-4 servings total)
 - Calories : 420 kcal total (approx. 210 kcal per 100g / 105 kcal per 1 serving)
 - Sodium : 780mg (39%)
 - Total Carbohydrate : 32g (10%)
 - Sugar : 16g (16%)
 - Total Fat : 14g (26%)
 - Trans Fat : 0g
 - Saturated Fat : 2.5g (17%)
 - Cholesterol : 90mg (30%)
 - Protein : 42g (76%)
 - Calcium : 80mg (8%)
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Editor's Review

1. Sensual Harmony of Chewy Filefish Strips and Subtle Soy Glaze

The moment the tender, chewy dried filefish strips yield across the tongue, a gentle balance of sweet and savory soy glaze softly captures the palate. Savoriness intrinsically released from the filefish merges with fragrant sesame oil and popping sesame seeds, completing an unpretentious yet densely satisfying culinary pleasure. Revealed through restrained seasoning, the natural elasticity of the dried seafood delivers a quiet and comforting burst of flavor.

2. Textural Aesthetics Forged by Viscosity Control and Gentle Heat Mastery

Jwichichaebokkeum represents an exemplar of Korean side-dish dining, leveraging the natural saltiness of dried seafood while precisely governing sweetener viscosity. Restraining added soy sauce and carefully timing the starch syrup to prevent the strips from turning tough serves as fundamental culinary science that safeguards soft elasticity. Lightly tossing the ingredients over low heat to capture a glossy sheen without charring demonstrates a refined mastery of temperature control.

3. Quiet Earthly Solace Steadfastly Anchoring the Daily Table

Quietly supporting the daily table alongside grander dishes, this humble side dish carries the enduring warmth of thoughtful home cooking. Placing a glossy strip of seasoned filefish over a warm spoonful of rice acts as a soothing ritual that gently wraps around an exhausted day. Offering steadfast comfort through familiar, nostalgic flavors, Jwichichaebokkeum stands as a quiet sanctuary of daily restoration.

