



Kkorigomtang

Oxtail Soup | 꼬리곰탕



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Kkori-gomtang is a masterpiece of thermodynamic extraction that transforms the heavily exercised, collagen-dense tail of the ox into an unparalleled restorative soup. Through hours of sustained wet-heat cooking, the unyielding triple-helix structures of the connective tissues are hydrolyzed into silken, water-soluble gelatin. The intense boiling convection physically shears the marrow lipids, emulsifying them with proteins to create a rich, milky, colloidal broth. Served with meat that delicately falls off the bone and paired with the sharp bite of scallions and a tangy soy dipping sauce to cut through the heavy lipids, this soup is Korea's ultimate traditional remedy for chronic fatigue and depleted energy.

 **Total:** 6–8 hrs (includes purging) | **Prep:** 40 mins | **Cook:** 5–7 hrs | 
Difficulty: Moderate (Requires patience and temperature/lipid control) |  **Profile:** Deeply Rich, Nutty, and Comforting |  **Focus:** Collagen Hydrolysis, Emulsification, & Defatting

Ingredients (3–4 servings)

- **Main Ingredient (Collagen Base):** 1.5kg meaty beef oxtails
- **Aromatics (Masking Agents):** 2 scallions (white parts only), 1 onion, 10 cloves garlic, 1 tbsp whole black peppercorns
- **Garnish & Palate Cleansers:** Plenty of finely chopped scallions, black pepper, coarse sea salt (to taste)
- **Acidic Dipping Sauce:** 3 tbsp soy sauce, 2 tbsp vinegar, 1 tbsp water, 1 tbsp minced scallion, 0.5 tbsp agave syrup (or sugar), a dab of Korean hot mustard (optional)

Allergy Information

Contains: Beef, Soy, Wheat (from soy sauce)

Equipment

Very Large Heavy-Bottomed Stockpot, Cutting Board, Knife, Fine Mesh Skimmer, Ladle

Cooking Instructions

1. **Myoglobin Purging (Osmosis):** Submerge the oxtails in a large volume of cold water for 3–4 hours to extract the water-soluble myoglobin (blood). Change the water every hour. Failure to purge the blood thoroughly will result in a dark, murky broth with an oxidized metallic taste.
2. **Thermal Shock (Blanching):** Bring a pot of water to a vigorous boil. Drop

in the oxtails and boil intensely for 10 minutes. This coagulates surface proteins and draws out dark impurities. Discard the murky water, rinse the oxtails under cold water, and trim away any excessive surface fat or debris from the bone cuts.

3. **Hydrolysis & Emulsion (Simmering):** Place the cleaned oxtails and aromatics into a large stockpot. Add water equal to about three times the volume of the meat. Bring to a boil, skim off any initial foam, then cover and reduce to a steady simmer (medium-low heat) for 3–4 hours. (The steady heat unwinds the collagen into soft gelatin and draws flavor from the marrow.)
4. **Hydration & Lipid Separation:** If the water level drops significantly, replenish it strictly with *boiling* water so the thermodynamic cooking process doesn't halt. Once the meat is incredibly tender and separating from the bone, turn off the heat. For a clean broth, chill the entire pot overnight. The saturated fats will solidify into a hard white cap on the surface, which you can physically lift off and discard.
5. **Assembly:** Reheat the defatted milky broth and the tender oxtails until piping hot. Serve in large bowls, garnished heavily with chopped scallions. Season the broth at the table with coarse sea salt and dip the gelatinous meat into the tangy soy sauce.

Professional Culinary Tips

- **The Thermodynamic Dilemma of Oxtail:** Because the tail is a constantly moving appendage, raw oxtail is packed with impenetrable elastin and collagen. You must sustain temperatures above 70°C (160°F) for hours to chemically break these bonds. However, if boiled aggressively for 6+ hours, the meat will completely disintegrate into the liquid, leaving nothing to chew. Monitoring the meat's texture around the 3–4 hour mark is crucial.
- **Physics of the Milky Broth:** A milky (gomtang) broth is not created by adding dairy, but through physical emulsification. As the marrow fats melt, the turbulent bubbling of the water physically shears the fat into microscopic droplets, which are then coated and suspended by the gelatinous proteins. A lazy, perfectly still simmer yields a clear broth; a gentle rolling boil yields the desired opaque, heavy-bodied emulsion.
- **The Ultimate Defatting Technique:** Beef tallow has a high proportion of saturated fatty acids, making it solid at room temperature. Trying to skim liquid oil off a boiling pot is inefficient. The scientific method is to cool the broth completely; the fat will separate by density and harden into a structural disc that can be removed in one piece, leaving a purely protein-rich broth behind.

Nutrition Facts (Estimated)

Total Content : Approx. 500g (1 serving, including meat and broth, excluding bone

weight)

Calories : 410 kcal

- Sodium : 180mg (Unseasoned base / excludes dipping sauce)
- Total Carbohydrate : 1.5g
- Sugar : 0.0g
- Total Fat : 24.0g (Residual lipids after defatting)
- Saturated Fat : 9.5g
- Cholesterol : 95.0mg
- Protein : 38.0g
- Calcium : 110.0mg

*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 Origins and Culture of Kkorigomtang (Oxtail Soup)

1. A Premium Restorative Tonic Rooted in Tradition

- *Kkori-gomtang* is a traditional Korean nourishing soup made by simmering beef oxtail for hours to extract a rich, deeply savory broth alongside tender meat.
- Historically, beef was a precious commodity, and the oxtail—brimming with gelatin and protein due to its high muscle activity—was prized as a medicinal tonic for recovering patients and nobility.

2. Rich Collagen and Milky Broth from Slow Simmering

- As the oxtail simmers for hours, the abundant **collagen, gelatin, and marrow** locked within the bones melt completely into the liquid.
- Once excess fat is skimmed away, it transforms into a naturally milky, opaque broth, offering the tactile joy of tender meat sliding off the ring-shaped bone.

3. A Premium Comfort Food for Deep Physical Nourishment

- Served piping hot in an earthenware bowl with generous pinches of green onions, salt, and pepper, it infuses the body with deep warmth and vitality.
- As a true masterpiece of **slow food**, it remains a cherished premium tonic

whenever one needs physical restoration.

The Velvety Cauldron of Simmered Oxtail Marrow and the Luscious Melt of Fall-Off-The-Bone Beef: A Lyrical Masterpiece of Kkori Gomtang and Noble Restorative Solace

Kkori Gomtang (Slow-Simmered Oxtail Soup) stands as the noble, time-honored, and deeply nourishing pinnacle of Korean earthen-pot soup gastronomy, where rich, highly active oxtail sections—dense with connective tissue and nutritious bone marrow—are patiently slow-simmered in rolling cauldrons for half a day to extract an ivory-white, marrow-dense restorative broth brimming with fall-off-the-bone tender meat. Revered since the Joseon royal court and noble (*yangban*) households as an esteemed tonic to reinforce structural vitality and dispel chronic fatigue, this iconic slow-food classic fills the dining space with a deeply fragrant, comforting steam that gently revitalizes every joint and cell from the very first spoonful.

The moment a steaming spoonful of the milky, marrow-rich broth touches the palate, an immediate wave of deep, savory beef umami and a luxurious, lip-coating gelatinous richness cascades across the senses. Lifting a generous bone-in oxtail segment from the bubbling bowl and plucking the succulent, tender meat from the bone to dip into seasoned savory soy sauce delivers an exquisite harmony of springy chew and meltingly soft texture. Sliced fresh green scallions infuse the broth with crisp, aromatic clarity, while a pinch of sharp black pepper cuts cleanly through the rich lipid base. Soaking warm white rice into the bubbling earthen pot delivers an unpretentious, soul-soothing solace that restores depleted stamina.

True gastronomy does not rely on aggressive artificial seasonings; it flourishes in the ancestral wisdom of patient fire craft, transforming dense, collagen-rich joints over gentle heat into an easily absorbed elixir of life that calms the digestive tract, fortifies bones, and revitalizes depleted energy. Savoring an aromatic, bubbling bowl of traditional oxtail soup today is an elegant and sacred ritual—clearing away everyday weariness through a wave of pristine warmth and filling the spirit with unpretentious nourishment, culinary heritage, and timeless solace.

Editor's Review

1. An Exhilarating Cadence of Milky Oxtail Marrow Umami, Fall-Off-The-Bone Collagenous Tenderness, and Scallion-Soy Dipping Harmony

The moment a piping-hot spoonful of Kkori Gomtang coats the palate, an immediate wave of rich, slow-simmered bone marrow umami and lip-smacking gelatinous depth awakens the taste buds with gentle sophistication. This

comforting baseline is swiftly energized by the remarkably tender, gelatin-laced meat pulled directly from the tail bones and dipped into savory soy sauce, beautifully balanced by the crisp, refreshing bite of green scallions, orchestrating an endlessly soothing, multi-layered sensory thrill that nourishes to the very last drop.

2. Oxtail Connective Tissue Collagen Hydrolysis Kinetics, Mineral Marrow Elution, and Scallion Allicin Metabolic Synergy

Kkori Gomtang represents an exacting study in skeletal tissue thermodynamics and botanical metabolic synergy. Extended gentle boiling hydrolyzes dense insoluble collagen and elastin fibers within the oxtail segments into bioavailable gelatin, forming a protective, non-irritating layer across the gastric lining. Concurrently, essential minerals—including bioavailable calcium, magnesium, and phosphorus—leach from the trabecular bone matrix into the broth, while organosulfur allicin from fresh scallions stimulates digestive secretions and lipid metabolism, establishing an optimal biochemical equilibrium for cellular recovery and stamina restoration.

3. The Aristocratic Royal Court Heritage and the Grounding Sanctuary of Historic Gomtang Taverns

Originating as a prized royal tonic to restore flagging vital energy and preserved through historic culinary taverns across urban alleys as an indispensable symbol of hospitality, a modest bowl of simmering oxtail soup serves as an enduring emotional haven against daily exhaustion. Revered for generations as an essential comfort feast that rebuilds physical vitality through honest, slow-cooked nourishment, enjoying this nutrient-dense delicacy washes away modern stress, granting a timeless sanctuary of stillness, culinary heritage, and grounded happiness.

