



Kimchibokkeum

Stir-fried Kimchi | 김치볶음



<https://koreancuisine.net>

A savory, sour, and comforting traditional Korean side dish (*banchan*) made by stir-frying well-fermented (sour) kimchi with aromatic scallions, minced garlic, and a touch of cooking oil. The sautéing process deeply caramelizes the kimchi, mellowing its sharp acidity and elevating its rich umami. It is spectacular when eaten simply with a bowl of warm rice, or paired with softly blanched or pan-fried tofu (*dubu-kimchi*) for a perfect nutritional balance.

 **Total: 15 mins** | **Prep: 5 mins** | **Cook: 10 mins** |  **Easy** |  **Tangy & Savory** |  **Classic Banchan**

Ingredients (2-3 servings)

- **Main Ingredients:** 300g well-fermented (sour) kimchi (*sin-kimchi*), 2 tbsp cooking oil (or perilla oil/sesame oil), 1/4 onion (sliced), 1 stalk green onion (chopped), 1 tsp minced garlic
- **Seasoning & Glaze:** 1 tbsp sugar (to balance acidity), 1/2 tbsp soy sauce, 1/2 tbsp gochugaru (Korean chili flakes - optional for extra color/heat), 1 tbsp toasted sesame oil
- **Garnish & Accompaniments:** 1 tsp toasted sesame seeds, 1 block firm tofu (optional, blanched or pan-fried)

Allergy Information

- **Contains:** Soy (Soy sauce, Tofu), Wheat (Soy sauce), Sesame (*Note: Kimchi typically contains seafood/shrimp/anchovy extract*)

Equipment

- Frying Pan or Wok, Spatula, Knife, Cutting Board

Cooking Instructions

1. **Prepping the Kimchi:** Gently squeeze out excess liquid from the fermented kimchi, but do not wash it. Chop the kimchi into bite-sized pieces (about 2–3 cm wide). Slice the onions and chop the scallions.
2. **Sautéing Aromatics:** Heat a frying pan over medium heat and add cooking oil. Add the chopped scallions and minced garlic, sautéing for 1 minute until fragrant.
3. **Frying the Kimchi:** Add the chopped kimchi and sliced onions to the pan. Stir-fry constantly over medium-high heat for about 5–7 minutes until the kimchi softens, turns translucent, and the edges begin to caramelize.
4. **Balancing the Flavor:** Add sugar to mellow out the sharp acidity of the sour kimchi. Add a splash of soy sauce (and optional gochugaru) around the edges

of the pan to sizzle and enhance the savory depth. Stir-fry for another 2–3 minutes.

5. **Finishing & Serving:** Turn off the heat. Drizzle toasted sesame oil over the kimchi and toss well. Garnish with toasted sesame seeds and serve warm.

💡 Cooking & Pairing Tips / Health Benefits

- **The Magic of Sugar:** Well-fermented kimchi can sometimes be overwhelmingly sour. Adding a touch of sugar during the stir-frying process neutralizes the sharp acidic bite and helps caramelize the cabbage for a deeper, richer flavor profile.
- **Tofu & Kimchi Synergy (Food Pairing):** Pairing stir-fried kimchi with tofu (*Dubu-kimchi*) is a nutritionally brilliant combination. Tofu is an excellent source of plant-based protein and choline (which aids liver function and fat metabolism), but it lacks vitamins and robust flavor. The vitamin-rich, high-fiber, and intensely savory kimchi perfectly compensates for the tofu's mildness, creating a flawless nutritional and flavor balance. It is also an iconic Korean drinking snack (*anju*).
- **Oil Choice:** While standard cooking oil works well, stir-frying the kimchi in perilla oil (*deulgireum*) or even a little pork fat adds a tremendous depth of traditional, rustic flavor.

Nutrition Facts (Estimated)

- Total Content : Approx. 100g (1 serving)
- Calories : 106 kcal
 - Sodium : 521mg
 - Total Carbohydrate : 7.3g
 - Sugar : 4.5g
 - Total Fat : 7.9g
 - Saturated Fat : 0.9g
 - Cholesterol : 4.7mg
 - Protein : 1.4g
 - Calcium : 53mg

(Daily Values are based on a 2,000 calorie diet and standard Korean nutritional reference values)

Editor's Review

1. **A Sensual Fusion of Tangy Aged Kimchi, Rich Oil Glaze, and Crisp Crunch** The moment the sizzled, aged kimchi—stir-fried to golden perfection in oil

with garlic and scallions—hits the palate, an intensely savory, deeply satisfying wave of tangy depth and crisp texture floods the senses. Pairing this savory classic with warm white rice or soft, velvety tofu delivers an endlessly satisfying and dynamic culinary experience.

2. Culinary Mastery Forged by Oil Emulsification and High-Heat Quick Stir-Frying Kimchi-bokkeum stands as a masterclass in classic Korean banchan, utilizing oil coating to soften the sharp acidity of aged kimchi while applying high heat to achieve rapid caramelization and preserve a satisfying crunch. Managing thermal intensity to lock in structural balance and savory depth represents fundamental culinary science that achieves peak textural harmony.

3. Heartwarming Solace Rooted in the Ultimate Comfort of Home-Style Tables Ever-reliable and deeply comforting on any modest home-style table, a plate of savory stir-fried kimchi acts as a comforting remedy for daily weariness, filling the spirit with unpretentious warmth. Savoring this beloved staple with a slice of warm tofu or a spoonful of rice washes away exhaustion, granting an authentic sanctuary of peace and emotional recovery.

